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St. Joseph's Catholic Church

each

HURRY: Final days to place an order for pasties available to pick up Wednesday, October 26. Gravy is also available

(12 oz. for \$1).

Order Today!

To place your order, call Kay at

(218) 545-2306 Council of Catholic Women

Deer hunters encouraged to buy license early who choose these options should allow enough time

With nearly 500,000 firearms deer hunters in the state, the Minnesota Department of Natural Resources encourages hunters to purchase their licenses early to avoid long lines and any potential system issues associated with the high sales volume. The 2016 Minnesota firearms deer season begins Saturday, Nov. 5.

"Don't wait until the last minute to buy a deer license. There can be long lines of people waiting to buy licenses in the days before deer opener. Last year we sold more than 145,000 licenses the Thursday and Friday before opener," said Steve Michaels, DNR licensing program director. "Buy early and you can spend more time getting ready to hunt and enjoying time with family and friends."

Deer licenses can be purchased at DNR license agents across Minnesota, by phone at 888-665-4236 or online at www.mndnr. gov/buyalicense. There are additional fees for telephone and internet transactions. Deer licenses and tags ordered by phone and internet take three to five business days to arrive, so hunters

for delivery. Hunters must have a valid deer license and tag in their possession when hunting deer.

Maintaining quality habitat to support an appropriate population level is good for deer, deer hunters and the habitats that sustain them. Deer populations, which vary in density from place to place and year to year are influenced by the severity of winter weather. Deer are ecologically, socially and economically important in a state where hunting and wildlife watching generate more than \$1.3 billion in annual economic impact.

Minnesota deer facts

An adult female whitetailed deer weighs about 145 lbs., and males weigh about 170 lbs. The biggest whitetailed deer recorded in Minnesota was a 500-pound buck. A whitetail's home range is about 1 square mile. **Deer hunting**

There are nearly 500,000 firearms deer hunters in Minnesota.

Last year, 30 percent of Minnesota firearm hunters successfully harvested a deer. About 63 percent were antlered bucks.

70 percent of Minnesota's firearms deer harvest typically occurs during the first three or four days of the season.

The average hunter spends five days afield during Minnesota's firearms deer season.

Hunters can register their deer via internet, phone or at walk-in biggame registration stations, except in southeastern Minnesota permit areas 339 to 349 during the firearms season while the DNR samples deer for chronic wasting disease.

The largest typical whitetail buck taken in Minnesota had a Boone & Crockett score of 202, shot by John Breen in 1918 near Funkley.

Minnesota's No. 1 nontypical whitetail buck had 43 points, shot by 17-year-old Mitch Vakoch in 1974.

Deer licenses

In total, about 606,000 deer hunting licenses and permits (all types) were sold in 2015.

Ninety-seven percent of Minnesota deer licenses are sold to state residents.

The DNR Information Center remained open 3 1/2

hours later on the day before last year's deer opener to answer more than 1,600 telephone inquiries, most of them related to the firearms

Hunting economics

opener.

The following statistics are from the 2011 National Survey of Fishing, Hunting and Wildlife-Associated Recreation, U.S. Fish & Wildlife Service (www.census.gov/ prod/www/fishing.html).

All hunting-related expenditures in Minnesota totaled \$725 million.

Trip-related expenses such as food and lodging, transportation were \$235 million. Hunters spent \$400 mil-

lion on equipment. Hunters spent \$90 million on other items such as magazines, membership dues, licenses, permits, land leasing and ownership.

Deer management in Min-

nesota.

The DNR is beginning the planning process to write a statewide deer management plan and the agency is interested in your thoughts about deer management. The public will have multiple ways to provide input into the planning process including membership on the Deer Plan Advisory Committee, public meetings, focus group meetings, and online public comments.

Deer Management Plan **Advisory Committee**

Applications are open for citizens interested in serving on a statewide deer management plan advisory committee that will provide guidance, input and feedback beginning this December and continuing throughout the planning process.

Continued on Page 1



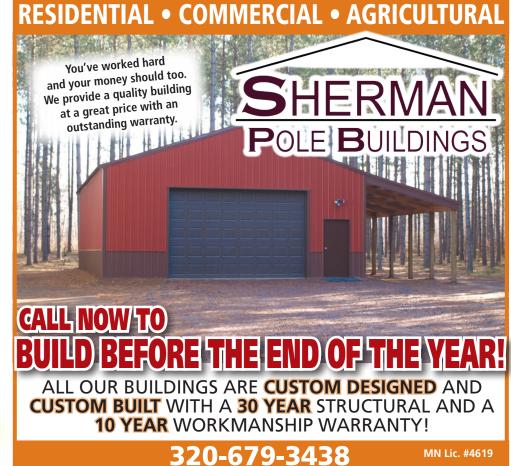
SATURDAY, OCTOBER 22

ARTS & CRAFTS FAIR | 9 a.m. - 4 p.m.

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American Legion visit area veterans

The American Legion Auxiliary visited with veterans and Aitkin Auxiliary members at our local care centers on October 10. They especially enjoyed playing ball and balloons with the little ones. Pictured with 20 year Navy veteran Paul Rimarcik of Golden Horizons are Pauline Moore, Bonnie Mickelson with granddaughter Kierah, Roberta Elvecrog with grandson Jack and Harriet Simonson. Not Pictured is Barb Jones.



