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**Explore Minnesota through statewide winter scavenger hunt**  
Cuyuna Lakes/Cuyuna Country State Recreation Area selected as one of 10 'Checkpoint MN' Hosts

For the third consecutive year, Explore Minnesota, the state's tourism promotion office, in partnership with Minneapolis-based marketing agency Monopoint Media, has launched a statewide winter scavenger hunt December 3. Coined "Checkpoint MN," the event highlights 10 iconic travel destinations, including Cuyuna State Recreation Area, which can be found only in Minnesota this season. The scavenger hunt runs through January 31, 2016, aiming to entice thousands of Minnesota travelers over the course of eight weeks with \$35,000+ in prizes, including winter gear, Wigwam Socks, Min-

nesota getaways, grand prize ski, snowboard, and fat bike packages from The-House.com, and more.

The Cuyuna Lakes was chosen as a location to host

one of the checkpoints. The checkpoint sign will be installed at the Cuyuna State Recreation Area.

Checkpoint MN locations include a variety of sites

that embody winter travel in Minnesota including: a 218,000 acre national park to celebrate the 2016 National Park Service Centennial

**Continued on Page 2**

**Holiday treats at CRYC**



Several of the youth and volunteers at the Cuyuna Range Youth Center made and delivered over 900 cookies and holiday treats to members of the community. In the front row (left to right) are Paige Granlund, Alyssa Paxton, and Jade Boyce. In the back row are Kathy Laughton and Leann Kelley Hanson.

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**Money Saving Certificates**  
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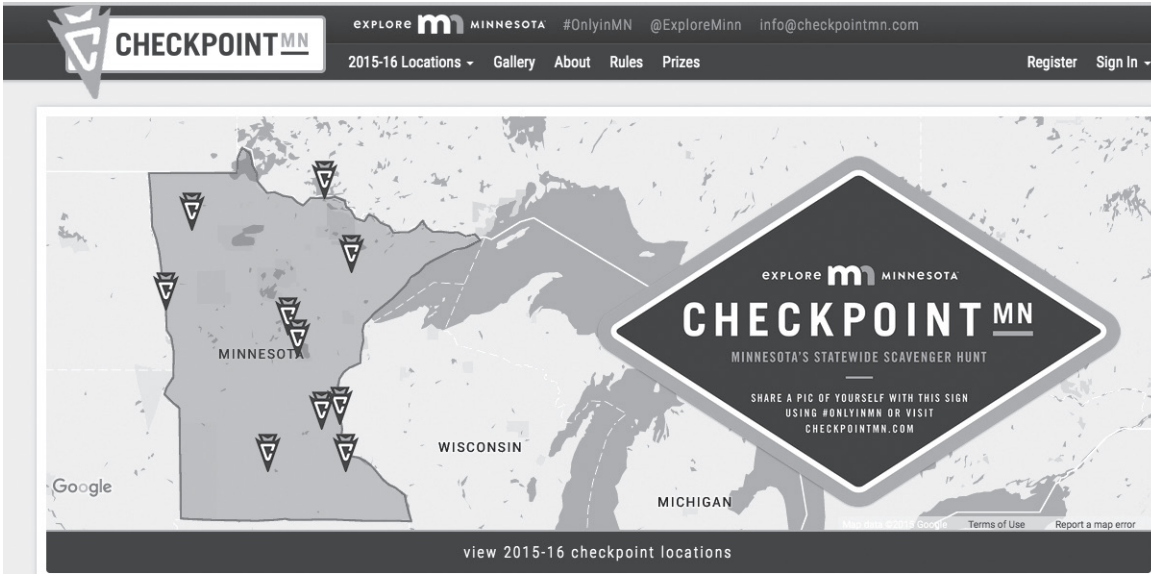
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Explore Minnesota through statewide winter scavenger hunt | Continued from Page 1



Celebration, Minnesota's newest outdoor sports stadium, the country's second oldest brewery, and more. CheckpointMN.com features a map of the checkpoints, complete prize descriptions, rules and sponsorship details, participant photos, and travel information about each checkpoint, so you can make the most out of checking in at each destination. The 10 checkpoints can be found at:

- Voyageurs National Park, Rainy Lake Visitors Center, International Falls
- World's Largest Free Standing Hockey Stick & Puck, Eveleth
- Lowell Park, Stillwater
- TCF Bank Stadium, University of Minnesota, Minneapolis
- August Schell Brewing Company, New Ulm
- Zumbrota Covered Bridge, Zumbrota
- Mille Lacs Kathio State Park, Onamia
- Hopperstad Stave Church at the Hjemkomst

Center, Moorhead  
 • Cuyuna State Recreation Area, Crosby-Ironton  
 • Arctic Cat, Inc., Thief River Falls

"Minnesota is a one-of-a-kind winter travel destination. Visitors can venture outdoors with numerous activities at our beautiful regional, state and national parks, catch a game, tour a museum or take a brewcation," said John Edman, director of Explore Minnesota. "Each checkpoint destination offers a unique experience that can be found only in Minnesota this season. The checkpoints are a simple addition to a planned winter vacation, or good excuse to plan new trips around them."

Share Sights on Social Media Using #OnlyinMN and #CheckpointMN  
 Participants are encouraged to follow Explore Minnesota and CheckpointMN on social media, and share their #OnlyinMN winter experiences on Facebook, Twitter, Instagram and Pin-

terest for a chance to win prizes. This allows for you to be involved in real-time and not only share your traveling adventures but your prizes! Participants can also use #CheckpointMN.

"Research shows that people seek travel inspiration from their social networks, so sharing iconic Minnesota sights using #OnlyinMN and #CheckpointMN is a great way to showcase the state," added Edman.

**Minnesota Sets Standard for Statewide Winter Scavenger Hunts**

Minnesota is the only state to promote a winter tourism-themed scavenger hunt that encompasses a variety of destinations and attractions statewide. In recent years, Checkpoint MN has yielded thousands of eager participants and nationwide media attention, adding Minnesota to the map as a leading winter travel getaway. This year, Checkpoint MN aims to secure spontaneous adventurers, cultural explorers and

seasoned travel veterans to show off one-of-a-kind Minnesota winter travel experiences.

