

COMMUNITY

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

ROTARY GUEST



CONTRIBUTED PHOTO

Emily Nicholson, left, physician assistant at Essentia Health-International Falls Clinic, was the guest of Rotarian Amy Mortenson at a recent meeting of the International Falls Rotary Club. Nicholson explained how a dermascope helps diagnose and monitor skin conditions and cancers.

Late summer means fun runs – and possible pitfalls

BBB REPORT

In recent years, the number of fun runs – themed races such as Color Runs and obstacle and Mud Runs – offered to racing enthusiasts and beginners has grown significantly.

Though many of these races deliver on their promise of fun and adventure, there have been some issues in recent years. Better Business Bureau of Minnesota and North Dakota offers some tips to help runners look out for potential problems and keep their racing schedules on course.

“The running community is very wired in and passionate,” said Dana Badgerow, president and CEO of BBB of Minnesota and North Dakota. “Because of this, problems runners have had with different races in the recent past have attracted a lot of attention – which helps other runners.”

In 2014, a number of 5K Foam Fest races – including events scheduled to be held in Duluth, Rochester and St. Paul — were canceled after previous races fell

through without notice. It was later determined that the entity supposedly organizing the races had done little more than create an official-looking website to collect registration fees upfront. However, issues with races aren’t just limited to Fun Runs. In early June of this year, the Minneapolis Marathon was canceled after organizers failed to secure the required city permits.

Whether you’re thinking about participating in a themed Fun Run or a much longer race, here are some BBB tips:

Do your research. Check out the race organizer’s BBB Business Review and look online for additional information before signing up. Read customer reviews from runners who have participated in previous races or events.

Don’t be fooled by a well-designed website. Scammers can easily create an official-looking website. Look for misspellings or poor grammar, which is a sign you might be dealing with fraudsters.

Check the local venue. Con-

tact the park or host venue to confirm that the event is on the calendar. It’s also a good idea to contact city offices to ensure race permits have been obtained.

Pay with a credit card. Charges made on a credit card can be disputed after a purchase, whereas debit, cash or wire transfer transactions cannot.

Understand the terms and conditions. In a lot of cases, promoters say right on their websites that they don’t offer refunds. However, many consumers don’t read the fine print before hitting “I agree” when registering for a race.

Keep documentation of your order. After completing the online registration process, you should receive a confirmation receipt. Print out and keep a copy of the confirmation and any supporting documentation for future reference.

Check out the charity. Many fun runs are for-profit, but some have a charitable aim. If race organizers claim a portion of the proceeds will go to charity, ask for more details. Contact the charity to make sure there’s a

connection. You can also do your research on give.org to make sure your donation is going to a trustworthy charity. Be wary of sound-alike names similar to those of more established charities.

Fun Runs can indeed be fun, but have also led to headaches in some cases. Just as it’s a good idea to stretch out and train before undertaking a race, it’s also a good idea to do your research ahead of time to ensure your race will go off without a hitch.

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.

Collage classes offered

JOURNAL STAFF REPORT

Unique collage classes featuring a professional quilter will be offered Aug. 19 and 20 at First Lutheran Church in International Falls.

Dee Dee Menge, of Halsstad, will lead participants in a workshop called “All About Animals,” from 9 a.m. to 4 p.m. each day. The workshop is brought to the community by Val Sjoblom’s Studio 53 Fabric and Gifts, International Falls. Sjoblom is also organizing a trunk show at 6 p.m. Aug. 19.

Sjoblom said Menge has been quilting for more than 15 years and is intrigued by color and what designers do with it in creating fabric

and new patterns and techniques.

“There are always new ways to do old things and Dee Dee likes trying these new ways so she can teach others the techniques that she loves so much,” said Sjoblom in a news release.

Menge quilts under the motto: “If I can do it anyone can, and I can teach you to do it, too,” said Sjoblom.

Menge works at Faye’s Henhouse Quilt Shop in Mayville, N.D. She is also a long-arm quilter. Her collage pieces can be viewed on her Facebook page called “The Quilting Asylum.”

Call Sjoblom at 285-9962 to register. Class sizes are limited. No sewing machine needed.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals

are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Salisbury steak
Strawberry rhubarb sauce

TUESDAY

Roast turkey
Fresh fruit

WEDNESDAY

Cheeseburger

Potato wedges
Fruit

THURSDAY

Chef salad or alternative
Fruit

FRIDAY

Ham loaf or alternative
Hawaiian cake

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