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LTZ MODEL, LEATHER BUCKETS,

LOADED ONLY 20.289 MILES

John Tanner's

3,000 MILE

Deer Management Plan Advisory Committee | Continued from Page 1

Twenty citizens will serve on the statewide committee. Approximately two-thirds of seats will be filled by invited representatives of hunting, agriculture, conservation, forestry and other organi-

Public comment sought on trail

Services is requesting public comment on a proposal to designate 14 miles of existing and two miles of new trail development as a multiple use recreation trail system located within and east of the City of Emily in Crow Wing and Aitkin Counties.

"We encourage all citizens interested in this trail proposal to submit written comments no later than November 17, 2016 at 5pm," said Land Services Director Mark Liedl. "All comments

Crow Wing County Land received will be responded to in writing and presented to the County Board prior to their decision on the proposal," he added.

The proposed trail designation application and trail suitability analysis can be accessed by clicking the "Crow Wing County Listens" link on Crow Wing County's website, www.crowwing.us.

Copies of the proposed trail designation and criteria evaluation are available from the Land Services Department located at 322 Laurel Street in Brainerd during the business hours of 8am to 5pm, or by contacting the Department at (218) 824-1010.

Written comments may be emailed to landservices@ crowwing.us (Please include "Emily to Blind Lake Trail" in the subject line); mailed to Crow Wing County Land Services Department, Attn: Emily to Blind Lake Trail, Land Services Building, 322 Laurel Street, Suite #15, Brainerd, MN 56401; or faxed to (218) 824-1126.

CWSWCD sells native seed mixes

Crow Wing Soil and Water Conservation District (SWCD) is selling native seed mixes for \$22 and \$35.25 per package.

Each packet covers 500 or 1500 square feet. Native plants are drought tolerant and grow in part to full sun. Packets include perennial flowering plants, grasses, and a cover crop. Plants generally become fully established in 2-3 years.

"This is a great opportunity for you to lessen your mowing and create a home for the bees, butterflies, and birds. These mixes also like area sandy soils." said Beth Hippert, SWCD District Technician.

Crow Wing SWCD is selling septic mound mix/bank stabilization (15 species, 1500 sq ft.), Wild Meadow (24 species- 500 sq ft), Steep Slope (30 species-500 sq ft) and Lawn Alternative Seed (5 species, 500 sq ft) mixes. Seeds can be purchased at the Crow Wing SWCD office at 322 Laurel St. Suite 22, downstairs.

Also available are "Meadow Blazing Star & Black-Eved Susan" Seed Mix, or "Wild Lupine & Yellow Coneflower" Seed Mix, for \$20 per package. This will cover 200 square feet.

The mixes contain seeds that were harvested and packed within 100 miles of Brainerd by Minnesota Native Landscapes, Inc. of Otsego. **Fall Dormant Seeding**

For fall dormant seeding, starts after first frost of the year. Rake surface of seed bed prior to seeding to provide good seed to soil contact. Mix seed into bucket of moist (not wet) native soil or clean sand. The mixture should be 10-parts sand to 1-part seed. Spread seed by hand or with seeder. Install erosion control blanket on slopes over 30 percent (use natural fibers, no plastic net)

For seeds and more information contact 218-828-6197.

zations. Five to seven "atlarge" seats are available to any interested citizens who

Priority will be given to applicants who demon-

LICENSED & INSURED

wish to apply.

strate a willingness to work collaboratively with others from diverse perspectives and who have knowledge of deer management issues in Minnesota.

The committee is expected to meet approximately monthly (4-6 hours/meeting) between December 2016-December 2017. Meetings typically will be conducted during daytime business hours on weekdays at a central location (such as St. Cloud) or other locations of the committee's choosing. DNR will provide lunch at the meetings and mileage reimbursement for members driving to and from meetings.

Complete the online application at http:// survey.mn.gov/s.asp?k=147032822094 by 11 p.m. on Wednesday, Oct. 19, 2016. Selected members will be notified by Nov. 21. To request a paper copy of the application, or for questions about the application process, please contact Katie Clower via email at katie. clower@state.mn.us or by calling 651-259-5182.





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COMMUNITY-EVE

Ongoing Events:

AA- Aitkin - Meeting closed Wednesday 3 pm Aitkin

AA - Aitkin - 322 1st Ave. NE 218-927-6240 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. Art Club meets on the second and fourth Tuesdays

at the Jaques Art Center in Aitkin, 1-3 pm "Ask an Attorney", Aitkin Co. Sheriff's conference room, 2nd Tue. of month at noon.

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 Weslayson Church on Highway #6 in Emily. Please call Sharon - 612 669-3295

Caregiver/Memory Loss Support Group. Meets the first Wed., 1-2 p.m. at Birchstreet Center, downtown Aitkin. 218-9271383.

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.

Clothes Closet offers free clothing to men and women in need. We are open the second and fourth Saturdays of each month from 8 a.m. noon. NARROWS COMMUNITY CHURCH, 6297 Woods Bay Drive NE, Outing (follow the yellow signs). Call 320.857.0182 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

Dance at VFW in McGregor every 1st Monday of the month, except holidays which will be on the following Monday

Dance at Waukenabo the second and last Wednesday of the month.

Deerwood Lakes Lions meet the 2nd Monday of 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. Lions affordable hearings aids availalible to those who qualifiy.

JANZEN AUCTIONEERS

MCGREGOR AREA AUCTION— MCGREGOR

COMMUNITY CENTER INDOOR AUCTION

Friday, October 28th • 10 a.m.