**Checkpoint MN Rules and Prizes**

Each participant automatically earns a prize by reaching their first checkpoint. Participants can earn

more prizes the more places they check in. A complete list of rules and prize structure can be found at CheckpointMN.com.

"There are thousands of dollars' worth of prizes to coax people out of hibernation, and each Checkpoint MN participant gets something great," said Stephen Regenold, a partner at Monopoint Media and editor and founder of GearJunkie.com. "On their adventure, people get to see some of the most iconic places Minnesota has to offer."

**Monopoint Media**

Monopoint Media LLC, founded in 2006, is a creative agency focused on outdoor, sports and active lifestyle brands. The company (MonopointMedia.com) is based in Minneapolis and works with brands to build video, stories, microsites, social media projects and custom events. Monopoint Media owns and operates GearJunkie.com, a top publication in the out-

door-adventure world.

**Explore Minnesota**

As the state's tourism promotion office, Explore Minnesota markets Minnesota as a premier travel destination and pursues an entrepreneurial approach, leveraging the state's tourism investment with increased involvement by the private sector. A council of representatives from the state's tourism industry strongly connects Explore Minnesota with tourism businesses and organizations.

Tourism is a \$13 billion industry in Minnesota, and a key sector of the state's economy. Winter travel in

Minnesota is a big business and accounts for 24% of annual travel expenditures. The leisure and hospitality industry – a major provider of tourism services – employs more than 250,000 workers, representing 11 percent of Minnesota's private sector employment. Leisure and hospitality also generates 17 percent of the state's sales tax revenues. An estimated 69 million domestic travelers and 270,000 international travelers vacationed in Minnesota in 2013. These figures do not include the 700,000 Canadian travelers who visit Minnesota annually.

**Over \$1 billion to protect Great Lakes**

A year-end bipartisan funding bill includes over \$1 billion to protect the Great Lakes. The bill includes provisions to support restoration, prevent the spread of invasive carp, and improve water quality in the Great Lakes.

"As Vice Chair of the Great Lakes Task Force," said U.S. Senator Amy Klobuchar, "I believe the Great Lakes are national treasures that are vital to the economy and environment in Minnesota and our entire country. By supporting initiatives to restore the Great Lakes while protecting them from the dangers of invasive carp and pollution, this bipartisan bill is another step forward in the fight to protect the Great Lakes for generations to come."

The year-end bipartisan funding bill will provide \$300 million for the Great Lakes Restoration Initiative over the next year. This support will go toward eliminating toxins, combating invasive species, restoring habitats, and promoting the general health of the lakes. The bill will expedite efforts in the fight against the spread of invasive carp. It includes \$863 million for the Drinking Water State Revolving Fund and \$510 million for Great

Lakes states in the Clean Water State Revolving Fund to help combat pollution and improve water quality in the Great Lakes. Also included is \$1.25 billion for the Harbor Maintenance Trust Fund, which supports Great Lakes navigation projects.

As a leader in efforts to protect the Great Lakes, Klobucha was recently named as a Vice Chair of the U.S. Senate Great Lakes Task Force, a bipartisan working group that advocates for the protection of the Great Lakes. She has worked with members of both parties on legislative efforts to stop invasive carp from destroying the Great Lakes' ecosystem. Last Congress, she authored a provision to help keep invasive carp out of the state's waterways by closing the Upper St. Anthony Falls Lock within one year of enactment. The provision passed as part of the Water Resources and Development Act in May 2014 and the lock was closed on June 9, 2015. This Congress, Klobuchar helped introduce the bipartisan Defending Our Great Lakes Act to stop the spread of invasive carp from entering the Great Lakes by giving federal agencies the authority they need to take actions to curb the spread of invasive carp.

**Mountain biking and short term rentals**

At the December 16 Ironton council meeting, Faith Vokovan, property manager and new Ironton property owner, said she would like to rent her property on a short term basis. The council has considered making changes to the ordinance to allow short term rentals in Ironton. After doing some research, if the ordinance is changed, Mayor Dean French said he would like to see an annual conditional use permit review and renewal.

The council listened to Vokovan as she spoke about her positive experience with managing short term rentals. Aaron Hautala President Cuyuna Lakes Mountain Bike Crew was also in attendance and spoke about the positive impact short term lodging would have on Ironton. He said specifically because of Ironton's ideal location and potential growth of businesses particularly in food, popular with the transient renter.

Vokovan also introduced a potential transient lodging tax

for the council to consider. In her experience the tax would vary depending on the area. Vokovan said she would provide her house rules for the council to review and consider application in the new ordinance process. The council agreed to read over a copy of a sample vacation rental ordinance and come to the next council meeting with ideas for revisions. Mayor French indicated it would be a couple of months before the new ordinance could possibly be ready. Aaron Hautala talked about the progress on the trail development and marketing. Getting the "miners mountain" bike trail named took some effort. The rich history of mining is important to the mountain bike club and getting the name approved by the DNR took over a year. Some current local lodging options are the DNR Yurts along the West side of Yawkey mine pit lake. The Yurts are renting well, even in the winter they have near full occupancy. The new

Up North Base Camp has 33 camp sites plus six camper cabins is owned by two entrepreneur bike enthusiasts. There are three major mountain biking events coming in 2016: the Salsa Ormageddon on October 8, 2016 with over 500 racers; the 45NORTH Whiteout on February 6, 2016 is sold out with 300 racers; and the Klunker Ride in August has added a new major national sponsor this coming year and expected to have a breakout year as well. At the National Bike Tourism Conference in San Diego, Hautala presented information about the Cuyuna Mountain biking experience and had a lot of interest. Additionally following the presentation Travel Oregon invited Hautala to speak about the Cuyuna Trails. Hautala said it has taken a while to get people to recognized our area as a major mountain biking destination, but it is earning a reputation similar to Oregon.

Fire Chief Jeff Thompson

said the Ham Bingo went well. They were applying for the regional SEBA grant again.

Lakes proud want the city to make a resolution of support to buy local.

Council approved the ordinance adopting 2016 city rates and fees.

Councilman Clark Hamdorf said that FEMA and Dept of Defense had contacted him. They want to declare the area a flood plain. Hamdorf doesn't think this area has much chance of regular flooding since even in heavy rains it drains well.

