

BUSINESS

9 TO 5

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Sweating like the stars

JOURNAL STAFF REPORT

If you're still holding on to your New Year's resolution to exercise more, one local gym can now help you work out like contestants on "The Biggest Loser."

Evolve U Fitness gym owners Ashley Wade and Erin Shikowsky recently became certified in personal trainer Jillian Michaels' Body Shred program. Michaels is one of the trainers on "The Biggest Loser," known for her tough-as-nails approach to helping contestants lose weight, according to a release.

"With this program, you can shred fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance," Wade said.

Body Shred is a high-intensity, endurance-based 30 minute workout focused on Michaels' 3-2-1 approach, where participants do three minutes of strength exercises, two minutes of aerobic exercise, and one minute of active recovery, according to a release.

"Michaels has changed the lives of many people and we admire her work as a trainer," Shikowsky said.

"There is solid research to back her training programs, and they work."

Wade and Shikowsky held Body Shred demonstrations at Evolve U on Saturday, with 25 people trying out the class. The feedback from the attendees was positive, Wade said.

"They loved it," she said. "They said it was one of hardest workouts or classes they've ever had, but they loved it."

Program costs vary from \$4 per class or \$50 for 15 classes for Evolve U members, and \$8 per class or \$100 for 15 classes for non-members.

Body Shred joins the other classes Evolve U already offers, including "Step and Shred," "Get Ripped," pilates, kickboxing, and more. Wade said they are excited to add Body Shred to their regular class offerings.

"Body Shred not only demands every muscle in your body to participate, but also leaves you with a desire to perform better, be stronger, and work faster," Wade said in a release.

For more information, visit www.evolveufitness-falls.com or call Evolve U at 218-373-3303.



STAFF PHOTO BY SPENSER BICKETT

The deli at SuperOne got a complete renovation, with a brand-new kitchen and equipment in back, and new hot and cold cases in front.

A fresh look and fresh produce

BY SPENSER BICKETT
Staff Writer

If you're looking for the chips, they're now down the Rainy River aisle at Stewart's SuperOne.

The locally-owned grocery store is putting the finishing touches on its nearly \$1 million facelift, owner Dave Stewart said. It's important for any business to reinvest in itself to stay competitive, he said.

"If you're not reinvesting in your store, your physical structure, you're not going to be relevant in your market in the long run," he said. "And we plan on being here for the long run."

SuperOne's wholesaler SuperValu sent its design services team to International Falls to develop three different design plans with Stewart having the final say on which plan would be used.

The remodel highlights

have created a softer look that's easier on the eyes, he said. About one-third of the flooring has been replaced by a faux-wood flooring, and a new décor package throughout the store includes new signs and paint, with an emphasis on the local flavor.

"They said, 'Can you come up with ten rivers or streams in your area?' And I said, 'I think so, why's that?' They said, 'Because we want to name the aisles after local waterways.'"

The local flavor extends to the artwork that now dots the store. Photographs from local photographer Kallie Kantos-Fritz were enlarged and framed and now add a nice touch of local scenery to the store, Stewart said.

The deli department also got a full upgrade with brand new hot and cold cases in front, as well as a completely new

kitchen with all-new equipment. In addition, five refrigerated cases were replaced with newer, more efficient ones, and the remaining cases were reconditioned to make them more efficient, he said.

The bakery was not left out of the remodel, and received new display tables, and the store also received some new, efficient LED lighting.

The remodel started Jan. 6 and has went smoothly over the past 10 weeks, Stewart said. In order to keep the store open during the remodel, he said the bulk of the work was accomplished between 10 p.m. and 6 a.m. when the store was closed. The biggest inconvenience for customers was when the flooring was being torn up and replaced, he said.

"At six in the morning we scrambled to try and put everything back to-

gether so the customers would be affected in the least way possible," he said. "Obviously it did affect customers and we tried to keep that to a minimum."

Stewart said he tries to remodel the store every five to six years, and it was due for an update since the last remodel was about six years ago. That remodel saw the store's exterior freshened, and a wall removed to expand the store. At that time, the coffee shop was added to the front of the store.

Employees are excited about the remodel and look forward to working with the new equipment, Stewart said. Customers have also said they enjoy the local flair of the remodel, especially the aisle markers and the new paint colors.

"I've gotten a lot of positive comments," he said. "So hopefully people will like it."

For the most current information on Rainy and Namakan Lake levels, visit the following:

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(click on the 'Data' link)

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JOURNAL STAFF REPORT

Using grant support from the U.S. Department of Agriculture, the Minnesota Department of Natural Resources has put together a statewide team dedicated to supporting the effective use of wood energy technologies.

The Minnesota Statewide Wood Energy Team is composed of organizations and individuals with expertise in wood energy technologies working together to advance and promote the use of biomass as fuel. One of the team's main goals is helping facilities and businesses cut costs, support local economies, and advance clean energy development

by installing wood energy heating systems.

The bulk of the USDA grant, for \$250,000 over three years, is going towards helping selected applicants with funding for final feasibility studies for wood energy projects, grant manager Anna Dirkswager said. The grant is also focused on wood energy projects that can use forest resources as feedstock and are in cities without access to natural gas, she said. Eligibility requirements include commercial applications of modern wood energy technologies and project development beyond the initial feasibility studies.

Advancing biomass use

and goals helps with forest management, diversifying markets for the existing forest products industry, reduces forest wildfire risk, promotes economic development, localized wealth retention and state renewable energy strategies, according to a release. Increasing demand on the wood energy market increases the forest resources market, which supports local economies and environmental sustainability, Dirkswager said.

The core team includes representatives from the DNR, University of Minnesota, University of Minnesota Duluth, Natural Resources Research Institute, and the USDA Forest Service Wood Education

and Resource Center, the Clean Energy Resource Teams, Dovetail Partners, and the Headwaters and Arrowhead Regional Economic Development Commissions.

Additional partners include the Minnesota Department of Commerce, Minnesota Department of Employment and Economic Development, Iron Range Resources and Rehabilitation Board, USDA Rural Development, Minnesota Forest Resources Council, Great Plains Institute, Bio-Business Alliance of Minnesota, FVB Energy, Wood-Master, Fond du Lac Band of Superior Chippewa, and the Agricultural Utilization and Research Institute.

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