

LOCALNEWS

Dinner to benefit Community Cafe

BY EMILY GEDDE
Staff Writer

Organizing community dinners isn't unfamiliar to Lee Grim, who every year coordinates the Christmas Day dinner at the Roadhouse. In another effort to help reduce local hunger, Grim and others invite the community to a roast pork dinner from 5-7 p.m. Thursday at the Elks Lodge 1599, 215 Third Street. Proceeds from the event will benefit the Community Cafe project at Backus Community Center.

Grim, who serves as the deacon of Holy Trinity Episcopal Church, which is the organization spearheading the effort, said he knows there "never seems to be enough to provide for all the needs of the hungry in our community."

"The Community Cafe has solicited everyone in the community to help them," Grim

said. "That's one of the reasons we're doing this." The church takes on multiple projects throughout the year, and Grim said the upcoming dinner is one of the biggest. And, this year, the theme of the statewide diocese of the Episcopal Church is, "Engaging God's mission through ending hunger."

"Every one of the churches in the Minnesota diocese is asked to work around the issue of hunger," Grim said. "Even more, it's about building community...Backus has done a lot to make the cafe happen...There is always a need for more funding."

The Community Cafe, offered at 5:30 p.m. Tuesdays and Thursdays in the Backus



Lee Grim

If you go

Who: Holy Trinity Episcopal Church
What: Roast pork dinner for the entire community
When: 5-7 p.m. Thursday
Where: Elks Lodge 1599
Why: To raise funds to benefit the Community Cafe at Backus Community Center
Cost: \$12 and any additional free-will gifts people wish to make

Community Center dining room, is dedicated to reducing hunger and building a stronger community by offering free, hot and nutritious meals to those in need. The cafe serves anyone — from the young to the elderly — living with food insecurity in Koochiching County.

"There are a lot of people who need help," Grim said. "We're happy to help them when we can."

The Sept. 18 dinner, which will include entertainment,

costs \$12 and tickets can be purchased at City Drug, the Coffee Landing Cafe and at the Holy Trinity Episcopal Church, 820 Fourth Street. Tickets can also be secured by calling the church at 283-8606 or emailing holytrinityif@midconetwork.com.

"It's going to be a great community evening," Grim said. "It'll be good food, good company and good conversation. We could all use a little of that."



County staff complete car seat training

National Child Passenger Safety Week draws attention

KCPH STAFF REPORT

If you have ever thought "I know my child is still supposed to use a booster seat in the car, but come on – she's 6 years old. These laws are crazy!" or "This car seat may not be installed totally correctly, but it's good enough/better than nothing," please keep reading.

Five staff from Koochiching County Public Health recently completed car seat training and learned the important reasons behind many car seat laws and guidelines.

Children do not fit in vehicles the same way as adults, nor are they protected by seat belts or airbags in the same way in a crash. An older child not in a booster seat wearing only a seat belt across the soft abdomen rather than in a booster seat with the seat belt across his/her strong bony hips, could experience abdominal lacerations and possible injury to internal organs and the spine if there is a sudden stop. The age of a child, the direction the seat faces, and the type of car seat are important factors in preventing injury. For example a forward-facing car seat for a child under the age of 2 years allows the upper body to shoot forward in a car crash; the weight of the child's head and their weak neck allows the spinal column to stretch and it may snap, resulting in paralysis.

Car seats are designed and built to work a certain way. The safety provided by a car seat depends on the owner/operator using it as it was intended: installing it correctly so it is snug and facing the appropriate direction for the child's size and the type of car seat, following height/weight guidelines of the child who uses that seat, and securing the child safely and accurately.

It may surprise you to learn that a \$40 car seat is



CONTRIBUTED PHOTO

Pamm-ella Spry and trainer Jennifer Booge ensure that a child, Olivia, is safely buckled in a booster seat.

as structurally safe as a \$300 car seat. The mold is the same underneath the labels and coverings. It takes a lot – including approximately \$200,000 – to get one car seat mold through the 68 crash tests that car seat molds must pass in order to be sold on the market. Rather than invest time, money, and effort into making a variety of car seat molds, there are a couple basic ones that the various manufacturers put their own fabric, label, and perhaps padding on. Using the car seat correctly is far more important than spending a lot of money on one.

If you use a second-hand car seat, it is important to trust the person you are buying it from. Ask questions like "Has this car seat been in any crashes?" and "How old is it?" Car seats have 6-year expiration dates and plastic deteriorates, so look for the expiration label on the seat and never use a car seat that has been in a crash. Even if it looks fine there may be structural damage. Do not use a car seat that has visible cracks or wear.

A good rule of thumb is to not use any car seat add-ons like toys or shoulder and head protectors. Anything that did not come as part of the car seat can prevent the

car seat from working as designed, or even become a projectile if you slam on the brakes or crash.

An important safety guideline that many people don't know is that snowsuits or bulky clothes on a child when they are sitting in a car seat prevents the harness from being tight enough, allowing the child to eject out of the snowsuit – and out of the car seat – in a crash. Place warm clothing/blankets on top of the child to keep them warm once they are buckled in; however, do not restrict the child's breathing by placing a blanket over their face.

It is unsafe for children under the age of 13 to sit in a front passenger seat with airbags regardless of whether or not they are in a car seat. An airbag may deploy with incredible force in a crash. Such force may prove deadly to a small child.