Lisa Hamilton in attendance suggested Hamdorf speak with Bill Bedard, because he also was dealing with the issue. Hamdorf said he would talk to Bill Bedard.

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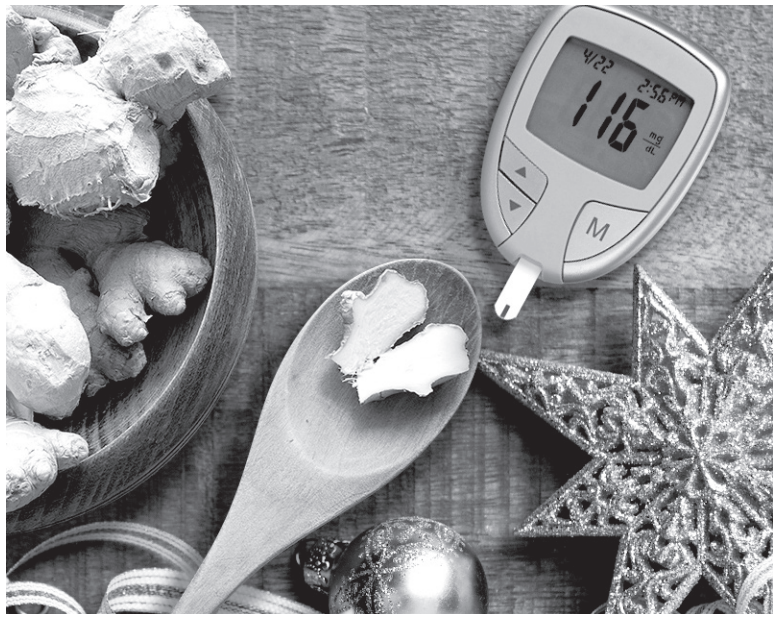
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# Ginger may benefit Diabetics



mation of AGEs by binding to and trapping MGOs. Researchers mixed the ginger compounds with MGOs in the lab, and found after just one hour, 80% of the compound was trapped. After six hours, less than 5 percent of the potentially harmful MGO remained.

Though additional studies will need to be conducted in humans, these results suggest ginger may help prevent development

From cookies and cakes to coffee drinks and tea, ginger is the star of the menu this time of year. Though holiday gingerbread cookies can hardly be considered a health food, there may be benefit to adding ginger to other foods in your daily diet. A study from the North Carolina Research Campus, home of the Dole Nutrition Institute Laboratory, found compounds in ginger may help to prevent complications associated with diabetes.

Diabetes can result in an abnormal rise in blood sugar, which can lead to production of reactive sugars called

MGOs. These compounds can then bind to proteins and form compounds called AGEs. Buildup of AGEs has been linked to diabetic complications including kidney disease, nerve disorders, cataracts and Alzheimer's disease. Eating ginger may be one way to prevent harmful AGEs from forming.

Researchers from North Carolina Agricultural and Technical State University isolated two compounds found in ginger: gingerol found in fresh ginger and shogaol found in dried ginger. They suspected the ginger compounds could prevent the for-

of diabetes-related chronic conditions. "Glycation of protein contributes to the known health complications from diabetes," said Shengmin Sang, PhD, lead author of the study. "Glycation is life threatening far more than high blood sugar itself to diabetic patients." Ginger may be just the food that can help prevent this harmful process.

Utilize ginger in your cooking all year round. Try grating fresh ginger into vegetable stirfrys or even into smoothies. Ginger can also add unique flavor to dressings or sauces.

# Beat holiday bloat

Eating fruits and vegetables linked to weight loss over time

The holidays are notorious for indulgent foods, but season's eatings don't have to end in swells on the scale. You can eat, drink and stay healthy this holiday season by making produce the stars of your meals. Research from Harvard suggests filling your plate with fruit and non-starchy vegetables may be the key to keeping the weight off this December and all year round.

Using data from three large cohort studies comprising nearly 118,000 men and women in the United States, researchers analyzed partici-

pants' diets and weights every four years over a period of 24 years. Researchers categorized fruits and vegetables as either high fiber (about 3.7 grams per serving) or low fiber (about 1.2 grams per serving), and as either high or low glycemic load, which is a measurement of how fast blood sugar rises after eating the food.

Analysis showed a link between eating more fruits and vegetables and losing weight. For each additional serving of vegetables people ate every day, they lost an extra 0.25 pound. Higher-fiber,

lower-glycemic load vegetables like Brussels sprouts, cauliflower and leafy greens were among the most effective for weight loss. For fruit, each additional daily serving was linked with an extra 0.53 pound lost. Berries, apples and pears showed the greatest effect.

Though one of the benefits of eating fruits and vegetables is that they are lower in calories than most other foods, researchers controlled for caloric intake, meaning some other benefit of fruits and vegetables was responsible for the weight loss.

# Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

## Homemade Doughnuts Bring Luck for the New Year

"These melt in your mouth!"



On New Year's Day, start the year with a bit of luck by snacking on Peggi Anne Tebben's sweet and delicious Mom's Raised Doughnuts. Folklore says round shape cakes are to be eaten to celebrate the year coming full circle and bring luck. You can make these extra special by doubling the glaze for added ooey, gooey sweetness.

See step-by-step photos of Peggi Anne's recipe plus thousands more from home cooks nationwide at:

[www.justapinch.com/doughnuts](http://www.justapinch.com/doughnuts)

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

-Janet



Peggi Anne Tebben  
Granbury, TX  
(pop. 7,978)

### Mom's Raised Doughnuts

#### What You Need

- 1/2 c water, warm (not hot)
- 2 pkg active dry yeast
- 3/4 c milk, lukewarm
- 1/4 c plus 1 tsp sugar
- 1 tsp salt
- 4 c all-purpose flour, sifted
- 1/3 c shortening
- 2 eggs

#### GLAZE

- 1 tbsp water, warm (may need more to thin, but thicker is better)
- 1/2 tsp vanilla
- 1 c confectioners sugar, sifted

#### Directions

- Soak yeast in 1/2 c warm (not hot) water (5 min). Add 1 tsp sugar to activate

yeast.

