

COMMUNITY

A LOOK AT BORDERLAND

The Journal welcomes ideas for stories about people in our community.
Call the Journal at 285-7411

ROTARY GUESTS

Guests of Rotarian Clint Chase, at right, at a recent meeting of the International Falls Rotary Club, were Connor Ward, Annika Amdahl, Tayler Hebner and Gary Harala. This summer, Ward, Amdahl, Hebner and Spenser Jessen (not pictured) attended Camp RYLA — Rotary Youth Leadership Awards — which is a leadership development program run by Rotary. Harala attended Camp RYLA last year and served as a counselor at this year's camp.



CONTRIBUTED PHOTO

CAREGIVERS' CORNER

Classes available for communicating difficulties

KAO REPORT

A question and answer column for family caregivers

Q. My Mom, now 86, wants to stay in her home. I have agreed to take care of her since I am the only family she has in town. I was working full time, but now I work part time to be available for her. We have always had a fairly open relationship, until recently. She is becoming more critical and demanding of me. The focus of our conversations tends to be about her. If I try to let her know how I feel, she yells at me and calls me selfish.

I love my Mom and I want to continue to take care of her but I am not certain how to talk with her anymore. I keep qui-

et and no longer say anything. I know this is not okay. A friend suggested I see a therapist. I think I need a class on how to talk with my Mom again. Are there any such classes out there?

A. Yes, there is such a class. It is called "Powerful Tools for Caregivers." It is a class specifically designed to provide family caregivers of older adults with skills to enhance their own well being. The six-session class provides tools to (1) take care of yourself, (2) identify and reduce personal stress, (3) communicate needs and feelings, (4) communicate in challenging situations, (5) learn from your emotions, and (6) master care-giving decisions.

The classes are offered twice a year and are usually in a group setting. In

some circumstances, the course may be offered on an individual basis. You may consider contacting your local Caregiver Consultant Program to inquire further about the class. A Caregiver Consultant is also available to offer on-going support for you to continue your caregiving journey. Keep in mind, taking care of yourself is just as important as taking care of your Mom.

If you have any questions or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth Street, International Falls, MN 56649; 218-283-7030 or 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.

Superior Heavy Machinery fails to make the grade

Online entity doesn't hold up to BBB scrutiny

BBB STAFF REPORT

Better Business Bureau of Minnesota and North Dakota warn the public and business community about Superior Heavy Machinery, an online entity claiming a Duluth address and purporting to sell used heavy equipment. BBB has determined they are nothing more than a fake company created solely to defraud consumers and business owners seeking to purchase used heavy equipment online.

Superior Heavy Machinery came to BBB's attention recently when a consumer reported a suspicious interaction with the company. After finding an ad the company had placed on EquipmentTraderOnline.com, the consumer contacted the company expressing interest in a bulldozer. The representative from Superior Heavy Machinery sent the consumer paperwork claiming that the cost of the machinery — \$25,000 — would have to be wired to its parent company in England, Atlas Darius Group, before it would be delivered. The consumer had suspicions and contacted BBB. A Google search for Atlas Darius Group brings up no results and BBB believes

this is another fictitious entity. Though there is an Atlas Group in England, BBB has no reason to believe they are associated with Superior Heavy Machinery.

"The amount of money in question is jaw-dropping, which is why we're so pleased the consumer chose not to go through with this transaction," said Dana Badgerow, president and CEO of BBB of Minnesota and North Dakota. "Had they done so, their money would be lost and likely unrecoverable."

BBB has also reached out to alert law enforcement in the Duluth area and contacted two other sellers of heavy equipment in that region. The owner of one of those two businesses, also located in Duluth, said consumers from as far as Michigan and Denver have come to their store to inquire about equipment they saw advertised online by Superior Heavy Machinery. The business owner said he has never heard of a Superior Heavy Machinery.

"This is another excellent reminder not to wire money overseas or to people you don't know," added Badgerow.

To avoid falling victim to fraudulent online entities such as Superior Heavy Machinery, BBB advises the following:

- Research the business at bbb.org.
- Watch out for requests to wire money overseas — or

domestically — or to place funds in escrow with a third-party company. Fraudulent online entities will often reference another company in an effort to appear more legitimate. Research these companies as well. If you can't find any information on them, it could be a sign there's a problem.

■ Don't fall for offers that sound too good to be true. Have the salesperson send you written materials; take the time to do your research and don't allow yourself to be pressured.

■ Don't be dazzled by a fancy website. Remember, creating websites is fairly easy. Be sure to verify that the company has a track record. Be leery of companies that just "pop up" on radar.

