

LOCALNEWS

State exports up from a year ago

JOURNAL STAFF REPORT

Minnesota exports climbed to \$5.4 billion in the second quarter, according to figures released by the Minnesota Department of Employment and Economic Opportunity.

The \$5.4 billion represents a 3.6 percent gain from the same period a year ago. U.S. Exports were also up 3.3 percent from a year ago.

North America was the state's largest regional market, with sales climbing 11 percent to \$2 billion. Asia was second at \$1.7 billion, for a growth rate of 8 percent, and the European Union was third at \$1 billion, a decrease of 9 percent.

Among smaller markets, Minnesota exports were up 13 percent to \$156 million in the Australia-Pacific region, but sales fell by 14 percent to \$87 million in the Middle East and by 15 percent to

\$51 million in Africa.

"Minnesota's strong second quarter reflects an economy that is healthy and expanding," DEED Commissioner Katie Clark Sieben said in a release. "Foreign sales of Minnesota-made high-quality products are contributing to job growth and expansions throughout the state, particularly in manufacturing."

Canada was the state's largest natoinal market, with sales at \$1.4 billion, which was a decrease of 1 percent. Following Canada was China with \$580 million, Mexico with \$542 million, Japan with \$301 million, Belgium with \$231 million, Germany with \$178 million,



Katie Clark Sieben

South Korea with \$172 million, Singapore with \$154 million, the Philippines with \$132 million, and the United Kingdom with \$130 million.

Optic/medical products was the state's leading export, with sales reaching \$918 million, up 8 percent from a year ago. Other major exports were machinery with \$907 million, electrical machinery with \$657 million, vehicles with \$462 million, plastics with \$293 million, food byproducts with \$173 million, aircraft, spacecraft with \$149 million, ores, slag, ash with \$111 million, meat with \$106 million, and miscellaneous grain, seed, fruit with \$90 million.

Optic/medical products replaced machinery as the state's top-selling export from a year ago based on major sales increases to Belgium, which were up 31 percent, China, up 9 percent, and Japan, up 27 percent.

Powerful Tools class for caregivers offered

KAO STAFF REPORT

A class designed to help family caregivers thrive is being offered in International Falls by Koochiching Aging Options.

Powerful Tools for Caregivers teaches skills to enhance caregivers' own well being as they care for an older family member or friend. Once-weekly classes begin Oct. 6.

Caregivers are defined as a family member or friend helping an older adult with shopping, transportation, bill paying or activities of daily living such as eating and bathing, according to Koochiching Aging Options Program Specialist Leslee Loop.

The goal of the course, Loop said, is for caregiv-

ers to learn to reduce their stress levels, improve their self confidence, bring balance to their lives, better communicate their feelings and increase their ability to make tough decisions.

Since 1998, this award-winning program has been taught in thirty-six states and has reached over 80,000 family caregivers. Class participants report that they have fewer feelings of anger, guilt and depression and gain increased confidence in coping with the demands of care giving. They are also more likely to use community services that can help ease their burden.

"It was very educational. Very supportive. A good program," said a Big Falls participant.

Class members receive

"The Caregiver Helpbook" developed specifically for the program. A \$30 donation is requested to defray the cost of the help book and materials. No one will be turned away if they are unable to pay. Respite care may be available to allow participants to attend.

Classes will be held from 1 to 3:30 p.m. each Monday from Oct. 6 through Nov. 10 in the Forestland Annex building in International Falls. Certified instructors will be Leslee Loop and Koochiching Aging Options Executive Director Douglas Skrief.

To ask questions or to register for the class call Koochiching Aging Options at 283-7030 or 1-800-950-4630 or email KoochichingAgingOptions@gmail.com.



Paid for by the Committee to Elect Perryn Hedlund. Treasurer Andy Hedlund, 1402 16th St., Int'l Falls, MN

THANK YOU!

To all that attended and supported my fish fry fundraiser. Again, all proceeds raised will go toward my campaign.

Perryn Hedlund & Family

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Would you like to learn more about the threats to human life and what you can do?

Minnesota Citizens Concerned for Life, the state's largest pro-life organization, will present a free program at 7PM on Thursday, Sept 18, 2014 at The Evangelical Covenant Church, 1601 First Ave E. Int'l Falls. Taxpayer funding of abortion, helping pregnant women in need, efforts to save lives and more will be discussed.

For more information, visit <http://www.mccl.org/> or call 218-283-3365.

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Backus is fully accessible to persons with disabilities - Please call our main office for specific accommodations.



City Drug Bridal Registry

Shawna Bolstad & Travis Cochran
September 20, 2014

Melissa Fisher & Nick Hagen
September 27, 2014

Christa Landmark & Derek Clark
October 4, 2014

Jennifer Lahmayer & Matthew Maxa
October 11, 2014

Baby Shower Registry

Baby girl Poe

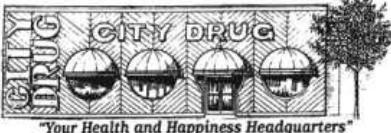
Shower Date: September 27th

Due Date: December 3rd

Parents: Terri & Trey Poe

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PUBLIC NOTICE

Low Interest Loan Program Available for Homeowners with Flood Damage

The Headwaters Regional Development Commission (HRDC) will be hosting an Open House on Thursday, September 18, 2014 from 10 am – 1 pm in the basement conference room at the Koochiching County Courthouse. The purpose of this Open House will be to inform affected homeowners of Disaster Relief loans provided by Minnesota Housing through the Quick Start program and the Community Fix Up program for uninsured damage to your home due to the flood. The program provides loans up to \$70,000 if your home or rental property was damaged in the flood. Funds are for capital improvements that return the home to the pre-disaster or comparable condition. The program does not cover damage to water structures or land.

Staff from the HRDC will be available to answer any questions as well as to assist in completing preliminary paperwork. All applications for disaster relief must be received by the HRDC no later than October 24, 2014 so it is important to begin the process as soon as possible. If you are unable to attend the Open House but would like additional information, please contact Jackie Meixner at 218-333-6530.