



### CONGRATULATIONS TO WINNERS OF THE ICEBOX DAYS “CHILI CHALLENGE”

**First Place** - **Teresa Rom**  
Plaque donated by The Sports Shop

**Second Place** - **Peter Graham VFW Post # 2948**  
Custom made plate donated by Kay Arnold

**Third Place** - **Main Street Market**  
Backus T-shirt

THANK YOU To All “CHILI CHEFS”  
Backus Board of Directors (James Bujold),  
Rae-Lynn Kittelson, Knights of Columbus,  
Main Street Market, Teresa Rom,  
Peter Graham VFW Post 2948,  
Cynthia Warren, Bruce & June Wilson  
And to All the Volunteers for their time donated to this event

CITIZENS FOR BACKUS/AB



218-283-7223 • 1400 3rd Street E. (Off Hwy 101)  
www.backusab.org | Facebook: Backus AB

www.ifallsjournal.com

## BEEN TOLD THERE IS NO HOPE?

You may have been told the there is no help available to deal with your or a loved one’s hearing loss. The hearing aid technology that is currently available can help many people that could not get help in the past. It may be time to get a fresh look at what is now available to help you hear better.

We offer you professional service, ethical business practices and quality digital hearing instruments at reasonable prices.

We strive to provide all people with the means to improve communication. Call today to find out more about our commitment to provide quality instruments and superb service.

Our clinic dates are as follows:

**Thursdays, January 22 & 29**  
**Thursdays, February 5, 12, 19 & 26**



**Rainy Lake Medical Center**  
**1-800-414-5854**

# ENTERTAINMENT

## Tonic Sol-fa returns

**JOURNAL STAFF REPORT**

An a capella group that is no stranger to the Backus Community Center stage returns Feb. 5

As part of the Backus concert series, Tonic Sol-fa will take the spotlight at 7 p.m. next week.

The quartet originally formed at St. John’s University and has established itself not only as the most in-demand vocal group in the Midwest, but also one of the most successful independent acts in America, according to a news release. In addition, the group’s website said Tonic Sol-fa has been named one of the top five “must-see” groups in America and has been awarded numerous original song and album awards in pop, gospel and holiday genres, appeared on NBC’s Today Show and in the pages of Newsweek magazine.

In addition to the Feb. 5 performance, the group will offer outreach participation to area students in International Falls, Indus, Littlefork and Northome.

Advance tickets are available at Backus, City Drug and Betty’s in Fort Frances. Tickets will also be available at the door the night of the performance. The cost is \$12 for adults; \$6 for students; and \$25 for families.

A Top the Tater dinner precedes the concert from 5-6:30 p.m. in the Backus dining room.

The concert and outreach program are made possible through a Minnesota State Arts Board grant and additional funding from the Marshall N. Knudson Family Community Fund.



PHOTO COURTESY OF TONICSOLFA.COM

**Tonic Sol-fa will perform at 7 p.m. Feb. 5 at Backus Community Center.**

**PULL TABS • PULL TABS AVAILABLE • PULL TABS AVAILABLE • PULL TABS**

## VFW Post

### Friday & Saturday

**January 30 & 31**

### Live Music by Fire Line

**Daily Specials**

Margarita's Tues. Late Night  
Happy Hour Wed. Buckets of Beer & Free Pool  
Thurs. Throw Back Beers Fri. Meat Raffle @ 6:30 pm  
Friday Night Burgers 5-8 pm  
Open at noon on Sunday

**FREE XBOX Bowling Nightly!**

**RENT OUR BANQUET ROOM FOR A GREAT RATE!**

### BINGO

**Every Tuesday at 7 pm**  
**Now Play Electronic Pull tabs & Bingo!**  
Reg. games still available

Mon. 6:30 pm - Whist • Wed. 6:30 pm - Gin  
Sat. 2:00 pm - Cribbage

**Play Pull Tabs • VFW 2948 Gambel**

**PULL TABS • PULL TABS AVAILABLE • PULL TABS AVAILABLE • PULL TABS**

## Art society offers workshops

**JOURNAL STAFF REPORT**

Try your hand at art during the Northland Art Society’s upcoming workshops. The workshops, held in room No. 114 at Backus Community Center, are open to the public. Each workshop runs from 10 a.m. to 3 p.m. Feb. 21, March 14 and April 18.

Artists need to bring lunch and their enthusiasm, a news release said. All other materials will be provided.

Anyone interested in signing up for the limited-space workshops must go to the art room to register.

### WORKSHOP SCHEDULE

- Feb. 21 — Fused glass trinket plate with Diana Kangas
- March 14 — Crochet for beginners with Samantha Bohnert
- April 18 — Batik fabric dying with Michael Pomeroy

For more information, visit [www.northlandart.org](http://www.northlandart.org).

“We are eager for you to join us as we meet our mission statement: To promote interest and creation of the arts, with a focus on visual art,” the release said.



**Bee Informed.**  
[ifallsjournal.com](http://ifallsjournal.com)

# Rainy Lake Medical Center

## Therapy & Wellness Center

### Physical, Occupational, and Speech Therapy for all ages.



**Nissa Fougner, PT, DPT**  
Director



**Wyatt LaVigne, PT, DPT, ATC**  
Physical Therapist & Athletic Trainer



**Jennifer Windels, PT, CLT**  
Physical Therapist



**Brian Tolley, PT**  
Physical Therapist



**Sarah Monahan, MS, CCC-SLP**  
Speech Language Pathologist



**Nancy Anderson, OTR/L**  
Occupational Therapy Supervisor



**Meghann Cassibo, OTR/L**  
Occupational Therapist



**Ila Stish**  
Rehab Assistant



**Rainy Lake MEDICAL CENTER**

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