Directions: In McGregor, go North on Hwy #65 for 1/3 mile to McGregor

Community Center on right watch for signs (Watch for signs)

HUGE ANTIQUE AND COLLECTIBLE AUCTION

Crockery butter churn w/ handle, 2 gallon, Variety of collectible fishing lures, decoys &

poles, Aladdin kerosene lamps & others, Redwing pieces Bobwhite cookie jars & smal

crockery pieces, Antique mole & varmint trap, Franciscan ware, Brush formal pig cookie

jar, long handled primitive tools, crock shoulder jugs numerous, many sets of dishes

Wisconsin pottery, 33 1/3 records of all kinds, Redwing dishes of all kinds, Lighted bee

signs, steins, mugs, glasses large assortment, Pop collectibles Pepsi, Coke & others

Some cast iron ware Griswold, Wood Skis, Pedal style grindstones, Collectible ova

frames plus many pictures & frames, Knick Knacks & Christmas items, Jadeite pieces

Old Camera's & clocks. Animated nut cracker drummer. (2) auto FYR stop, assorted toys

lighters & belt buckles, assortment of bowls Pyrex & others, older tools, shotgun shells

knives, wrenches, ratchets, ice picks, Memory Lane dish set serving for 12, Primitive

kitchen items, Custom Jewelry & other, Milk caps collection, Advertising tins, jars & signs Children's books Antique dual paper roll, Beer caps signs & taps of many kinds, Many

collector items from the 1950's, Comic books, WWII grave marker, Hames & primitive

tools, Variety of linens, doll collection, bull whip, table & matching buffet, very nice din

ing set w/ table & upholstered chairs, Blonde oak furniture pieces, school desk; library

table, Telephone chair, Mahogany drop front Pigeon hole desk, wicker rocker, Iron beds

This surface listing below is a tip of the iceberg, too many items

to list this will be an all day Auction be sure to attend & bring a

friend something for everyone.

Thank you in advance, Janzen Auctioneers

REMEMBER FRIDAY, OCTOBER 28TH • 10 a.m.

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or www.midwestauctions.com/janzen/

For more information, call Diann Bates 218-546-5237 or 218-838-4768 cell.

Evergreen P.A.C. ATV Club meetings 1st Thu. each month, 7 pm, Jackson Hole, Lawler, open to

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.

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 Addicts in Recovery Anonymous Meeting Tuesday evenings, 6:30 pm small conference room at Aitkin Library. No dues, fees or weigh ins. For more information call: 217-248-6434. www.foodaddicts.org

Food Shelf: 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.

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,

Jacobson Seniors meets every Thu., 10-2 pm at Jacobson Comm. Ctr. Potluck at noon. Beverage provided. All are welcome. For more info.,

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 Pokeaama 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 & Feb-

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., Mc-Gregor, 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.

Rosary is ongoing the fourth Tuesday of each month at 1 pm at the Big Fish, Garrison, contact Jean at 218-764-2665 for more info.

RSVP Bone Builders (Osteoporosis exercise program) Tue & Thu: 10-11 First Lutheran Church, Aitkin; 11:30-12:30 Blackrock Terrace, Aitkin; 12:45-1:45 Journey North Church, Aitkin; Wed: 10-11 Malmo Evangelical Free Church, Malmo & Fri: 10-11 Bethesda Lutheran Church, Malmo. 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. Refresh-

Senior Dance at Deerwood Legion, 1-4 pm, 1st and 3rd Fri. each month.

TOPS Aitkin (Take Off Pounds Sensibly) Every Tues at East Entrance. First Lutheran Church. 101 2nd St SE, Aitkin Weigh in at 4:30pm and meeting at 5pm

TOPS Deerwood (Take Off Pounds Sensibly) Mondays 6:30 - 7:30 pm, Deerwood Legion, 23659 Forest Rd, Deer-

wood. For more information, please contact Lucy Bartz 218-839-2218 or Gwenn Smith 218-246-2180.

TOPS Ironton (Take Off Pounds Sensibly) meet Monday, 4 pm weigh-in, 4:30 pm meeting at Immanual Lutheran Church, Crosby. Call Mabel Semler 218-546-6523 for meeting location information.

Weight Watchers meets every Tuesday at 5:45 pm at the Sno-Serpents building in Deerwood at 24197 Mohs St (next to the Deer Stand restaurant). Weigh in begins at 5:15 pm. For more information, call 218-820-9725.

White Pine Riders ATV Club meet 2nd Sat. each month (Feb. - Oct.) at McGrath Fire Hall, 10 am, open to public.

IANZEN AUCTIONEERS

JANZEN AUCTION BUILDING

Saturday, October 29th • 9:30 a.m.

1 mile west of the stoplights in Aitkin - (Watch for signs)

VEHICLES: 2006 Cadillac CTS 4 DR 44,000 miles excellent condition, Dodge Grand

Caravan good runner ATV & RELATED: 2003 Arctic Cat 400 w/winch & windshield 299

miles excellent condition, (2) 1997 Polaris Indy Classic 550's w/electric start & reverse

low miles, 1941 Bashan moped 14.8 actual miles battery or kick start, ATV snowplow,

Bobcat older Bobcat 500 w/ bucket good runner LAWN & GARDEN: Craftsman riding lawn

ractor, Murray 8.75 HP rear engine lawn tractor, Stihl 026 chainsaw & other chainsaws, Husqvarna back pack blower, numerous snowblowers, trimming mowers, garden tillers,

yard vacuum, tow behind lawn plastic lawn cart GARAGE & SHOP RELATED: Large wood

lathe, air power tools & other power tools, scaffolding, upright tool chest, air compressor

on wheels, large generator, ladders, shop tools, long handled tools SPORTING RELATED:

Collectible fishing poles, gas ice auger, champion shooting rest, new truck winch, camo

ATV cab ANTIQUES & COLLECTIBLES: Beer signs, Numerous Tonka trucks including fire

truck, truck w/ dragline, large variety of John Wayne collector plates & other John Wayne

items, Precious Moments, collectibles & dolls, Large collection of Denim Days porcelain,

& other porcelain, Large Barbie doll collection in boxes dating back to the 50's, Copper

plated Ice Cream Parlor like brand new CLEAN FURNITURE: including tables & chairs,

bedroom dressers, glass front cabinets, clean upholstered furniture, lamps, Grandfather

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Thank you in advance, Janzen Auctioneers

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or www.midwestauctions.com/janzen/

clock, Pine bedroom set, (2) chest freezers, plus much more!

