

# OUTDOORS

## Sweating in the outdoors

JOURNAL STAFF REPORT

Ranier Recreation Club is encouraging residents to get out and get active, as a part of the recognition of the National Recreation and Park Association’s national park and recreation month.

The theme, “Out is In,” intends to bring awareness to the need to connect more people to nature and the outdoors, according to a release.

The Ranier Recreation Club is enticing residents to get outside by offering a social media challenge, with something thrown in for the winners.

Club members are encouraging people to get out and use the new outdoor fitness equipment recently installed at Ranier Park. They want exercisers to post photos of themselves using the equipment, and tagging them #RanierOutdoorGym. Winners will be selected at random, and receive a Subway gift card.

To help people get acquainted with the new equipment, the RRC partnered with Ashley Hall and Erin Shikowsky of



CONTRIBUTED PHOTO

Germiane Lindquist uses the leg press while her sons play at Ranier Park.

Evolve U Fitness to provide bi-weekly fitness instruction at the park. Hall and Shikowsky will demonstrate safe, proper ways to use the equipment, and provide suggested exercise routines. Classes begin 7 a.m. Tuesday at Ranier Park, and will continue bi-weekly throughout the summer.

“We are excited to celebrate park and recreation month; it is a great time to just get out there and experience all the new and

wonderful features in Ranier Park,” Ranier Mayor Dennis Wagner said in a release. “The Ranier Recreation Club is leading initiatives and providing opportunities for people to achieve healthier lifestyles.”

The outdoor fitness equipment was funded through grants from the Koochiching Community Development Authority, the Knudson Family Fund, and Wagner Construction.

## IFBC volunteer meeting July 31

As organizers gear up for the 10th Internatinal FALLs Bass Championship, they are asking that volunteers sign up.

A volunteer sign up will be held at 6 p.m. July 31 at the Elks Lodge 1599 in International Falls.

The IFBC website reports the following volunteer positions need staffing for the Aug. 21-23 tournament:

■ Ticket Sales: Sell tickets to various tournament events.

■ Spotter: On the water team services/emergency assistance. A boat is required for this position.

■ Weigh Slip: On the water weigh slip and time keeper for lake and river.

■ Dock Worker: Provide angler help at dock.

■ Security: Provide security at tent entrances during events

■ Fish Management: Fish care at docks and Smokey Bear Park.

■ Angler Parking: Assisting anglers park their

vehicles at weigh in

■ Site Preparation: Help set up and take down tournament equipment.

■ Family Fun Zone: Help with the many Family Fun activities.

■ Fish Transportation: Transport fish to designated release sites. A boat and truck are required for this position.

Contact IFBC volunteer coordinator Nancy Peterson at 283-2136 or email [eaganred@yahoo.com](mailto:eaganred@yahoo.com) for specific questions.

## SECOND HATCH



CONTRIBUTED PHOTO

Breanna Burchell, granddaughter of Alan and Miriam Burchell of Kabetogama, shot this photo Sunday of the second hatch of robins in a nearby nest. “Very little head room to take picture. Standard camera would not have fit like this smart phone did,” reports Alan.

# DISCOVER REVELATION

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BEGINS MONDAY, JULY 21  
International Falls, MN

Opening Night : Monday, July 21, 7:00 pm — **Unlocking Revelation’s Mysteries**

Night 2 : Tuesday, July 22, 7:00 pm — **The Millennium Man**

Night 3 : Wednesday, July 23, 7:00 pm — **A Thief in the Night**

*Future topics and dates will be announced.*

**Seminar Location: Backus Community Center 900 5th St., International Falls, MN 56649**

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