If you have children, you have car seats. If you have car seats, they should be installed correctly to keep your children as safe as possible.

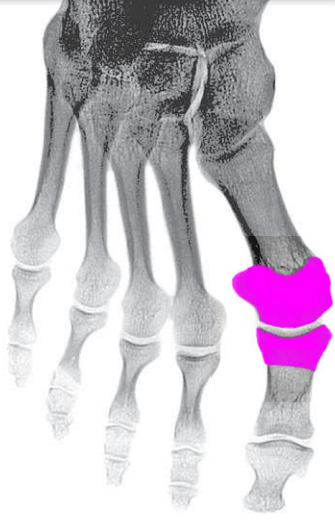
Call the Koochiching County Public Health office for a car seat inspection at 218.283.7070. Visit <http://www.nhtsa.gov/> for information from the National Highway Traffic Safety Administration.



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Chamber plans candidate forum

JOURNAL STAFF REPORT

The International Falls Area Chamber of Commerce has scheduled a forum for candidates competing for local offices.

The forum will be conducted at 6 p.m. Oct. 28 at Backus Community Center.

Chamber President Faye Whitbeck said in a release that the chamber has invited 19 local candidates to participate in the forum. Those candidates are competing for the following positions: Koochiching County commissioner, county sheriff, International Falls city councilor, Ranier city councilor, and Minnesota House of

Representatives District 3A. Area voters are encouraged to attend the public event intended to provide constituents the opportunity to learn more about local candidates, said the release.

The chamber will coordinate the content, format and execution of the forum; candidates' questions will be developed by a forum committee comprised of local leaders.

Questions submitted by the public will also be accepted and may be considered for the forum. Questions should be submitted to the chamber no later than Sept. 30 and should be emailed to faye@intlfalls.org

or mailed to Chamber of Commerce, 301 Second Avenue, International Falls, MN 56649.

Following the forum, a reception with the candidates is planned at Backus.

All candidates competing in local races have been sent written notification for participation in the forum. Candidates who choose to participate have been instructed to contact the chamber no later than Oct. 1 by calling 283-9400 or emailing faye@intlfalls.org.

Candidates will be sent detailed instructions and a forum overview in advance of the forum.

Koochiching County - June and July 2014

--Flooding and related Damage

Public Notice

SAND BAG REMOVAL AUTHORIZATION AND AGREEMENT FORM

Overview of Sandbag Removal, Transport and Disposal Program

In the months of September and October of 2014, Koochiching County will be hiring contractors to remove sand bags from designated private properties, then transport and dispose of filled sand bags at prescribed locations. Property owners will not be charged a fee for this sand bag removal work.

Koochiching County will only make arrangements to remove sand bags from properties – for which those owners have completed the County's Sand Bag Removal Authorization and Agreement Form. If property owners have not completed the Sand Bag Removal and Authorization form, those properties will not be eligible for Sand Bag removal by Koochiching County forces.

To be considered eligible for this work, all Sand Bags Removal Authorization and Agreement Forms must be submitted to the Koochiching County Engineer at the Koochiching County Courthouse by **4:30 pm on Thursday September 18, 2014**. Soon after reviewing all of the Sand Bag Removal Authorization and Agreement Forms, County staff will establish Sand Bag Pick-up zones (e.g. Ranier area, City Beach Area, Loman Area, Dove Island Area) and work with Sand Bag Removal Contractors to establish Sand Bag Pickup/Removal timetables. County staff will contact property owners to inform them of the anticipated dates on which sand bags will be scheduled for removal from their property. All sand bag removal work will take place between 8:00 am and 7:00 pm on Monday through Friday, unless otherwise agreed upon by private property owners. Property owners will NOT be provided the opportunity to set specific dates/times for sandbag removal on their property, unless special circumstances require the property owner to be on site during sand bag removal.

Byproducts of the Sand Bag Removal Work – Terms and Conditions

As part of removing sand bags from private property, County forces and contractor forces will use heavy equipment...e.g. skid steer, tractor backhoe, front end loader, etc. to travel between public road R/W and sand bag install sites (beachfront, shoreline, etc). Damage to yards will likely take place as part of the sandbag removal process. There are NO provisions in this Sand Bag Removal Authorization and Agreement Form for restoration of lawn, placing black dirt, repairing garden, planting grass seed, etc. Lawn and Turf restoration or related yard repairs, are NOT included in this work, and will be the sole responsibility of the property owner.

Purpose of this Form and Action Required by Private Property Owner

The purpose of the County's Sand Bag Removal Authorization and Agreement Form is: 1) to confirm property owner's request to have Koochiching County forces and/or designees access private property to remove filled sand bags for transport and disposal, and 2) to allow property owners to confirm their property address, and sign and date this form. The form need NOT be notarized.

Please contact Joe Sutherland at the Koochiching County Highway Dept to request a copy of the **SAND BAG REMOVAL AUTHORIZATION AND AGREEMENT FORM. The SAND BAG REMOVAL AUTHORIZATION AND AGREEMENT FORM is also available on the Koochiching County website at www.co.koochiching.mn.us**

Contact: Joe Sutherland, phone 218-283-1184 or 218-283-1186; email joe.sutherland@co.koochiching.mn.us