October

22nd - Shepherd of the Lake Annual Fall Bazaar 9am - 2pm. There will be lefse, baked items, pasties, craft items, grandpa's shed, and grandma's attic. A luncheon of soup and sandwiches, pie and beverage will be available. Located on Highway 169, one mile north of Garrison. Everyone is welcome! For questions, please contact the Church at 320-692-4581.

23rd - Aitkin Women Of Today Annual Pumpkin Patch Bake Sale 11 am - 2 pm at the Aitkin City Park. Delicious items will include: Breads, fudge, cupcakes, cookies, bars, snack mixes, pies, and more! Please join us for a tasty treat!

25th - Public Square Rosary on the fourth Tuesday of each month at 1 p.m. at the Big Fish in Garrison. Contact Jean at 218-764-2665 for more information.

27th - United Methodist Church of Emily Downsizing Workshop - Who Gets Mom's Table? Led by Kathleen Gilbride of the Central Minnesota Council on Aging, St. Cloud, 3:00-4:30 pm. This is another in a series of Emily area community educational events. The public is invited to this free event. Bring a friend. The church is located across from the Emily Post Office near the intersection of Hwy 6 and Co. Rd 1. Questions? Contact Dan Klement, 218-566-2220.

27th - The Crow Wing County Genealogical Society meeting at The Church of Jesus Christ of Latter Day Saints Family History Center, 101 Buffalo Hills Lane, Brainerd. Dana Moen will speak about her genealogical travels. Social hour 6-7pm, program and meeting to follow. Any questions call 828-9178 or 851-4819.

28th -Unlimited Learning Night of Fine Dining at Ruttger's Bay Lake Resort Happy Hour 6 pm, Ruby's Dining Room. Lakes Area Unlimited Learning members \$40, non members \$45.



Mon.-Fri. open at 3 p.m. • Sat. open at noon • Sun. open for Vikings Games

Men's Golf 10 a.m. Meet at the Lodge **Every Tuesday** Sat., Oct. 22

Member Appreciation **Dinner**

Wed., Oct. 26 5:30 p.m. to 7:30 p.m. **Super Burgers**

Open on Sundays for Vikings Games! HAPPY HOUR DURING GAMES

(1st & 3rd Thursdays) **Homemade Pizza** 5:30 p.m. to 7:30 p.m. Meat Raffle

Woman of the Moose

Thurs., Nov. 3 & 17

Every Saturday 6 p.m. Hall Available for Rent (Seats 250) Weddings, Reunions, Graduation & Other Events Now booking summer parties. Call Lodge for info.



Saturday, October 29 Halloween **Costume Party** with **DJ** starts at **9 p.m.**

Prizes for First, Second and Third Place and Most Creative!



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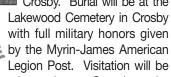
OBITUARIES

MIKE MARTIN



Mike Martin, 92, of Ironton died on Sunday, October 16, 2016 at the Cuyuna Regional Care Center in Crosby.

Funeral services will 11 a.m. on Saturday, October 22, 2016 at the Koop Funeral Home in Crosby. Burial will be at the



one hour prior to the services on Saturday at the funeral home.

He was born on November 29, 1923 in Ironton to

George and Mary (Luncha) Martin. He was a WWII Navy veteran and was a member of the Myrin-James American Legion Post #443, Ironton. He was a former Inland Steel employee and a retired electrician for Potlatch Corporation.

He is survived by his brother and sister-inlaw. Chester and Phyllis Martin. North Oaks: step-brother, Denny Polich, Deerwood; one sister, Ann Murphy, Crosby; several nieces and nephews. He was preceded in death by his parents: wife Dolly: brother. Robert G. Martin: sister. Dorthy Matthews: step-brothers: Robert and Clifford Polich and step-sister. Rose Satovich.

Arrangements were with the Koop Funeral Home of Crosby.



Paul Mackrill Burson II, 78, of Ironton died at the St. Cloud Hospital on Wednes-

Funeral services will be 1 p.m. on Saturday, October 22, 2016 at the Immanuel

Visitation will be two hours prior to the service at the church.

He was born on November 15, 1937 in Des Moines, IA to Paul and Ruth (Youngman) Burson. He married Judith Hurtig on July 16, 1971 in Colton, SD. He was and Eagle Scout and Scout Master of Troop 17 in St. Anthony Park; and Lino Lakes Facilities. He was also a former

He is survived by his wife, Judith; daughters and sisters-in-law: Lee Ann and Rick Hohenstein, Aitkin and Polly McDonald of Redlands, CA; three grandchildren and two great-grand-

Paul was preceded in death by his parents. Arrangements were with the Koop Funeral

McGregor Funeral Home

McGregor, MN

218-768-3136

VERNON STROM



Vernon "Fuzz" W. Strom, 86. of Tamarack died Thursday, September 1, 2016 at the Golden Horizons Memory Care Unit in Aitkin.

A memorial service will be held Saturday, October 22, 2016 at 11 a.m. from

the Tamarack Presbyterian Church. Visitation will be one hour prior to the service at the church. Interment will be in the

Fairview Cemetery at Tamarack. Lunch will be served at the Snoflyers building.