- Scald the milk and melt shortening.
- Pour milk over sugar and salt in a bowl. Stir until dissolved. Make sure mixture is warm, not hot.
- Add 1 c of flour, eggs and yeast mixture. Beat until smooth.
- Add remaining flour to make soft dough. When dough leaves sides of bowl, turn out onto lightly floured board.
- Knead until dough becomes smooth and elastic. Place in lightly greased bowl. Grease top of dough and cover with

waxed paper. Allow to rise in warm place until doubled (1-1/2 hrs).

- Roll out dough to 1/2 in thickness and cut with round cutters.
- Let rise on the board until very light (40-60 min).
- Drop into deep hot fat (325° - 350°) and turn when doughnuts are just barely brown. Turn once again when browned sufficiently.
- Drain on absorbent paper.
- While still warm, drizzle with glaze.
- Can also dust with granulated or confectioners sugar.

Submitted by: Peggi Anne Tebben, Granbury, TX (pop. 7,978)

[www.justapinch.com/doughnuts](http://www.justapinch.com/doughnuts)

Brought to you by American Hometown Media

# Lueck's halt to state Social Security tax key component House package

Legislators are redoubling efforts to eliminate the state's income tax on seniors' Social Security retirement benefits, with the unveiling the Caring for the Aging, Retiring, and Elderly (CARE) Act on Monday, December 21. The package aims to improve the quality of life for Minnesota's aging adults.

"I am extremely pleased one of the CARE Act's cor-

nerstones is a bill I authored to end the state income tax on Social Security retirement benefits our seniors receive," said Rep. Dale Lueck, R-Aitkin. "My initiative passed the House in a comprehensive tax reform bill last session, but the governor and the Senate would not join our effort in reducing the tax burden on our seniors.

"Minnesota is one of only

a few states that still collects state income tax on social security retirement benefits. It's unbridled greed. Workers already paid state income taxes on the wages they earned, and then paid into the social security fund. There is no good reason for Minnesota to continue to stick it to their seniors by collecting state income taxes on social security retirement

benefits when they draw out those dollars back out of the fund."

Lueck said opening up a second front on this issue in 2016 intensifies the pressure on the Senate and the governor to move forward to phase out the state income tax on seniors' Social Security retirement benefits.

"The good news is ending the state income tax on

social security benefits continues to gain widespread support from citizens, various groups of stakeholders and legislators," Lueck said. "The Caring for the Aging, Retiring, and Elderly (CARE) Act will provide another important venue in which to engage the Governor and Senate in helping Minnesota's seniors live more comfortably in what should

be their golden years."

Other provisions of the Care Act address life insurance with the goal of helping younger Minnesotans protect their families by providing new flexibility in applying policy benefits to long-term care needs. Recently, 15 states have enacted similar legislation, and Lueck said he hopes Minnesota also takes advantage.

**We wish you a very Merry Christmas!**

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# OBITUARIES

## EVELYN BEDARD



Evelyn "Evie" Agnes Bedard, 91, of Ironton, died on Sunday, December 20, at the Cuyuna Regional Medical Center in Crosby, surrounded by her family. Mass of Christian burial will be held at 11 a.m. on Monday, December 28, at St. Joseph's Catholic Church in Crosby. Burial will be at the Lakewood Cemetery in Crosby. Visitation will be held on Sunday, December 27, from 3 p.m. to 6 p.m. at Koop Funeral Home in Crosby with a Rosary at 6 p.m. Visitation will continue on Monday one hour prior to the services at the church.

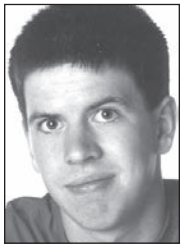
Evie was born in Crosby on November 23, 1924, to Raymond and Agnes Forrest. She graduated from Crosby-Ironton High School in 1942 and attended Crosby-Ironton Junior College in 1942-43. She joined Consolidated Vultee Aircraft in San Diego from 1943-1945 as part of the war effort. She returned to Crosby-Ironton to marry the love of her life, Earl Bedard - to whom

she was married 66 years. They raised six children together and spent their lives devoted to their family, church, and community. She was an active member of St. Joseph's Catholic Church in Crosby, the National Catholic Society of Foresters, the Council of Catholic Women, local girl scouting, and the Myrin-James American Legion Auxiliary in Ironton. She enjoyed spending time with her family, cooking for loved ones and local organizations, and planning holiday celebrations. By far, Evie's greatest joy was watching her family grow.

She is survived by her husband, Earl; daughters and sons-in-law: Rae Lynn and Paul Schmit; Michele and Carl Hendrickson; and Cynthia and David Owens; sons and daughters-in-law: Bill and Andrea Bedard; Thomas and Bobbie Bedard; and James and Shannon Bedard; 11 grandchildren; and four great-grandchildren.

She was preceded in death by her parents and brother, Sidney, and his wife, Myrna. Arrangements were with the Koop Funeral Home of Crosby.

## BRANDON HOUGE



Brandon Douglas Houge, 27 of Duluth formerly Ironton died on Saturday, December 19, 2015 at his home.

Funeral services will be held 11:00 a.m. on Saturday, December 26, 2015 at St. Joseph's Catholic Church in Crosby. Burial will be at the Lakewood Cemetery in Crosby. Visitation will be on Friday at the Koop Funeral Home in Crosby from 3 p.m. to 7 p.m. and on Saturday, one hour prior to the services at the church. If so desired, memorials may be given to the Diabetic Education organization of your choice.

He was born on February 16, 1988 in Crosby.

Brandon was Crosby-Ironton High School Alumni Class of 2006. He was a graduate of the National School of Non Destructive Testing in 2014. He was an employee of the Acuren Company in Duluth and was the former manager of the Crosby Bar and Grill.

Brandon is survived by his parents, Doug Houge of Ironton and Krisann (Thomas) Gray of Crosby; sisters: Sara Houge and Ashley Houge; paternal grandparents, Dick and Joyce Houge of Deerwood and maternal grandparent, Shirley Selisker of Baxter; 1 nephew, Mason.

Preceding Brandon in death is his maternal grandparent, Bill Selisker.

Arrangements were with the Koop Funeral Home of Crosby.

