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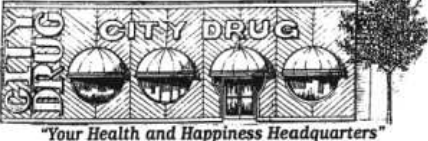
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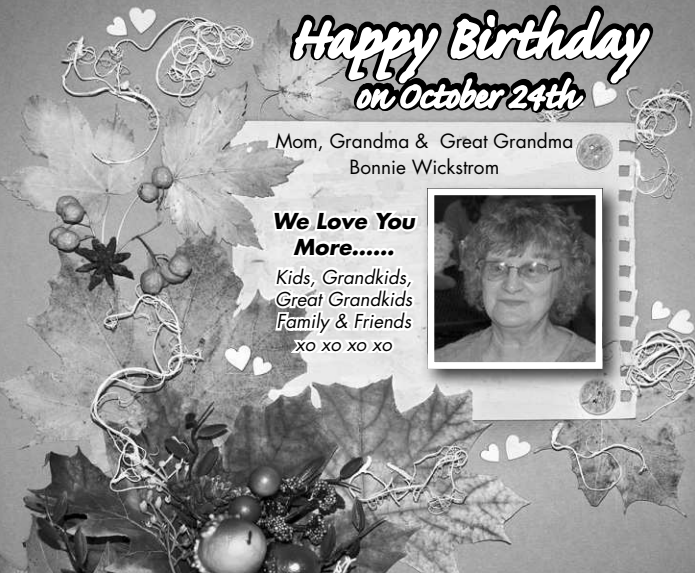
Happy Birthday

on October 24th

Mom, Grandma & Great Grandma
Bonnie Wickstrom

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Great Grandkids
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xo xo xo xo





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Falls Hunger Coalition, Backus Community Center receive MPF grants

MPF STAFF REPORT

The Minnesota Power Foundation provided grants totaling \$10,000 to two organizations serving International Falls

The Falls Hunger Coalition and the Backus Community Center each received \$5,000.

International Falls Mayor Bob Anderson said Friday the grants are very much appreciated by a community that is working its way through the effects caused by the loss of 265 jobs at the Boise paper mill.

Anderson was among those on hand Thursday when Minnesota Power employees Bruce Overson, Doug King and Kristin Renskers were in International Falls to present the grants to the two organizations.

Peggy Hanson, Minnesota Power Foundation director, said the grants reflect Minnesota Power's commitment to the communities it serves.

"We truly care about the communities and customers we serve," Hanson said. "We're proud partners to the region, committed to the economic health of our communities, and we hope this contribution will, in a small way, help residents as the community moves toward recovery."

Nancy Anderson, executive director of the Falls Hunger Coalition, said the \$5,000 is "a wonderful, wonderful gift" and couldn't have come at a better time for the organization. Although the coalition hasn't seen a dramatic increase in clients yet, it has experienced a significant decrease in donations, she said.

The \$5,000 grant to Backus Community Center will be used to support its programs. Hundreds of people regularly use the center, which is a home to arts, cultural and youth programs as well as services such as the Community Café and the Backus Kids Club.



CONTRIBUTED PHOTOS

From the left, Kristin Renskers, Minnesota Power; Nancy Anderson, Falls Hunger Coalition executive director; Bruce Overson, Minnesota Power; Brittany Rognerud, assistant director; Doug King, Minnesota Power; and International Falls Mayor Bob Anderson. The Minnesota Power Foundation gave \$5,000 to the Falls Hunger Coalition.

Tchotchke


(choch•key)

meaning:
trinket, doohickey, gizmo, whatchamacallit

HOT COCOA POPCORN

makes 15-16 cups
3 tablespoons unsweetened cocoa powder
2 tablespoons super fine sugar
1 teaspoon ground cinnamon
1/2 cup popcorn kernels
2 tablespoons coconut oil
2 cups miniature marshmallows
1/2 cup chocolate chips
kosher salt

In a large bowl, combine cocoa powder, sugar and cinnamon. Stir until well incorporated, set aside.
Place a 3 quart saucepan over medium-high heat. Add coconut oil and popcorn kernels to the pan. Close the lid and move pot back and forth on the stove and pop the popcorn until you start to hear the popping slow down. Remove from the stove.
Immediately add the hot popcorn to the cocoa mixture and stir to evenly coat the popcorn. Add in the mini marshmallows, chocolate chips, and sprinkle with kosher salt to taste. Stir evenly and serve.




Loaded baked Potato Soup

This is a yummy comfort food!


INGREDIENTS:
4 slices bacon, diced
5 tablespoons butter, unsalted
1/3 cup all-purpose flour
3 1/2 cups milk
3 potatoes, peeled and cubed
2 green onions, thinly sliced
1 cup shredded cheddar cheese
1/2 cup sour cream
Kosher salt and freshly ground black pepper, to taste

INSTRUCTIONS:
• Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
• Melt butter in a large stockpot or Dutch oven over medium heat. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes and green onions.
• Bring to a boil; reduce heat and simmer until potatoes are tender, about 15-20 minutes. Stir in cheese, sour cream, salt and pepper, to taste.
• Serve immediately, garnished with green onion, cheese and bacon, if desired.




Congestion relief that is cheap and easy!

Put 1 tbsp of Vicks 1 tbsp Lukewarm water. Put your wax or tart warmer on and put it in their room and watch the magic happen.



Better than fries! Cut potatoes almost all the way through, drizzle olive oil, butter, some sea salt, and pepper over top and bake @ 425 for 40 minutes.



Pumpkin Carving Tips

Tip 1 Cut a hole in the bottom of your pumpkin in the shape of a pumpkin. The stem shape will allow you to easily reattach the base once you have gutted your pumpkin.

Tip 2 An ice cream scoop makes a great tool to gut the inside of your pumpkin.

Tip 3 Use a fine serrated knife or small carving blade to make detailed cuts.

Tip 4 A plastic scouring pad can be used to clean and smooth the inside of your pumpkin and get rid of that loose stringy look.