He was born July 10, 1930 in McGregor to George and Lela (Mundan) Strom. He attended schools in Tamarack and then Grand Rapids. He then worked for a time in Iowa with artificial insemination. He then enlisted in the U.S. Army and served in Korea as a medic from 1951 to 1953. Upon his discharge he returned to Tamarack and married Margaret A, Johnston on October 23, 1954 in Mason City, Iowa. They bought a farm near Tamarack and he raised dairy cattle for many years. He had served on many boards and committees

that dealt with dairy farming. He served on the sate creamery board AMPI and also on the Aitkin County ASCS Board. In 1980, he and his wife and a delegation from the U.S went to Russia with the People to People Project. He also had the opportunity to go to England and Ireland in the dairy capacity. He also had been to Washington D.C while serving on some of the boards. He and his family were named the outstanding farm family in Minnesota in 1980. He loved to hunt and fish and was considered guit the practical joker.

He is survived by his wife Margaret "Muggs" Strom, Tamarack; daughters and sons-in-law: Kathy and Sam Haugse, Tamarack; Nancy and Tom Martin, Baxter, MN; Jeanette and Bruce Strand, Boyd; six grandchildren; nine great-grandchildren and brother, Irving Strom, Bemidji.

He was preceded in death by his parents, twobrothers and a sister.

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

MELVIN HAWES



Melvin A. "Bud" Hawes, 80, of Deerwood died at the Aicota Health Care Center in Aitkin on Saturday, October 15, 2016.

No services are being held.

He was born on February 7, 1936 in Cove to Charles and Josephine (Davis) Hawes. He married Mary Kneen on October 27, 1989 in

Brainerd. He was a U.S. Army

He is survived by his wife Mary; and one brother, Rick Fideldy, Deer River.

He was preceded in death are his parents; one son, Brian Hawes; three brothers, Wayne Hawes, Patrick and Daniel Fideldy and one sister, Betty Hawes.

Arrangements were with the Koop Funeral Home in Crosby.

PAUL BURSON II

day, October 12, 2016.

Lutheran Church in Crosby.

a former correction officer at the Totem Town

Sorensen-Root-Thompson

Aitkin, MN

218-927-2614

Jerry Thompson

Jason Brezinsky

security officer at IDS, Town Square, and Har-Mar Mall buildings. He was a former school bus driver with White Bear Lake and Crosby-Ironton School Districts. Paul and Judi were former livein directors at the Nazareth House in Oakdale with 12 years of service. He was a member at the Immanuel Lutheran Church in Crosby.

Home in Crosby.

Koop Funeral Home

32 East Main St., P.O. Box 7 • Crosby, MN 56441 C.F. Michaloski, Director • Mary & Nick Zillmer, Owners/Directors

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CH-DIRECTO

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

ALLIANCE

Directors:

Aitkin* — New Life; Larry Burg & John Baker, pastors; Sunday School JAM session 9 am; Worship 10:15 am & 6:30 pm; Youth Group, Wed 6:15 pm; 112 - 1st Ave. SW 218-927-2823

Garrison* — Pastor Michael H. Palkie; Worship 9; SS

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-

ASSEMBLY OF GOD

Aitkin — Heritage Church, Rev. Jason Erickson; Sunday Morning Service 9:30

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** 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 — Pastor Chris Meirose; 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 — 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.

Crosby — St. Joseph's, 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, Mass: Sun 8:30.

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.; Sat. 6 pm (Memorial Day through Labor Day) 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. Kuriakose Nediakala (Fr. KK), Mass: Sun. 11:15 am.

McGregor — Holy Family, Fr. Kuriakose Nediakala (Fr. KK), Mass: Sat. 5:30 p.m.; Sun. 8:45 am

Vineland — St. Therese, Mass Sun. 11; Holy Days 8:30. CHURCH OF CHRIST Baxter, Lakes Area — Nondenominational; 7001 Highland

Scenic Road; Bible Study every Wed. 7 pm; Worship 10:30-11:30. 218-828-1362 Tamarack — Pastor Terry Banker, 608-475-1528, Worship

9:30; SS 10:45; Wed Youth 4 pm.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

www.srtfuneral.com

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

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Aitkin — Nondenominational; 927-2749; at 219-1st Ave. NE., Aitkin, Services Sun.10, 218-927-6959

Brainerd - Community of Hope Church of the Nazarene-Pastor Dave McGaffey Sunday worship at 10:45, SS 9:30 -16549 Johnson Rd -church phone 218-829-9005 Pastor R. F. Stauter, 218-838-1981; Worship 9

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, SS 9:15; Service 10:30; Wed. Bible Study Prayer, 7:00 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; 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

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.

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

EVANGELICAL FREE Crosby - Lifespring Church, 9:30, 30 Hallet Ave NE

last Fri. of month, 5 pm

HEBREW/MESSIANIC

218-545-5433, visitlifespring.com

Crosslake - Interim Pastor Mark Holmen; Call for Service Times at 218-692-4141, email thelogchurch@ Isle — Pastor Kerry Johnston; Worship 9; SS 10:15; Wed.

