COMMUNITY

A LOOK AT BORDERLAND

The Journal welcomes ideas for stories about people in our community.

Call the Journal at 285-7411

OBITUARIES

The Journal publishes paid obituaries in Wednesday and Saturday editions and on its Web site at www.ifallsjournal.com.

Obituaries must be submitted by 10 a.m. Tuesdays to be published in the Wednesday edition, and by 10 a.m. Thursday to be in the Saturday edition.

All obituaries must be prepaid before they are published.

Obituaries can be faxed to the Journal at 285-7206; e-mailed to tammiec@ifallsjournal.com; or mailed to The Journal at 1602 Highway 71, International Falls, MN 56649.

We encourage electronic delivery of obituaries and any accompanying photos.

If desired, The Journal will e-mail or fax a proof of the obituary to the funeral home handling the service.

For more information, call Tammie Calder at 285-7411.

John Gorman, 84

John Gorman, 84, passed away Thursday morning, April 3, 2014, at the Ranier Roost, Ranier, Minn.

A complete obituary will be announced when arrangements have been completed.

Arrangements are pending at this time.

Spring truck weight restrictions in effect

MNDOT REPORT

Spring truck weight restrictions on state highways are now in effect as of Friday for Minnesota's north-central and north frost zones, according to the Minnesota Department of Transportation.

Spring load restrictions are already in place for the state's south, southeast, metro and central frost zones.

The north-central zone extends south from the southern limit of the north zone at Highways 10, 210, 18, Interstate 35 and Highway 48 to the Wisconsin state line, to a line following and including Highway 12 from the South Dakota state line to the Hennepin County line.

The north frost zone extends south from the Canadian border to a line following and including Highway 1 at the North Dakota state line east to Highway 89, Highway 89 south to Highway 2, Highway 2 east to Highway 33, Highway 33 south through Cloquet to I-35, I-35 north to the Carlton/St. Louis County line, and then south on that line to the Wisconsin state line.

MnDOT limits truck weights to prevent damage to roads weakened during the spring thaw.

Spring load restriction dates and the six frost zones in Minnesota are listed atw ww.mndot.gov/materials. Click on "Seasonal Load Limits," then click on "Spring Load Restrictions" for the most up-to-date information.

Information is also available toll-free by calling 1-800-723-6543 in the United States and Canada or by calling 651-366-5400 in the Twin Cities Metro area.

Ending dates for spring load restrictions are based on how weather is affecting roadway strength. These dates are variable because they are established by monitoring roadway strength as weather conditions change.

Travelers in Minnesota can get up-to-date information on road conditions, construction and weather reports from MnDOT's 511 traveler information service at www.511mn.org.

Fine Arts Night showcases students

INDUS SCHOOL REPORT

Indus School hosted a Fine Arts Night March 20 to showcase student art, music, speech, history displays and culinary arts.

Fundraisers were also conducted to raise money for the food shelf and for the Indus prom.

Principal Michael Underwood introduced faculty members whose students were represented in the program. The teachers then spoke briefly about their students' work.

Art teacher Lisa Simon's students displayed a collection of their best art work to date.

Several of music instructor Stacy Ottemann's music students presented solos, as did a student of piano teacher Stephannie Schiro. On the program were: Annie Schiro, with "Cango Caves" on clarinet; Kyle Schiro, with "Dance of the Irish," on piano; Alyssya Mathis, with a "Danny Boy" vocal; and Holger Olesen with a medley of songs on dobro.

History teacher JoAnn Parish showcased ninth grade student history displays, and students of Lois Lewis, Family & Consumer Sciences and ProStart instructor, prepared "Delectable Dessert" samples for attendees. These included: Strawberry Soup, Mini-S'mores, White Caramel Cheesecake, Cupcake Poppers, and a healthy Mint Chocolate-Nut- Spinach Cheesecake.

The Fine Arts Program also included presentations by students in the Indus Speech Club, advised by Lois Lewis. Participants included: Patricia Handorgan with a prose selection from "Life of Pi;" Chris Barry and Sofia Olesen (substituting for Haley Grover) with a duo entitled, "Bun-Gee;" Sofia Olesen, with an extemporaneous reading; Sierra Hoopingarner-Hale and Alexandra Knoff, with a duo entitled "The Best Escape"; and Samantha Hervey with poetry selections from spoken word artist Rachel Kann, entitled, "Forgive Me" and "Montana de Oro."

