

CALENDAR

September

30: Paul's Picnic, Mount Ski Gull fundraiser, 5-9 p.m.

OCTOBER

2: 10th annual Gull Lake Oktoberfest pub crawl

2: Central Lakes Community Performing Arts Center: Free Fallin' The Tom Petty Concert Experience, 7 p.m., Chalberg Theatre, Central Lakes College, Brainerd

4: Go Pine River chamber dinner

Pine River-Backus Family Center lists events

The Pine River-Backus Family Center is open from 8 a.m. to 4 p.m. Monday-Thursday and 8 a.m. to 3 p.m. Friday.

Pine River Area Food Shelf: Tuesdays and Fridays from 10 a.m. - 1 p.m., on the second Tuesday of the month (Oct. 2) the food shelf will be open from 3:30-6 p.m.

Pine River-Backus Community Meals: A local collaborative effort

has been put together to provide a free weekly meal for anyone who is hungry. Meals are served each Monday at the Riverview Church in Pine River or each Tuesday at the Backus Pine Mountaineer Senior Center. Serving time is 4 p.m. until gone. For more information or to volunteer call 218-587-4292

Home Visiting Program: Are you pregnant? Could you use a little

extra help with your questions around your pregnancy and about your child's growth and development? The Family Centers Home Visiting Program has immediate openings for families who would like additional support. Free Swag Bags are available to all families who are expecting a baby that live in the Pine River-Backus school district.

NAPS: Drive up pick up

is from 1:30-3:30 p.m. Tuesday, Oct. 12. NAPS boxes are picked up inside the Family Center. Please enter through the back door to pick up your box.

WIC: Please call Cass County at 218-547-6872 for an appointment.

Family Planning: Family planning is Tuesday, Oct. 5. Please call (877) 275-6123 to schedule an appointment or for more information.

Child & Teen Check-Up: Please call Cass County Public Health at 218-547-6872 if you have any questions.

Donations to the Pine River-Backus Family Center are always welcome and help the center to continue to support families they serve.

Like the Family Center on Facebook or visit www.prbfamilycenter.org.

Gull Lake Oktoberfest returns on October 2

The 10th annual Oktoberfest pub crawl around Gull Lake is coming back Oct. 2. Ticket sales for the event support Confidence Learning

Center, the soup kitchen and the food shelf. Stops will have German food and drink specials. Ticket holders will be shut-

tled from location to location including: The Pines at Grand View Lodge, Zorbaz, Cowboy's, Jake's, Ernies, and The Side Track.

Ticket prices also cover prizes at various locations. Tickets are \$30/person available at <https://e.givesmart.com/events/nqO/>.

BPAWC meeting Oct. 6

The Breezy Point Area Womens Club will be meeting on Wednesday, Oct. 6, at the Breezy Point City Hall. Check in starts at 11:15 a.m., with the meeting starting at 11:30.

The meeting will feature Jon Mobeck with the National Loon Center.

Lunch will be served. This is sure to be an interesting and informational meeting. The loons are such an important part of our Up North experience. Be sure not to miss it. If you would like to join us and would like to know more, please call Nancy Burback, 612-867-7453.

Community invited to CLC Cultural Thursday

The community is invited to learn more about the people of the U.S.-Mexico borderlands during the next Cultural Thursday event at noon on Thursday, Oct. 7, at Central Lakes College.

The presenter is John Fanestil, Executive Director of Via International, a binational nonprofit organization working on both sides of

the border in San Diego and Tijuana.

As part of his work with Via, Fanestil convenes the Friends of Friendship Park, a coalition advocating for public access to the historic meeting place on the U.S.-Mexico border, overlooking the Pacific

Ocean. An ordained Elder in the United Methodist Church, Fanestil also leads The Border Church, a weekly celebration of communion at Friendship Park.

Fanestil is a graduate of Dartmouth College; Oxford University, where he studied

as a Rhodes Scholar; the Claremont School of Theology; and the University of Southern California, where he earned his Ph.D. in History. He is the author of "Mrs. Hunter's Happy Death" and "One Life to Give."

Cancer screenings available for women at CRMC

Free breast and cervical cancer screenings will be offered at Cuyuna Regional Medical Center's Crosby Clinic on Tuesday, Nov. 9, from 5 to 7 p.m. for uninsured and underinsured women aged 40 years and older who meet income guidelines.

Pap tests, pelvic examinations, Human papillomavirus (HPV) tests, diagnostic testing if results are abnormal, and referrals to treatment. Family Physicians Holmgren, M.D., and Hannah Elsenpeter, M.D., are volunteering their time to assist women.

CRMC hopes to make more women in the Cuyuna Lakes Area aware of this free program. "We think many women are not receiving these life-saving screening tests because they have no health insurance or their insurance has deductibles or co-payments they cannot afford to pay," said Oncology Care Coordinator Dustine Parks, R.N.

