

# COMMUNITYNEWS

## Help select the 2015 Minnesota Family Physician of the Year

MAFP REPORT

The Minnesota Academy of Family Physicians is seeking nominations from patients to help select the 2015 Minnesota Family Physician of the Year. If you feel that your family physician stands out in your community/clinic, cares for patients in an extraordinary way and deserves to be recognized for a job well done, please send a letter to tell us about your special family doctor.

The Family Physician of the Year Award is presented annually to a doctor who specializes in Family Medicine. This doctor should represent the highest ideals of the specialty. Dr. Sheldon Burns of Edina was honored in 2014.

Nominations will be accepted in writing through Jan.12, 2015. Nominators should write a letter describing how the candidate has made a difference in the lives of their patients. The letter should also explain the candidate's outstanding personal and professional qualities and community involvement. Often times a person or group in a community will lead an effort encourag-

ing multiple patients and colleagues to write on behalf of a particular family physician who they feel is doing exceptional work.

Nomination letters can be emailed to kthorson@mafp.org or mailed to the MAFP office at 600 S. Highway 169, Suite 1680, St. Louis Park, MN, 55426. Questions should be directed to the MAFP office at 952-542-0130 or 800-999-8198 or visit us online at www.mafp.org/awfamphysician.asp.

All letters/emails will be carefully read and considered by a task force of family physicians who will select up to four finalists. The MAFP Board of Directors will choose one physician to receive the 2015 Family Physician of the Year Award. The award will be presented to the recipient in April. Finalists will be listed on the MAFP website in mid-February.

Nominees must be members of the MAFP. While a majority of family physicians in the state are members, feel free to call or email if you would like to check on your physician's membership status before submitting a letter.

## BORDERLAND BRIEFS

LOCAL CANDIDATE FORUM

The public is welcome to a Local Candidate Forum at 6 p.m. Tuesday at Backus Community Center. Featuring competing candidates in the races for: Ranier City Council; Falls Council – Center, West and East Wards; Minnesota House Dist. 03A; County Sheriff; and Koochiching County Board Districts 1 and 4.

NDSU REPRESENTATIVE

A representative from the Office of Admission at North Dakota State University will visit area schools Wednesday. The representative will help high school students learn how to earn a degree from NDSU. Information will be shared about NDSU's leading academic programs, how students can get involved through nearly 300 student organizations and how the NDSU experience can help prepare them for career and life. The representative will be at Falls High School at 9 a.m.; Littlefork-Big Falls High School at 10:30 a.m.; and Bigfork High School at 1 p.m.

RED HAT LOON-A-TICKS

The Red Hat Loon-A-Ticks will meet at noon Monday at Margarita's Mexican Grill.

CAREGIVERS GROUP

Caring and Sharing ... A Time for Caregivers group, will meet at 1:30 p.m. Thursday at Faith United Church of Christ, Fireside Room. For information, call Leslee Loop, caregiver consultant, at 283-7030.

ADULT HOCKEY LEAGUE

The renewed focus on the adult hockey league has increased individual participation and teams in the league, however, it is not too late to register a team or individual. To register, contact Bill Mason at mason@isd361.k12.mn.us. The Facebook page can be found by searching International Falls Adult Hockey. The 40-plus division begins mid-November, after hunting season, and is set for Sunday evenings.

FLOWING WELL CELEBRATION

The Flowing Well on the Flowing Well Trail in Koochiching County is 100 years old. The public is welcome to a 1 p.m. toast and free cupcake celebration Sunday. Located about six miles east and north of Kelliher, on the Flowing Well forest road.

## CALENDAR

### TODAY

- Lady Elks Fundraiser OctoberFest Luncheon, 11:30 a.m.-1 p.m., Elks Lodge.
- Rainy River Book Club, noon, Lenard's.
- Moose Lodge events – Bingo, 1 p.m.; Harvest Supper, 4-7.
- Ice Cream Social, Raffle and Dance, 6 p.m., Borderland Alano Club, 411 Fifth Ave.
- Littlefork American Legion Post 490-hosted Turkey Bingo, 7 p.m.; lunch, 6, Littlefork Community Building.
- Alcoholics Anonymous, 7 p.m., Alano Club.

### SUNDAY

- Alcoholics Anonymous Open, 9 a.m., Alano Club.
- Alcoholics Anonymous, 7 p.m., Pineview Recovery Center, Littlefork.