Youth Group 6 pm; Adult Prayer 6:30 pm Malmo — Pastor Glenn Browning; SS 9:30; Fellowship 10; Worship 10:15; Young Families Fellowship 2nd and

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

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 & Bob Munneke; worship Sun., 8:15 am and 10 am; Sunday School 9:45 am; Wed. 5:30 pm; Sat., 5 p.m; communion every Sat. and 1st and 3rd Sun.; contemporary services 2nd and 5th Sun; nursery staffed; Sunday service broadcast live

on KKIN (94.3FM) at 10 am and on TV cable channel 181 at 9 am, Wed; community meal every Mon. and Thurs., 5 p.m.; food shelf second and fourth Thurs. each month, 9:30 am - 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.popbaxter.org Beaver Township — Finnish EA, Hwy. 27, Worship 1st & Brainerd — Good Shepherd Free Lutheran Church-AFLC Affiliated 5878 Pine Reach Road Pastor Gary Jorgen

son, 218-824-3052, Worship at 10 am. Communion

1st and 3rd Sunday's. Wednesday 7pm. Bible Study. Brainerd - Laestadian Lutheran Church; 1501 So. 8th St. - Sunday Worship Services 11 am. (www.llchurch.org) Brainerd - Trinity Lutheran Church (ELCA) 1420 South 6th Street Brainerd - Pastor David P. Holte and Pastor Hans Anderson - Summer Sunday Worship Time is 9 a.m. and Wednesday evening at 6 p.m. - Phone: 218-829-5147 Website: www.trinitybrainerd.org Email:

trinity@trinitybrainerd.org Brainerd — Truth Lutheran Church (LCMC, Pastor James Walth, Corner of 5th and Kingwood, Worship 9 Breezy Point* - Eagles Nest, Pastor Jonathan Lemaster,

218-562-5252, Worship 10:30 a.m. SS 9:30 a.m. Cedar Lake, Norwegian Lutheran — Third Sun 11,

Cedarbrook - St. John's (ELCA), Rev. Sandy Berg-Holte; Worship 8:30; SS 9:30; Saturday SS; Holy Comm. 1st & 3rd Sun.

May - Oct.

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 Fellow-

ship 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.

Garrison — Light of the Cross (ELCA), Pastor Juli Sutton-Deem; Worship 9 SS 9; 320-692-4773 or 877-406-9101.

Garrison — Shepherd of the Lake (LCMS), Rev. Tom Peterson. 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.

Giese — Immanuel, Rev. R. Langhorst & Rev. R. Lovaas; Worship 9; SS 10; Holy Communion 1st Sun. of month

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; Wor-

Jacobson — Carmel, Vicar Mark Wagner; SS 1st & 3rd Sun. 10, Service 11, fellowship follows. Malmo — Bethesda (ELCA Sun. Worship 8:30 & 10;

ship 8:30; Fellowship follows; SS 9:45; Adult Bible 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. Peter Rosenkvist, Worship 9:00 a.m. SS 9:15 am.

Community Supper Wednesdays at 5: pm. Rossburg — Bethesda (ELCA), Rev. Sandy Berg-Holte; Worship 10:30; SS 2nd & 4th Sundays 10:30; Comm. 1st & 3rd Sunday each month.

Adult Ed - 10:15 am. Wed, Worship 5:45 pm. Free

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

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

Tamarack — Warriors of the Rainbow Mishtry, Pastors Ken and Ron Fairbanks, Sat. 11. 218-768-3585

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

PRESBYTERIAN

& Wed. 7 pm.

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

 $\label{eq:McGrath} \mbox{McGrath} - \mbox{Calvary, Pastor - Todd Oltmann; Worship 9}.$ McGregor/Round Lake — Pastor Talley; Worship Sat.

Tamarack — First, Rev. J. Yingling; Worship 11.

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

ship 9:45; fellowship follows.

Aitkin — Pastor Dawn Houser; high school & adult SS 9; Worship 10:30; fellowship follows; handicapped accessible. Crosby/Deerwood — Cascade, Rev. Brian Hazard; Wor-

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

Cromwell — Pastor Tim Homstad; Worship 10; SS 9 Emily — Pastor Dawn Houser; Worship 8:45; fellowship follows; handicapped accessible Fleming--(Northern Lights Parish) SS 9:15; Worship

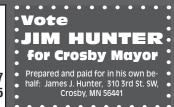
10:30; fellowship follows; handicapped accessible. Hill City — Pastor Roger Lynn; Worship 10 McGregor--(Northern Lights Parish) Worship 8:45; fellowship follows; handicapped accessible.

Onamia — Pastor Rick & Judy Wilder; Worship 11; fellowship 10; 2 blks north of Post Office; handicap ramp; 320-532-3150; office: 218-546-7656; cell: 218-360-1947

Emily — Rev. Jeff Drake; Worship 9; Friendship Time 10; SS 10:30; Wed. Activities 6:30 p.m.; 218-763-HOPE.

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

READER-RIBBETS

Secrect and double standards with Officer Jesse Smith termination

I would like to take this opportunity to address an article in the Courier from last week regarding the termination of Officer Jesse Smith.

I attended the regular city council meeting on Sept. 26 to see if anything regarding Officer Smith was addressed or would be on an upcoming agenda. No police report was given and nothing was noted.

On Sept. 28, a Notice of Special Meeting was posted at city hall for the consideration of allegations or charges against a city employee to be held Oct. 4. (Note this was a meeting Crosby residents did not know about, due to the timing and Courier deadlines).

I also attended this meeting as did a handful of concerned citizens. The NewsHopper dated Saturday, Oct. 8 has a very accurate article regarding this meeting, while the Courier online reported a limited account of the meeting.

This meeting was a preliminary meeting to determine what, if any, disciplinary action should be taken regarding Officer Smith. The meeting was adjourned and a Special Meeting was held on Oct. 6 for the purpose of consideration of discipline of a city employee. I

also attended this meeting with the understanding that this was not to be another preliminary meeting, but a meeting to determine disciplinary action, if any. The meeting was closed to the public after five minutes for approximately 35 to 40 minutes so that[Crosby Police] Lieutenant Randolph could address the mayor and council.