## "Hockey Moms" TV docuseries

Four women, one goal — keeping their sanity!

"Hockey Moms" premieres December 26 throughout Minnesota; part reality show, part documentary tracks the trials, tribulations, triumphs, friendships and fun of their kids' never-ending season: H-O-C-K-E-Y!

Produced by the Twin Cities-based production company, McCally-Lee Entertainment\*(www.mccallylee.com), "Hockey Moms" follows four distinctive moms and their busy families in 11-part docuseries.

Part documentary, part reality series, the new "Hockey Moms" show scores on a number of levels, capturing the personalities, passion, plight, quirks and unique stories of each woman- and the twisted politics of youth sports. It will air over 45TV in the Twin Cities, KAAL-TV in the Rochester/Albert Lea/Austin/Mason City, Northern Iowa area and MY 9 Sports Network (NBJR) broadcasting out of Duluth/Superior and reaching Northern Minnesota, Northwest Wisconsin and Michigan's Upper Peninsula.

McCally-Lee Entertainment is currently enjoying success with its first TV series, "The Minnesota Traveler," a travel and tourism show which began airing in the five-state area in June on FOX Sports North and FOX Sports Wisconsin. It has been already approved for a second season.

"My co-executive producer Randy Lee and I are very proud and excited about the premiere airing of Hockey Moms!," says McCally-Lee Entertainment CEO and show creator John McCally. A former Rochester Mayo High School hockey player, along with his business partner, Lee, they went on to play collegiate hockey at Gustavus Adolphus College. "We follow four amazing, diverse hockey

moms through their ups and downs, documenting their struggles, obstacles and joy during their kids youth hockey season. And we find some interesting things, for example, kids loving hockey but hating hockey associations!"

McCally says the new series packs a range of emotion, from sheer joy to utter heart-break as we see the major sacrifices made to let their sons -- and daughters -- play hockey. Plus, we also see the very personal, dramatic mom stories that each of these women experience, and the deep bonds of friendships that they form. "We think people will find Hockey Moms a very fresh alternative to other docuseries that these days seem highly scripted and inauthentic," McCally adds. "With the relevant family and parenting stories we tell, people will be able to relate to these Hockey Moms, even if they don't know anything about hockey."

The show reveals a wide emotional range and parental dramas that everyone can relate to, even if they are not a hockey fan.

Last fall, McCally-Lee Entertainment made a regional casting call for fearless, tireless, and totally dedicated real hockey moms who wanted to star in their own documentary reality TV show. From more than 400 entries, they found four puck-loving (most of the time) moms.

The first of its kind production to be created, shot and distributed in Minnesota, "Hockey Moms" introduces to Gwen Marty(Stillwater), Shontel Parnell (Cambridge), Angie Goren (Rosemount), and Shay Chamberlain (Menomonie, WI.).

Gwen Marty is a single mom working five jobs. She is crazy about the game (even though she doesn't really understand the rules.)

She has two kids one hock-

ey-playing son, 14, and one daughter, 17, who is a very good dancer and does not play hockey.

Marty's boyfriend, Doug, is a former hockey player. She is broke and has an extremely busy life working five different jobs to find money to pay for hockey and dance, plus other expenses.

Shontel Parnell is calm in the chaos, even with six kids and five of them in hockey. Parnell owns five businesses with husband, Clint, who also is a youth hockey coach, head coach of JV team at Cambridge-Isanti High School (daughter Payton, 16, plays on that team), also helps out on her son's Easton, 12.

Angie Goren has a love-hate relationship with the game. Her two sons (ages 5 and 8) play hockey at mite level.

She is an on-again, off again "hockey widow" as she is married to a former pro hockey player Lee Goren (13 years pro, NHL and overseas)

Shay Chamberlain is loud, proud and fighting to find a home for her hockey-playing son. On the Hockey-loving scale of 1-10, Chamberlain is a 12!

She has been trying to find a hockey association for her son to play for four years. But the local youth hockey association won't allow him to play.

Chamberlain has two kids one son (11), and one daughter (12) and the family lives on a horse farm outside of Menomonie, WI.

"Hockey Moms'" first season finishes with the Season One finale on Saturday, March 5, 2016, immediately before the Boys State AA High School Hockey Championship telecast. During the Girls Hockey Championship on Saturday, February 20, 2016, Hockey Moms is scheduled to air immediately following the AA Championship Game.

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# CHURCH DIRECTORY

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

### ALLIANCE

Aitkin\* — New Life; Larry Burg & John Baker, pastors; 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 Somberger; 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.ihmstemilys.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; Sacrament 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-Denominational. Service 11am

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

Malmö — 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 Irondale Town Hall\*, Co. Rd. 12, (Deerwood Shortcut); Worship 10 & Wed. 7 pm.

### 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 KKKIN (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 Ingelwood and Cherrywood). 218-829-4105. www.christbaxter.com.

Baxter — Prince of Peace (LCMS); Communion every Sunday 9, Fellowship 10:15, Adult Bible Class & Sunday School 10:30 am 218-829-7092 www.pobpaxter.org

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

Brainerd — Good Shepherd Free Lutheran Church-AFLC 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 Study 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. Worship 9:30, SS 10. Located on the corner of Hwy. 27 and Co. Rd. 47. (Handicap accessible)

Iron Hub — Immanuel (LC-MS), Pastor Dean Stolz; Worship 10:30; 218-534-3069.

Isle — Faith (ELCA), Interim Pastor Rev. Henry French; Worship 9:30; handicapped accessible.

Isle — Holden (ELCA), SS 9:30; Worship 10:30.

Isle — Trinity (Missouri Synod), Rev. Mark Maunula; Worship 8:30; Fellowship follows; SS 9:45; Adult Bible 10.

Jacobson — Carmel, Vicar Mark Wagner; SS 1st & 3rd

Sun. 10, Service 11, fellowship follows.

Malmö — 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.

McGrath — Zion (ELCA), Pastor Elliott Malm; Worship 9; SS 9.

McGregor/Big Sandy Lake — Grace Lutheran Log Church (ELCA), Pastor Ericka Foss; Worship 9, Fellowship follows, SS 10.