During the evening, breads which had been baked at school by Indus students were sold to raise money for the food shelf.

CONTRIBUTED PHOTOS

Community member Deedra Erickson, at left, demonstrates how to shape bread as students watch.

Alex Knoff and Sierra Hoopingarner-Hale perform their speech, "The Best Escape."

Beets and carrots – tasty and versatile

Onen MARKESON

MASTER GARDENER

Beets and carrots are two cool weather loving, quick growing plants that can be put into the ground shortly after the ground thaws. These two tasty and versatile vegetables can easily be grown and appreciated in our short growing season.

These two crops can be planted in your garden about three weeks before the last frost of the year, or when the ground can be easily worked. This can happen as early as late April (if we are very lucky) or early May.

For good growth and plant vitality, be ready to thin your plantings fairly soon after they sprout. All seeds typically do not germinate, so after following packet directions, they will typically have to be thinned. Beet seeds are a little unusual, in that each seed in a packet is essentially a "nutlet" of several seeds, so each "seed" can occasionally send up several sprouts.

For a steady supply of carrots and beets on your table, plant rows or partial rows about two weeks apart, but stop doing this when the hotter part of the summer hits us. Throughout the year, weeding as well as thinning can help garden crops to thrive and grow to their fullest, as weeds and a cramped crop can deprive your garden products of water, nutrients and sunlight.

You can have a late season crop of both carrots and beets by planting in late June or early July. This late crop can be harvested for storage and usage into the winter months. Beets can be harvested at most any stage of development, but are probably best when harvested at about two inches in diameter.

There are many ways to prepare beets, but one simple way is to just cut the stems off at the top of the beet and cut the extended root off close to the base of the beet. Boil the whole beets or cut them up into quarters for quicker boiling. You can take the "skin" off of each beet, but some like the "skin" left on. After boiling them, you can split the peelings off and serve warm with butter.

There are quite a few different varieties of beets; some mature in 50 days; some take close to 70 days to mature. Red beets are the most common but there are yellow and white ones also. At least one beet variety is elongated and has some resemblance to a carrot.

Carrots come in a very wide variety of styles (short and long) and colors (orange, purple, red, yellow and white). Carrots have a wide range of maturation although about 60 days is fairly common. Some varieties are fairly short carrots, such as the 'Danvers' varieties.

Short carrots grow especially well in relatively firm or lightly tilled gardens. Some carrots are fairly long, such as the 'Scarlet Nantes' or 'St. Valery.' Some carrot varieties offer resistance to diseases ('Bolero' is apparently relatively resistant to aster yellows and alternaria blights). Others are somewhat heat resistant.

This is Northwoods Eating

Breakfast Specials

Mon.-Sat. $6.29 • Sunday $7.29

Mon.	Big Moose Skillet with hashbrowns
Tues.	Breakfast Sandwich with hashbrowns
Wed.	French Toast w/eggs & sausage or bacon
Thurs.	Blueberry Pancakes w/eggs & sausage or bacon
Fri.	Biscuits & Gravy w/eggs & hashbrowns
Sat.	Cinnamon Swirl French Toast with ham & eggs
Sun.	Blueberry Cream Cheese Crepes with eggs & ham

Dinner Specials

Mon.	Half Chicken Dinner	$10.99
Tues.	Full Rack of BBQ Ribs	$17.99
Wed.	Pan Fried Walleye	$14.99
Thurs.	Mozzarella Girasole w/Marinara Sauce	$10.99
Fri.	Fishermen's Catch	$16.99
Sat.	Rib Eye Steak	$17.99
Sun.	Chicken Kiev	$11.99

Dinners include choice of potato & salad. Choice of soup for $1.00

Breakfast • Lunch • Dinner

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Examples of some recent breakthroughs are: wind noise cancellation, ear to ear coordination of processing, wireless transmission of cellular phone sound into the hearing aids and television listening systems. We are awaiting the iPhone compatible hearing aids that should become available this spring.

We are here to serve your hearing needs. We offer comprehensive evaluations of your hearing, the best hearing aids and a commitment to quality affordable service.

Call today to schedule an appointment for a hearing evaluation.

Thursdays, April 10, 17 & 24

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