When the meeting was opened again to the public, there seemed to be a lot of confusion on the mayor's part, as well as the council, as to how to proceed.

Mayor Lattery continually looked to the city attorney to get direction on what she should do next. He directed her to ask for a motion to determine what action should be taken.

After a few minutes, [Council member] Paul Heglund stated, "I'll make that motion" and was directed by the city atorney to state what the motion was. Mr. Heglund was confused by what was said and was instructed by the city attorney that he could retract his motion, which he eventually did, after a few

Again, the mayor asked for a motion and after a few more minutes of silence, she was handing off the gavel to

[Council member]Dusty Paul, when [Council member] Ron Prushek made a motion to terminate Officer Smith. Paul Heglund seconded the motion, followed by [Council member] Jim Goshey, who had prepared a written statement (in last week's Courier) to terminate before he came to this meeting. He stated he was influenced to terminate after hearing Lieutenant Randolph's statements that morning. Dusty Paul went along with Goshey.

Also, I would like to address Lisa (Ferrari) Sova and the nearly \$3,000 error on an invoice billed to the city and paid by the city under her direction for a bill incurred from a law firm used by the city in 2013. She stated it needs to be "researched" to determine if an error was made. Who is doing this investigation? Is she on paid leave? Will she be fired for her error, as was Officer Smith?

I think not, as the mayor all the council members publicly stated what a good job she was doing and thanked her for all her hard work.

Double standards? I think so. Crosby citizens, are you really aware of who you are voting for?

Debbie Dewing, Ironton



SADIE PERRINE

Sadie Marie Perrine, a girl, weighing 6 lbs., 15.5 ozs., was born October 5, 2016, in Aitkin, to Heather Lindgren and Josiah Perrine of McGregor. Grandparents are Duane Lindgren, Aitkin; Jean Rian, McGregor; Paul and Judy Perrine, McGregor. Great-grandparents areThelma Tiessen McGregor; Art and Minyon Rian, McGregor; Charlotte Lindgren, Aitkin; Shirley Trujillo, McGregor and Elizabeth Perrine, Aitkin.

Pumpkin Patch in Aitkin on Oct. 23

This year the Aitkin Women by Duane's Photography, of Today Pumpkin Patch will be held on Sunday, October 23 from 11 a.m. until 2 p.m. at the Aitkin City Park. Activities at the Pumpkin Patch include games and prizes, arts and crafts, face painting, fall family photography

pumpkins for sale, bake sale, concessions, and a not-sohaunted, haunted house. This event is free to the public and games are played by purchasing a ticket.

Proceeds for this event, and any event hosted by the Aitkin Women of Today, always gets donated back to the community.

(Published in NewsHopper Sat., Oct. 22, 29 &

Nov. 5, 2016) **LIBBY TOWNSHIP NOTICE OF ELECTION OF OFFICERS**

Notice is hereby given to the qualified voters of Libby Township, County of Aitkin, State of Minnesota, that the Election of Town Officers for Libby Township will take place on Tuesday, November 8, 2016, and will be conducted by mail ballot.

By mail ballot, voters will elect: one supervisor, supervisor position "C," for a four (4) year term; and one clerk for a four (4) year term.

The ballot for Township Officer elections is included as part of the General Election ballot that has been mailed to all registered voters in the township.

JANE GRIMSBO JEWETT Clerk, Libby Township

Send the NewsHopper Your Photos! Got an interesting photo and story to share? Just

send it to hopper@crosbyironton.net, along with your name, city and a description of the photo. We also accept news and community events. And who knows, you may see your submission next week in the NewsHopper!



Constitutional amendment to set state legislative salaries - vote NO The Minnesota Board to Set their own salaries. are Democrat or Republican, it's

State Legislative Salaries, Amendment 1 will be on the November 8 ballot in Minnesota as a legislatively referred constitutional amendment. I challenge you to read the proposed amendment, think how you might vote and then continue reading about what this really means and perhaps rethink how you will vote.

A "yes" vote supports creating an independent, citizen-run board to set the salaries of state legislators, thereby taking away legislators' power to set their own salaries.

A "no" vote opposes creating an independent, citizen-run board to set the salaries of state legislators, thereby continuing to allow legislators to determine

if you can dream it...

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Constitutional amendments in Minnesota require approval from a majority of all voters casting a vote in the election, which means that filling out a ballot but not voting on Amendment 1 has the same effect as voting "no".

Legislators typically have other jobs and being a legislator is serving, not their main source of income. The amendment gives the power to raise their salaries to a 16 member board (8 chosen by the Governor and 8 chosen by the Chief Supreme Court Justice of MN). So basically these 16 people would take all power and it really boils down to TWO people who chose them who decide the pay. I don't care if these two people choosing the board

too much power for two people.

They haven't raised their pay since 1999, but many feel \$31,141 is far pay for a part-timejob. Even when a pay raise is justified, it should be done openly. If this is made a constitutional amendment, it will be forever and the board (no public input) can raise it as much and as often as the board wants. We are in effect, giving them a blank signed check to be given out whenever they wish.

If you vote "no", the legislators have to vote themselves to give themselves a pay raise and we, the people, can see how they voted. I would urge a "NO" vote for continued transparency.

Vickie Froehlich, Kenyon

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Receive a mortgage notice in the mail? Look closely to see if it's real

Minnesota Commerce Commissioner Mike Rothman announced that his agency has imposed an \$80,000 fine against an Atlanta-based company that allegedly sent deceptive mortgage refinance solicitations to Minnesota homeowners.