McGregor — Our Savior's (Missouri Synod), Pastor Joshua C. Reinke; Worship 9; SS 10; Bible Study Tue. 9, Wed. 7 pm

Outing — Our Saviors ELCA; Pastor Michael Gustafson, Worship 9.

Palisade\* — Bethel (ELCA), Rev. Wm. J. Sass; Worship 9:30; Wed. School classes 4:15 p.m.

Pequot Lakes-Our Savior's Lutheran Church (ELCA), Rev. Donna M. Olsen, Worship 8 & 10; SS 10; Wed. Worship 5:45 pm; Free Community Supper Wednesdays at 5 pm.

Rosburg — Bethesda (ELCA), Rev. Sandy Berg-Holte; Worship 10:30; SS 2nd & 4th Sundays 10:30; Comm. 1st & 3rd Sunday each month.

Tamarack (AFLC) — Pastor Ron Staudinger; 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sundays 10 am; 41163 Kestrel Ave 3.3 mi. South of Hwy 210

Thor — Zion, Pastor G. Salmonson; 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.

**PENTECOSTAL INDIAN**  
Tamarack — Warriors of the Rainbow Ministry, 218-768-3585. Pastors Ken and Robin Fairbanks, Praise and Worship, Sat., 11. Everyone Welcome!

**PRESBYTERIAN**  
Crosslake — Pastor Kate Stangl; Worship Memorial Day-Labor Day at 9:30; Worship September to May at 10:15; Bible Study Wednesdays at 10; 14444 Daggett Pine Rd. 218-692-4769

McGrath — Calvary, Pastor - Todd Oltmann; Worship 9. McGregor/Round Lake — Pastor Talley; No Sunday Service Worship Sat. 5 pm.

Tamarack — First, Rev. J. Yingling; Worship 11. Round Lake — Pastor Talley; Worship Sat. 5 pm.

**SEVENTH DAY ADVENTIST**  
Aitkin — Pastor J. Scoggins; Worship, Sat. 9:10; Sabbath School 10:30; Prayer Mtg. Tue. 7 p.m.; www.aitkinadventist.org; 218-927-4107

**UNITED METHODIST**  
Aitkin — Pastor Dawn Houser; high school & adult SS 9

# 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.

Community "Clothes Closet" open Tue. 9 to noon;

and 1st & 3rd Thu. 5-8 pm, 37560 Ox Lake Landing, Crosslake.

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.

rence 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.

**December**

26th - Last reservation day for Aitkin American Legion New Years Eve Dinner and Dance Dinner at 6 pm with choice of prime rib or walleye; dance at 7 pm Make reservation by Dec 26th by calling 218-927-2965.

31st - Masquerade Ball 9 pm, 40 Club Club Banquet Center. Call 218-927-5563 for more info.

**January**

1st - Aitkin American Legion New Years Eve Dinner and Dance Dinner at 6 pm with choice of prime rib or walleye; dance at 7 pm Make reservation by Dec 26th by calling 218-927-2965.

7th - Special Business after Hours, a collaboration between the Cuyuna Lakes Chamber and the Cuyuna Lakes Mountain Bike Crew, at th Crosby Bar at 212 West Main Street in Crosby, 5-7 pm.

23rd - 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.

## Davina and the Vagabonds to perform January 8



Central Lakes College Theatre Cultural Arts Series producer Patrick Spradlin remembers the bitter cold of last winter, and he's got the perfect solution for the coming arctic blasts. "What better way to spend a frigid January night than listening to hot blues and jazz?" he asks. To do just that, he's presenting Minneapolis sensations Davina and the Vagabonds for a show on Friday, January 8, at 7:30 p.m. The concert will be held in the NP Event Space, which is located at the historic Northern Pacific Center in east Brainerd. Doors will open at 6:30 p.m. for a social hour prior to the performance.

"The best description I've

heard about this band was from Jon Bream of the 'Star Tribune,'" Spradlin notes. "It was this: 'Davina Sowers sounds like the daughter of Leon Redbone and Betty Boop trained on piano by Randy Newman.' That just about says it all."

The Vagabonds are trumpeter Zack Lozier, trombonist Ben Link, drummer Connor McRae Hammergren, and bassist Matt Blake.

Davina Sowers and the Vagabonds (DATV) have created a stir on the national blues scene with their high-energy live shows, sharp-dressed professionalism, and Sowers' commanding stage presence. With influences ranging from Fats

Domino and the Preservation Hall Jazz Band to Aretha Franklin and Tom Waits.

So much more than just a blues act, DATV's shows are filled with New Orleans charm, Memphis soul swagger, dark theatrical moments that evoke Kurt Weill, and tender gospel passages. Davina's voice and stage presence defy category in a different way. Davina has been compared to Etta James, Amy Winehouse, Janis Joplin, Billie Holiday and Betty Boop, but comparisons don't suffice: Sowers is a true original.

Something unique to this "blues" project is the instrumentation. This rollicking quintet is held together by Sowers' keyboard playing, with acoustic bass, drums, and a spicy trumpet and trombone horn section. The group's focused, clean sound and emphasis on acoustic instruments is novel to both blues and jazz worlds, and sets the show closer to New Orleans than to Chicago. This has set the Vagabonds apart at blues festivals in Thunder Bay, Ontario; Sighisoara, Romania; Siere, Switzerland;

Kemi, Finland; and 2012's New Orleans Jazz and Heritage Festival, and Monterey Jazz Festival 2013 and 2014.

Sowers, a classically-trained pianist, has years of experience in piano performance.

"We presented Davina last season," notes Spradlin. "We sold out the evening performance really quickly, and had to add an afternoon matinee, which also came very close to selling out. It was by far one of the more successful events we've held."

Tickets for Davina and the Vagabonds are available from the CLC Theatre Box Office at (218) 855-8199, or online at www.clcmn.edu/arts.

"We decided to move the event to the NP Space this year to give the show more of a cabaret feel," says Spradlin. "The audience will be seated at tables, there will be beverages available for purchase. And the NP Space is such an extraordinary venue. It has a unique atmosphere. We've brought in a professional sound company to make sure Davina's voice best fits the space."