For the latest fraud alerts, consumer news and free Business Reviews, visit www.bbb.org.

The mission of Better Business Bureau is to be the leader in building marketplace trust by promoting, through self-regulation, the highest standards of business ethics and conduct, and to instill confidence in responsible businesses through programs of education and action that inform, assist and protect the general public. Hours are 8 a.m. to 5 p.m. Monday through Friday. Contact BBB at bbb.org or 651-699-1111, toll-free at 1-800-646-6222.

LOOKING BACK

BLAST FROM THE PAST

Looking Back is compiled by the Falls Public Library
Visit them online at www.internationalfallslibrary.us

25 YEARS AGO

Valerie Fulton, who received the Elizabeth J. Larimore, Sadie P. Mathews Scholarship, plans to attend the University of North Dakota in Grand Forks this fall.

Falls native Sue Alstrom recently won a silver medal along with the rest of the members of the North team

at the Olympic Festival in Oklahoma City, Okla., two weeks ago. Alstrom has been playing Team Handball for just about a year.

40 YEARS AGO

A girl was born today to Mr. and Mrs. Mark Holm.

Miss Annette Gouin was the guest of honor at a bridal shower held Aug. 7 in Zion Lutheran Church Parlors.

50 YEARS AGO

The Macalester College News Service reports that Gary B. Davison Jr., Loman Route, has been named to the dean's honor list for outstanding academic work for the spring semester.

60 YEARS AGO

A daughter was born today at Littlefork Hospital

to the Rev. and Mrs. Leon Decker, Littlefork; weight, 8 pounds, 4 1/2 ounces; name chosen, Karen Jean.

Mrs. Cecil Smrstik, Point O'Pines, entertained friends at her home this afternoon, the occasion being her birthday anniversary.

Robert Wietcha, son of Mr. and Mrs. Louis Wietcha, 1106 Ninth Ave.,

returned home from a six-week visit with his uncle and aunt, Mr. and Mrs. Frank Duncan, Portland, Ore.

70 YEARS AGO

Henry Lindvall, S2/c, and Mrs. Lindvall are parents of a daughter, Andeleen Rae, born at Northern Minnesota Hospital today.

Joyce Wolden is a new

addition to the Mando front office typing staff.

Miss Amelia Gust, who has been employed at the shipyards in Wilmington, Calif., for a year, returned home this morning.

Howard H. Gaines, F2/c, is attending engineering school at Great Lakes, Ill., after completing boot training at Farragut, Idaho.

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Pig Roast Fundraiser at Kerry Park
Sunday, August 17th

Proudly Sponsored by The Borderland Substance Abuse Court Alumni. Open to everyone in recovery and their Family's.

- There will be softball, Horseshoes and other family activities from 12 pm – 3 pm
- Food will be served at the Alano Club located at 410 – 5th Avenue starting at 4 pm
- Prize drawings will be at 5 pm

Public is welcome to attend!

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ACTIVE STREETS

June 11 | July 9 | August 13 • 5:00—7:00 PM

Bring your bike, skateboard, inline roller skates ...
and your family to

Fourth Street and Ninth Avenue for

- Summer Shakespeare
- Bone Builders
- Yoga
- Street Hockey
- Chalk Art
- Stories 6:00 pm
- Bike Adjustment
- Basketball

- Street Chess
- Disc Golf
- Street Puppets
- Unusual Wheels
- Bike Tune Ups
- Planking Contest
- And more!

4:00-6:30 pm Backus Community Market
5:00-6:00 pm Healthy Meal is served at
Backus Dining Room

*Funding for this project is provided by the Center for Prevention at Blue Cross and Blue Shield of Minnesota.
Made possible through support from the Statewide Health Improvement Program, Minnesota Department of Health.*

NOTICE OF PUBLIC HEARING
CITY OF RANIER
MINNESOTA SMALL CITIES DEVELOPMENT
PROGRAM APPLICATION

Notice is hereby given that the City Council of Ranier will hold a Public Hearing on Monday, August 18th, at 6:30 PM in conjunction with its Regular Council Meeting at the Ranier Community Hall.

The purpose of the Public Hearing is to provide information and receive public input on The City of Ranier's submission of a Minnesota Small Cities Application to the Minnesota Department of Employment and Economic Development. The application will request funds for owner occupied housing rehabilitation and commercial rehabilitation.

All persons interested are invited to attend the Public Hearing to offer their comments related to this project. Written comments can also be submitted to the City of Ranier, PO Box 186, Ranier, MN 56668-0186 or e-mailed to cityofranier@frontiernet.net.