"Minnesotans should carefully review direct-mail solicitations they get that may look like they come from their current lender or a government agency," said Rothman, whose department regulates mortgage companies. "Some companies misrepresent themselves by disguising a mortgage loan sales pitch as something else in order

to mislead consumers into Date" or "Statement Notice" responding. That's against the law, and consumers need to be on the lookout."

According to allegations in the Commerce Department consent order, MiLend, Inc., mailed numerous misleading mortgage refinance advertisements to Minnesota consumers.

The Department alleges these advertisements were designed to get recipients to respond by leaving the impression that the mailings came from either their current lender or a government agency. Specifically, the ads included:

Words like "Statement

that could lead recipients to believe the mailing is from their current mortgage

Type fonts and layouts that gave the appearance of being sent by a government agency;

The company's name in very small type that could be easily overlooked, allowing the recipient to believe it was sent from their current lender or the government; and

Generic envelopes that didn't show the company's name but included a statement date and number, leading the recipient to believe it came from their current

In addition to the \$80,000 fine, the consent order requires MiLend, Inc., to comply with Minnesota law that prohibits false, deceptive or misleading advertising related to residential mortgage

Rothman said these types of misleading advertisements are a persistent problem across the country.

Using home mortgage information collected from public records and credit reporting agencies, companies will mail refinance solicitations to homeowners urging them to call. To increase the response rate, some companies design these mailings as "look alikes" to make them appear as if they are legitimate notices from the recipient's current lender or

a government agency. Rothman offers Minnesotans these consumer tips:

Take a closer look. Don't be deceived by appearances. Read the fine print to see if what you're getting is just a sales pitch rather than a legitimate notice from your lender.

Contact your current lender. If you are interested in refinancing or modifying your mortgage loan, first contact your current lender to see what it can offer. Then shop around and get offers from at least two other lenders, preferably recommended by friends or family members who have recently refinanced.

Watch out for scams. What you get in the mail may be more than just a sales pitch. It could be someone trying to lure you into a scam. Be on the lookout for identity thieves who try to get you to disclose personal information

like date of birth, Social Security number and financial account information.

Beware of upfront fees. Another scam is when a company asks you to pay an upfront fee with the promise of lowering your interest rate or working with your current lender on a refinance. Requesting fees upfront before results are seen by the customer is illegal and should be a major red flag.

Maintain a healthy level of skepticism. If an offer sounds too good to be true, it probably is.

If you have a question or concern about a possible scam or fraud, contact the Minnesota Commerce Department's Consumer Services Center by email at consumer.protection@state. mn.us or by phone at 800-657-3602

Plant-based diets linked to lower levels of chronic inflammation

You hear about "inflammation" in the body, but what is it, what does it mean for your health and how can you control it?

Inflammation is a protective response from the body. There are two types of inflammation: chronic and acute. Acute inflammation is what happens when you get sick or cut yourself. The body increases blood flow and moves proteins to the affected area to help the healing process—this lasts for a short time and is what causes redness and irritation.

However, when the condition causing inflammation persists long-term, the result is chronic inflammation, which harms rather than helps. Chronic inflammation can be brought on by conditions like arthritis, but obesity is a major cause, and longterm inflammation is linked to chronic diseases like type 2 diabetes, heart disease and

In a 2016 systematic review published in Obesity Reviews, German researchers analyzed 29 different publications that examined the role of plant foods on chronic inflammation. Among 2,689 total participants, most of whom were overweight or obese, researchers found eating plant-based diets-emphasizing vegetables, fruits, whole grains and legumes with modest amounts of fish and dairy—were linked to an overall improvement in inflammatory biomarkers

(measurable substances in the blood that signify there is inflammation). Less chronic inflammation means lower risk of chronic disease.

Plant foods are beneficial for several reasons. They're generally lower in calories and pack more healthful nutrients than refined carbohydrates and meats that tend to be high in sugars and saturated fats. Plants foods can help with weight management and obesity prevention. They can also help fight oxidative stress and keep blood sugar levels in check. One particular plant-based diet noted for health benefits is the Mediterranean Diet, which has been linked to improved blood flow, kidney health and longevity.

Walnuts protect against colon cancer

Adding nuts to your daily diet has been linked with reduced risk of breast cancer and lower cholesterol levels and walnuts in particular have been shown aid in stress management. Now, 2016 research out of the University of Connecticut Health Center finds walnuts may also help protect your colon from cancer.

The study, published in Cancer Prevention Research, was broken into two parts. First, scientists fed mice walnuts along with standard diets. Adding the equivalent of about two ounces of walnuts per day resulted in a 1.3-fold

reduction in both numbers and volume of colon tumors. Then they repeated the study, but this time used a typical American (fairly unhealthy) diet. Walnut-eaters saw a 2.3-fold reduction in tumor numbers and 1.6-fold reduction in tumor size. Interestingly, the effect was only prominent in males.

To determine why walnuts were having this healthful effect, researchers looked into what might be going on in the gut microbiome. Findings suggest eating walnuts may help lower levels of bacteria linked with tumor initiation and promote levels

of bacteria linked with tumor suppression.

Walnuts make an excellent addition to your anti-cancer arsenal because they're a whole food. They're easyto-find, taste delicious and are packed with a wide array of beneficial nutrients that together may help in the fight against cancer. In particular, walnuts contain a high amount of omega-3 fatty acids, which have been shown to help fight potentially cancerous growths in the colon. Walnuts also pack vitamin E, a powerful antioxidant that may inhibit tumor growth.









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