National Alliance on Mental Illness meet Fri., 2 : 3 0 , Community Presbyterian Church, 7 0 3 Pokegama Ave., room 105, Grand Rapids, Call Ter-

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## Florida pastors encouraged to protect their ministries

Throughout the month of October thousands of pastors in Florida heard about how they can protect their ministry against anti-Christian bias in culture.

John Stemberger, president of the Florida Family Policy Council, spoke to pastors as part of the Protect My Ministry tour. Cities included Tallahassee, Jacksonville, Orlando, Tampa, Clearwater, Naples, Fort Lauderdale and Miami.

Grassroots teams were assembled to organize, promote and staff the events - and to follow up with

pastors afterwards.

John Paulton, director of issues response at CitizenLink, said encouraging pastors to take a stand is one of the greatest things we can do to promote family values in our country.

"It has often been said that churches are the front line of defense against the wave of anti-Christian values," he explained. "These events strengthen that front line by encouraging and equipping pastors. They do that by building pastors up in their God-given role, equipping pastors with ways that they

can make a difference, and emboldening them as they see that they are not alone."

More events are scheduled in North Carolina and other states as family policy council leaders work to educate clergy.

"It's CitizenLink's privilege to come alongside the family policy councils of Florida and North Carolina to help make this possible," Paulton said. "These events - and the ongoing work to follow - will make a big impact in the cultural, legislative and electoral battles to come."

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# Crow Wing County releases year end aquatic invasive species data

According to the Crow Wing County Land Services Department, nearly 43,000 watercraft inspections for Aquatic Invasive Species (AIS) were conducted in 2015 by County or DNR inspectors at approximately 50 landings within the County. This represents over 10 percent of the total watercraft inspections conducted statewide.

Of those inspected, 57 percent were incoming water-

craft to a Crow Wing County Landing. Over 97 percent of boaters had their drain plug out upon arriving at the landing. In addition 98.8 percent were clean upon entry (no plants, animals or zebra mussels).

"The data indicates that the vast majority of boaters are getting the message when it comes to preventing the spread of Aquatic Invasive Species (AIS)," stated Mark

Liedl, Land Services Supervisor. "Responsible boaters are pulling their drain plugs and cleaning off their boats and trailers before leaving landings."

The county reports that only 20 of the 43,000 inspections found zebra mussels attached to the boat/trailer prior to launch. Only two new infestations of AIS were documented in 2015 in Crow Wing County: Ruth Lake for

Zebra Mussels and White Sand Lake Eurasian-water-milfoil. The infestations in both cases were subsequently treated and contained.

Other key findings from the data include:

- Cass, Aitkin, and Hennepin were the top 3 outside counties where boaters were coming from, followed by Washington, Mille Lacs, Wright, Carver, Stearns & St. Louis

• Iowa (528), Wisconsin (363), North Dakota (211), Illinois (150), and South Dakota (146) were the top 5 states where boaters were coming from (by vehicle license plate)

- Cross, Bay, Gull, Pelican, North Long, Lower Hay, Big Trout, Hubert, Mille Lacs and Whitefish were the top 10 lakes from which boaters had come where entering another lake. Minnetonka (the highest non-County lake) was #19.

Information specific to the Aquatic Invasive Species Program, including the 2016 plan, can be found on Crow Wing County's website by searching "AIS." AIS and other water protection activities conducted by the Environmental Services Division is compiled annually into a Water Protection Report, which is also available at [www.crowwing.us](http://www.crowwing.us) by searching "Water Protection Report."

# Chisholm indicted for fraudulent scheme to steal more than \$2 million

Minnesota Commerce Commissioner Mike Rothman announced the federal indictment of Colin Alexander Chisholm, 64, of Minneapolis, for stealing more than \$2 million from investors by lying to them about an investment in a purported television network startup. Chisholm was indicted on seven counts of wire fraud and six counts of mail fraud.

"As the indictment alleges, Colin Chisholm told one lie after another to steal from investors who thought they were financing a promising new business enterprise," said Rothman. "In reality, Chisholm was using their money for his own personal enrichment and luxurious lifestyle. This case shows the Commerce Fraud Bureau's continuing partnership with federal authorities to bring white-collar criminals to justice."

"This case is yet another example of successful cooperation between federal

and local law enforcement and prosecutors," said U.S. Attorney Andrew M. Luger. "I am especially grateful to my colleagues and friends in the Hennepin County Attorney's Office who referred this case for federal prosecution."

Craig I. Goldberg, Postal Inspector in Charge of the Denver Division, which also covers the Twin Cities, said, "When the U.S. mail is alleged to have been used for the purposes of committing fraud, it's the job of the Postal Inspection Service to aggressively investigate and ensure America's continued confidence in the integrity of its postal system."

"According to the indictment, Mr. Chisholm claimed to have devised a creative and exciting investment opportunity," said Assistant U.S. Attorney Lola Velazquez-Aguilu, who is prosecuting the case. "However, it was built on a series of lies. Instead of providing a real possibility for a return

on their investment, this defendant is charged with victimizing those who entrusted their money to him. Thanks to the hard work of investigators from the Minnesota Department of Commerce and United States Postal Inspection Service, this defendant will now have to answer for his alleged crimes."

According to the indictment and documents filed in court, since 2004, Chisholm used The Caribbean Television Network, Inc., (TCN) an entity he formed purportedly to broadcast satellite television throughout the Caribbean, to solicit funds from investors. As part of the solicitation, Chisholm told potential investors that TCN would serve as a network for a group of cable television channels, thereby allowing advertisers to obtain advertising time on multiple channels via a single network advertising buy. Throughout the scheme, Chisholm told investors that TCN was on

the verge of securing between \$20 million and \$100 million in funding to begin broadcasting, and that their investment would be used as interim financing for TCN.

According to the indictment and documents filed in court, as part of his scheme to obtain money from potential investors, Chisholm lied to them about the progress and viability of the main funding sources for TCN. Chisholm lied to some investors by telling them that they were buying shares of TCN stock owned by Chisholm's alleged family trust – the Comar Trust and told some investors that their investments were guaranteed by the Comar Trust. In fact, the Comar Trust did not have funds to guarantee the investments.