All women are at risk for breast and cervical cancer, but regular screenings can prevent these diseases or find them early. Women between 40 and 74 years old should get a mammogram every year. Women should get their first Pap test at age 21 and continue screening until age 65.

Light refreshments will be served at the event and ladies will receive a swag bag. For a screening appointment, call 218-546-7000, ext. 2135.

Local Rotary Club selling Rotary Roses

Rotarians of the Central Lakes Rotary Club are selling roses as a fundraiser to support the many service projects that are conducted both locally and internationally. Examples of their

service projects include an international polio eradication campaign, serving the local food shelves, sponsoring local students to participate in a week-long Rotary Youth Leadership Award

(RYLA) seminar, Haiti disaster relief, and clean water projects in Central America.

Roses can be purchased from any local Rotarian or by calling 218-251-2506. Roses

need to be purchased by October 12 and the roses will be available for pickup from participating businesses October 29 and 30 (Halloween weekend).

Central Lakes Rotary club meets at 7 a.m. every Tuesday morning in the Brenny Funeral home social hall. The public is welcome to stop in and enjoy a free breakfast and a variety of educational programs.

Crossing Arts 8x8 Art Auction & Fundraiser

Crossing Arts presents its annual 8x8 Art Auction and Fundraiser, featuring artwork created by local artists in our community.

Like last year, there will be no gala, but they will be hosting a live-online auction, giving individuals the opportunity to view all of the artwork featured prior to bidding, which will be on display in the gallery.

All proceeds from this fundraiser will benefit our Creativity Kit program, which provides art tools and education to thousands of kids in our community for free.

More information on our 8x8 event and links to the online bidding site will be out soon.

Sarah Speer named to Mid Minnesota Board

Mid Minnesota Federal Credit Union (MMFCU) recently announced the appointment of Sarah Speer to its Board of Directors.

Speer is currently the marketing and public relations manager at Sourcewell in Staples. She previously worked in marketing at Good Samaritan Society and at MMFCU. Speer is married with two daughters and has resided in the Brainerd area for 18 years. In her spare

time, she likes to read, backpack, travel, and enjoy the local community.

"As a previous MMFCU employee, I remember there was always a sense that members had the most important seat in the room when decisions were being made. The first question was always, 'Does this provide benefit to the members?' The sentiment was genuine," Speer said. "It won my heart as an employee

and continues to as a member owner. I am delighted to serve on the Board for an organization that lives that kind of mission every day."

The MMFCU Board of Directors is comprised of unpaid volunteers who take on a fiduciary responsibility in setting the direction of credit union policy and much more. The Board consists of member owners from the various communities throughout our field

of membership. Mid Minnesota Federal Credit Union is a member owned financial cooperative serving central Minnesota. The credit union has 10 full-service branch locations offering all your financial needs under one roof. They also participate in CO-OP Shared Branching offering an additional 5,900 locations nationwide if you are traveling, away at school, on business and more.

Essentia Health reinstating visitor restrictions across all hospitals

Essentia Health is reinstating visitor restrictions at all of our hospitals due to increased transmission of COVID-19.

In most cases, two adult visitors will be allowed per patient, per day. Visitation is limited to the same two people in a single day.

Patients with known or suspected COVID-19 are not allowed visitors unless they are pediatric or OB patients, or patients in an end-of-

life situation. A person who has been determined to be essential to the care and safety of a patient will also be allowed visitation.

General visitation hours in the hospital are from 9 a.m. to 6 p.m. When visitors are care

partners or are visiting in emergency departments, pediatric inpatient units and neonatal ICUs, visitation is allowed 24/7.

There are exceptions to this policy for several situations. A complete visitor policy can be found on the Essentia

Health website.

Essentia continues to follow Centers for Disease Control and Prevention and state health department guidelines by requiring continuous masking among everyone within our facilities and by screening

patients and visitors. We ask visitors to remain in the room of the patient they are visiting.

COVERING THE NEWS OF NISSWA AND PEQUOT LAKES



Nancy Vogt

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Lakes Area Food Shelf welcomes any person who is in need of food. Our hours are Tuesdays and Thursdays, from 9 a.m. to Noon. Please call 218-568-8474 if you have a food emergency. We have an abundance of fresh fruit and vegetables, eggs and butter, a wide assortment of meats, bread, canned goods, baking supplies, and toiletries.

Our core values include:

- All are welcome at Lakes Area Food Shelf.
- We will help any person, from anywhere, with food insecurity.
- We value all who use our services as friends, neighbors, and members of our community.
- We will serve all with compassion, dignity, and respect.
- We will do our best to help neighbors and neighbors address barriers that prevent them from receiving food assistance through Lakes Area Food Shelf.

Physical address: **28316 Patriot Ave. Pequot Lakes, MN 56472**

Mailing address: **PO Box 724, Nisswa, MN 56468**

Phone number: **218-568-8474**

Email address: **lafs1@tds.net**

Web Site/Facebook: **lakesareafoodshelf.org**

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION			
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Pete Mohs, Publisher