

BUSINESS

9 TO 5
The Journal welcomes ideas for stories about people in our community who are starting a business or changing an old one.
Call the Journal at 285-7411

Holding on to the past

BY SPENSER BICKETT
Staff Writer

Losing a loved one is difficult, and losing their stories and memories is part of that difficulty. One Borderland resident is making it easier to hold onto those memories. Roxanne Skogstad-Ditsch has started Enduring Recollections, a video service that allows someone to hold onto the stories an older loved one may want to share. The business's pitch is simple, Skogstad-Ditsch said.

"Saving your loved one's memories by videotaping their stories," she said. Skogstad-Ditsch came up with the business idea after speaking with and filming her mother talking about things from her childhood, she said. Changes her mother saw during her lifetime, like the use of refrigeration in homes, don't happen anymore, she said.

"Once they're gone, the huge changes from their childhood will never be there again," she said. "Everything is different now." To make things easier for customers, Skogstad-Ditsch goes wherever is most comfortable for her subject, she said. The process consists of a pre-interview where she goes over the things the subject wants to talk about, she said. Then the taping begins, which takes between 45 minutes and an hour, she said. It works like a conversational interview, with Skogstad-Ditsch asking questions to guide the subject towards what they want to talk about. "It's not where they have to be prepared, and it makes it easy," she said. "You don't have to be prepared for a speech, we already talked about what you want to talk about." Skogstad-Ditsch then burns the interview onto

five DVDs, and the turnaround is by the next day, she said. The cost for the five DVDs and the interview process is \$125, she said. If the client doesn't like the final quality of the video, they can redo it, she said. If the session goes beyond an hour, prices will vary, she said. Also, if Skogstad-Ditsch does any cutting or editing of the video, the cost increases. "Anytime you do that the cost goes way up," she said. "I can do it, but it's very time consuming." Sherry Fehrman inquired about the service because she'd like to document her grandmother's experiences, she said. Growing up in New Orleans, she dealt with the Ku Klux Klan, and Fehrman said she'd like to document her stories of growing up in a different time in the South. "Hearing stories from her past is interesting," Fehrman said. "You don't

hear much about it anymore." Fehrman said she's hoping her grandmother can make it to International Falls from Denver for her son's graduation, though the trip is dependant on her grandmother's health. If she can make it, Fehrman said she'd like to film her memories in order to have something to show her own children. Having a family member film another member might be difficult, as there could be too much emotion involved in it, Skogstad-Ditsch said. That's why bringing her in as a third party, with a background in communication, is beneficial, she said. "It's so much easier to have someone emotionally unattached," she said. "I have a lot of communication experience, so it comes easy to me to try to draw out information from people."

DEED guidebook offers legal assistance

JOURNAL STAFF REPORT

Thanks to the Minnesota Department of Employment and Economic Development, Minnesota employers have access to a free guide on employment law issues in Minnesota. DEED has released the 12th edition of "An Employer's Guide to Employment Law Issues in Minnesota." The 155-page document is available for free download at www.tinyurl.com/DEEDEmployersGuide, or by email at deed.mnsbao@state.mn.us. The business guidebook gives a broad overview of federal and state laws pertaining to the employee-employer relationship and provides guidance for hiring and managing employees, developing employment policies, and avoiding liability for employment law violations. This new edition con-

tains large changes to the section on Health Insurance Portability and Accountability Act, which is the federal law protecting personal medical information. It also features a new section on the Affordable Care Act. "Employers and employees are linked in a dynamic relationship that is subject to a variety of social, economic and legal factors," DEED Commissioner Katie Clark Sieben said in a news release. "We are pleased to offer this very useful publication to employers in Minnesota." DEED developed the book in collaboration with the Minneapolis law firm of Lindquist & Vennum.



Katie Clark Sieben

www.ifallsjournal.com

URGENT NEWS IF YOU USED TESTOSTERONE HEART ATTACK or STROKE?

Studies show that using Testosterone products may significantly increase your risk of a heart attack, stroke, blood clots and death. If you or a loved one has suffered any of these injuries, call 1-800-THE-EAGLE now about making a claim for substantial monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

915 W. Camelback Rd.
Phoenix, AZ 85013

Open 7 Days a Week

Bennett Repair LLC.
SNOWMOBILE, ATV AND SMALL ENGINE REPAIR

- 24 Hour Emergency Service -
- Full Line of Amsoil Products -

Paul Bennett Jr. 218-343-4451
pjbennett71@hotmail.com

24h

Huge, delicious, juicy ... Fills you up. Satisfies

FREE DELIVERY THE BIGGEST BURGERS AROUND
PLAY PULL TABS **283-2222**

or Try Borderland's Favorite Pizza & Other Foods on Our Full Menu!
Chamber Dollars Gladly Accepted Here!

LIVE MUSIC ON SUNDAYS 4:30 to 8:30 p.m. with Patty O'Porter
Texas Holdem Thurs., Fri & Sat Nights!

BORDER BAR PIZZA PARLOR
283-2222 3rd Ave. & 5th St. • I. Falls
Mon-Thur 11:30am-10pm • Fri & Sat 11:30am 11pm • Sun 11:30am-9pm



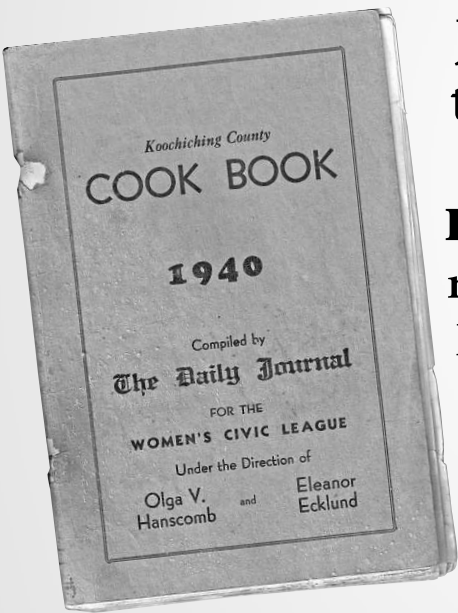
Put your Wedding or Engagement in The Journal

cost is \$50

Submit photo and information to Tammie Calder
tammiee@ifallsjournal.com
or call 218-285-7411

Food is our common ground, a universal experience - James Beard

So... "Let's Talk Food"



Join The Journal as we explore the many elements of food and how it connects us.

Featuring: Kooch County vintage recipe books, local cook book author, Borderland residents sharing their recipes and their culture that goes with them, the buzz around gluten free, vegan & vegetarian, roadkill recipes and more!

This is great way to feature **Your** business and let customers know what You have to offer!

Contact Your Advertising Rep Today!

Ad space deadline:
Mon., March 10
Published:
Wed., March 26

1/8 pg \$85
1/4 pg \$160
1/2 pg \$300
Full pg \$575

The Journal
1602 Hwy 71, Int'l Falls
218 • 285 • 7411

Your Community.

Your Newspaper
The Journal