According to the indictment and documents filed in court, Chisholm also lied to investors about his personal background. He told some investors that he was

the grandson of Hugh J. Chisholm, Jr., and the son of William Chisholm, of the Oxford Paper Company. In falsely claiming this family lineage, Chisholm gave the false impression that he came from considerable family wealth. Chisholm also claimed to be a Scottish Chieftain of the Clam Chisholm and claimed to have close personal ties to members of the Bush family, specifically to Prescott S. Bush, Hr., the deceased brother of former President George H.W. Bush. Chisholm further claimed to provide scholarships to Bowdoin College, where Hugh J. Chisholm, Jr., received an honorary degree.

According to the indictment and documents filed in court, Chisholm also lied about his professional background, most notably making the claim to potential investors that he had worked as Vice President for Turner Program Services, to have a

relationship with Ted Turner, and to have participated in the development and launch of CNN and CNN Headline News, including writing the business plan for CNN.

According to the indictment and documents filed in court, Chisholm also failed to disclose his own misuse of investor funds, including funds he used to satisfy a \$255,500.50 settlement with Verizon and for personal expenses, such as the purchase of a yacht, personal fitness and wellness expenses, and rent for his home on Lake Minnetonka.

Chisholm is charged with causing the loss of more than \$2 million to individual investors.

This case is the result of an investigation conducted by the Minnesota Department of Commerce Fraud Bureau and the United States Postal Inspection Service. The Hennepin County Attorney's Office also provided substantial assistance in this case.

# 2016 should bring more places to recycle away from home in Minnesota



Minnesotans should have access to more recycling opportunities in the New Year as commercial proper-

ty owners in the Twin Cities metro area respond to an enhanced state recycling law.

By Jan. 1, 2016, owners of commercial property in the seven-county metro area will need to offer recycling along with garbage collection in their buildings. The new law applies to most commercial buildings that have service for 4 cubic yards (or more) of trash per week, and requires that at those properties a min-

imum of three material types be collected for recycling. Recyclables could include -- but are not limited to paper -- plastic, glass, metal, and organics (food scraps and compostable paper).

Depending on the type of business, there may also be opportunities to recycle other types of material, such as textiles. Many businesses also have clean plastic film from packaging and shipping that can be collected. Business owners are encouraged to look into the types of waste materials that their business generate, and how those materials could be recycled. There may be unexpected opportunities to recycle specialized materials.

Trashing recyclables can

be expensive. Even for those who are not affected by the law, recycling provides an opportunity for businesses to save money. Recycling is not taxed; however, there is a 17 percent state tax on garbage and some counties have fees as well. Increasing recycling reduces trash and potentially saves money.

Recycling also adds to the economy, with 37,000 jobs created in Minnesota around the recycling industry. Many companies in Minnesota make products out of recycled material. And many customers like to know that business is supporting sustainable practices.

Implementing a successful recycling program can take work. Some businesses may

need to make changes to accommodate recycling bins in the layout of their workplace, as well as on their loading docks. Helping staff learn how to properly participate in the program is essential to success, so a high-quality training program is important. Many cities and counties offer assistance to business owners, sometimes in the form of financial support, to set up new or improved

collection systems. There are also several local resources for signage and education, including the Recycling Association of Minnesota and Rethink Recycling. All of these resources, and more, can be found on the Minnesota Pollution Control Agency's commercial recycling page.

If you have questions about the new law, please contact Emily Barker at 651-757-2030.

# MPCA offers \$270,000 to clean up old diesel

The grant application deadline is January 7, 2016 for federal funding to improve or replace - big, older diesel engines.

"Bring us your old, fully operating garbage trucks, bulldozers or barges and let's clean them up," said Mark Sulzbach, MPCA's Clean Diesel grants manager. "Since 2006, MPCA Clean Diesel grant efforts, along with our partners Environmental Initiative and Project Green Fleet, have reduced diesel emissions by the equivalent of taking 750,000

cars off the road. That's about 45 tons of soot out of our air."

MPCA's projects have reduced pollution on everything from a rock crusher to a paddleboat. This past summer, MPCA grants helped to replace some garbage trucks and long-haul tanker trucks for milk and propane. A few years back, there were grant awards for new engines on old construction cranes and for diesel-electric hybrid delivery trucks.

Big pre-2007 diesels spew far more than their share of

harmful pollution, so upgrading or replacing these engines or entire vehicles - gives a lot of air-quality improvement bang for the buck. The U.S. Environmental Protection Agency estimates that every dollar spent on reducing diesel pollution saves 13 dollars in health care costs. On the owner's side, upgrades can reduce pollution exposure to drivers and reduce fuel and maintenance costs.

"The grants are incentives, not gifts," Sulzbach said. "Owners must have some skin in the game." New engines or

"repowers" require owners to ante up 60 percent of the project. Replacing a truck or piece of construction equipment requires owners pay 75 percent.

The grants require that vehicles to be upgraded are fully operational. If the engine is replaced, the old engine is permanently disabled so it can't pollute again.

All grant application materials are online at: <https://www.pca.state.mn.us/air/diesel-emissions-reduction-act-grants>.

# LEGAL NOTICES

(Published in NewsHopper Saturday, Dec. 19 & 26, 2015)  
**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 8, 2016.

Filing hours will be open December 29, 2015 and will close January 12, 2016 at 5:00 p.m.

Filing hours from 9:00 a.m. to 5:00 p.m. at the home of the Clerk. Call for an appointment 218-678-2880.

Offices to be filled are one Supervisor for a Three (3) year term.

Filing fee is \$2.00.  
Dated this 13th day of December 2015  
LINDA WENDLANDT, CLERK  
Wealthwood Township  
4.36

(Published in NewsHopper Sat., Dec. 26, 2015 & Jan. 2, 2016)

**LIBBY TOWNSHIP BOARD WILL ATTEND TURNER TOWNSHIP BOARD MEETING**

Notice is hereby given to residents of Libby Township that the Libby Township board will attend the regular January meeting of the Turner Township board. This meeting will be held on Tuesday, January 5, 2016 at 9:00 a.m. at the Turner Township Hall.

The purpose of this meeting shall be to discuss a maintenance plan for roads that cross the border between the two townships; and other matters that may come before the board.

Dated this 21st day of December, 2015  
JANE GRIMSBO JEWETT  
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3.9

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