### MONDAY

- Sing and Play, 9-10 a.m., Ranier Community Center.
- Walk-ercise group, 10-11 a.m., Backus Community Center gymnasium.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.
- Red Hat Loon-A-Ticks, noon, Margarita's Mexican Grill.
- Powerful Tools for Caregivers class, 1-3:30 p.m., Forestland Annex.
- International Falls Economic Development Authority Commission, 5 p.m., City Hall.
- Women's Non-Violence Group, 5:15-6:45 p.m., Friends Against Abuse office.
- Cribbage, 7 p.m., Elks Lodge 1599.
- Texas Hold 'Em, 7 p.m., Moose Lodge.
- Alcoholics Anonymous, Women's Step Study, 7 p.m., Coffee Landing Cafe.
- Rainy Rustic Riders Vintage Snowmobile Club, 7 p.m., Thunderbird Lodge.
- Narcotics Anonymous, "How It Works" step gathering, 7:30 p.m., Alano Club.

### TUESDAY

- Water Testing, 8 a.m.-noon, Koochiching County Public Health Department.
- Bone Builders, 10-11:30 a.m., Woodland Apartments.
- Littlefork Ambulance Thrift Shop open, 10 a.m.-2 p.m.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.
- Falls Hunger Coalition Food Shelf open, 10 a.m.-4 p.m., 1000 Fifth St.
- Falls High School Class of 1948, 1 p.m., Border Bar Pizza Parlor.

- Alanon, 1:30 p.m., Zion Lutheran Church (283-3739, 283-8540).
- TOPS MN34, 5 p.m. weigh-in; 5:45, meeting, Koochiching County Senior Center.
- Women's Ministries, 5-7 p.m., The Salvation Army.
- Community Café, free meals served, 5:30-6 p.m., pizza, apple slices, chips, Backus Community Center.
- Beginner's Tae Kwon Do, 5:45 p.m., Falls Elementary School gymnasium or cafeteria.
- Koochiching County Board of Commissioners, public hearing, 6 p.m.; Committee of the Whole meets prior, Koochiching County Courthouse.
- Marc's Chicken Wraps Supper, 6 p.m., Moose Lodge.
- Ask the Candidates, local candidate forum, 6 p.m., Backus Community Center.
- Women's Support Group, 6:30-8:30 p.m., Friends Against Abuse office.
- Alcoholics Anonymous, 7 p.m., Pineview Recovery Center, Littlefork.
- Moose Lodge events – 7 p.m., House; 7:30, Lodge; 8, Legion.
- "Celebrate Recovery," 7-9 p.m., Evangelical Covenant Church.
- Alcoholics Anonymous, 7:30 p.m., Zion Lutheran Church.

### WEDNESDAY

- Recycling curbside collection, 8 a.m., north of 11th Street and west of Highway 53 (includes Terrace Lane).
- Walk-ercise group, 10-11 a.m., Backus Community Center gymnasium.
- Littlefork Ambulance Thrift Shop open, 10 a.m.-2 p.m.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.
- Wednesday Study Group, 10:15 a.m., Faith United Church of Christ.
- Girl Guards, Sunbeams and Adventure Corps, 4:30-6 p.m., The Salvation Army.
- Free At Last, 4:30-6:30 p.m., Forestland Annex, lower level conference room.
- Northland Art Society open, various arts, 5:30-8 p.m., Backus, Room 114.
- Narcotics Anonymous, 6 p.m., Alano Club.
- Men's Non-Violence Group, 6-8 p.m., Friends Against Abuse office.
- Members and guests Elks Lodge 1599 Wednesday Meal, 6:30 p.m., pot roast supper.
- Little Lambs (3 years to kindergarten) and King's Kids (1-5th grades), Youth Group (6th grade-up), 6:30-7:30 p.m., Full Gospel Fellowship Church.
- Alcoholics Anonymous, 7:30 p.m., Alano Club.

## LOTTERY

Wednesday's Daily 3  
0, 4, 4

Wednesday's Northstar Cash  
10, 26, 28, 29, 31

Wednesday's Gopher 5  
3, 8, 12, 22, 41

Wednesday's Hot Lotto  
7, 10, 22, 30, 35

Hot Ball  
4

Saturday's Mega Millions  
5, 35, 37, 41, 66

Mega Ball  
11

Wednesday's Powerball  
29, 30, 40, 42, 50

Powerball  
16

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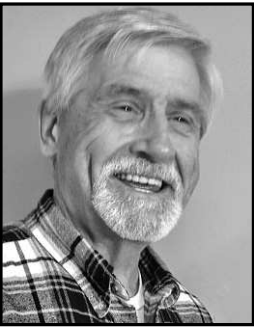
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ELECT CHUCK LEPPER

International Falls City Council, West Ward



Let's put CHUCK LEPPER in a position to use his skills and commitment for decisive representation on City issues as International Falls West Ward City Councillor.

"Keep International Falls Fiscally Sound"

CHUCK LEPPER will represent and protect the interest of International Falls while serving as your councillor for International Falls. Many issues face our city and a strong councillor is needed who knows about these issues and will take INFORMED and DECISIVE ACTION.

He has worked on citizens' groups, committees and commissions representing a wide range of local issues.

Contact Chuck with any questions or concerns

218-283-2394

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