

LOCALNEWS

Campaign raises awareness towards domestic violence

JOURNAL STAFF REPORT

Friends Against Abuse, in cooperation with the Minnesota Coalition for Battered Women, is launching the Live Violence Free Flag campaign.

The goal of the campaign is to raise awareness statewide about domestic violence and honor victims of domestic violence homicides. In 2013, 37 Minnesotans were murdered as a result of domestic violence.

The flag will be displayed throughout Minnesota as well as in International Falls whenever there is a domestic violence homicide in the state. The campaign is a way for people to respond to

domestic violence homicides and be a part of the statewide initiative addressing domestic violence. Flying the flag provides a visual presence when a domestic violence homicide occurs, and keeps domestic violence concerns in the local conversation.

Locally, the Friends Against Abuse offices flies its flag in the office window for one week after a domestic violence homicide. It will also have lawn flags available for those who wish to fly them at their homes in the spring.

Part of the problem with domestic violence is an environment that promotes, excuses, or ignores violence. Providing services to vic-

tims of abuse is critical for those individuals, while engaging the full community is essential for ending violence. In 2012, 63,267 victims sought services from domestic violence programs. This represents only a portion of the victims, however, as national statistics state only one of five domestic violence victims seek services.

The campaign is an approach for wider, ongoing community engagement by raising awareness and continuing local conversation about how to end domestic violence.

For more information about the campaign call Friends Against Abuse at 218-285-7220.

Program provides heating assistance

JOURNAL STAFF REPORT

When temperatures stay below zero for weeks on end, heating your home can become expensive. A Salvation Army heating assistance program makes sure families have enough money to heat their homes.

“For many Minnesotans this record cold is more than an annoying inconvenience,” said Lt. Colonel Robert Thomson, Salvation Army commander in Minnesota and North Dakota. “In extreme cases, it could cause families to lose their housing. You cannot stay in a home without heat and that may be the end result of having no money to pay for fuel oil or propane.”

The Salvation Army HeatShare program is there to help with these

needs, but because of increased requests early in the season, the funds are being quickly depleted. The problem is made worse because many families have used up available help from other assistance programs. Because of this need, the Salvation Army is seeking donations at [www.heatshare.org](http://www.heatshare.org) or by sending a check for HeatShare to your local Salvation Army.

“The Salvation Army has typically been the last line of defense,” Thomason said. “We don’t get many requests until late February or after April 15 when the ‘cold weather rule’ is no longer in effect. We could be out of money for help and there are no other options for families to heat their homes.”

HeatShare provides

emergency utility assistance for people with no place left to turn. Funds are used to pay for energy costs for seniors, disabled, and families in crisis. The program has been active since 1982 and helped 4,200 families in Minnesota last year with \$1 million in assistance. HeatShare is offered at The Salvation Army centers in Minnesota. To learn more, visit [www.heatshare.org](http://www.heatshare.org).

The Salvation Army Northern Division has been serving Minnesota and North Dakota since 1886. Today the Northern Division serves in all 140 counties from both states, providing food, shelter, clothing, youth programs, and other critical services to more than 480,000 people per year.

TRAIL REPORT

IVSC

The following was posted Thursday at the International Voyageurs Snowmobile Club website at: <http://www.ridetheborder.com/trail-report.html>

“The winter’s cold grip just doesn’t seem to want

to let go. Friday sounds like a great day, and the weekend doesn’t sound to bad either. My advice to all is to get out and enjoy the scenery, the fresh crisp air and the best groomed trails you can find. Even with the extreme cold, our

operators are still out there doing their job. So get out there and have some fun, and remember to ride safe.”

VNP

All snowmobile trails in Voyageurs National Park are open and staked. Snow-

Local effort raised funds

International Falls’ “Mo-Sistas” recruited area men to participate in its own version of “Movember.” Movember is an official charity that encourages men to grow facial hair during November and raise donations to combat prostate and testicular cancer.

But in International Falls, the local group raised \$730 for the local Community Cancer program, which helps purchase gas cards for local cancer patients who travel out of town for treatment. Eleven local men quit shaving in November and one woman, Catherine Crawford, cut her hair to raise money. The group conducted “Moscar awards,” with categories recognizing best growth, most money raised and least growth.

Movember growth contestants included Seth Nelson, Adam Hanson, Scott Bressler, Bryce Olson, Steve Windels, Chuck Remus, Kurt Fogelberg, Russ Waldorf, Bill Johnson, Mike Ward, Dave Crawford, and Bill Carlson.

The Mo-Sistas helped in the background, collecting donations, putting together a potluck and awarding prizes. Mo-Sistas included Jaime LeDuc, Lois Fogelberg, Catherine Crawford, Beth Lowthian, Monica Olson, Mary Graves and Becky Olson.



CONTRIBUTED PHOTOS

Before Movember, this collage shows how contestants looked before actually growing facial hair, with mustaches drawn on the photo.



A hairier version after Movember.

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mobile trails are in good condition with some drifting on larger lake surfaces.

The snowmobile speed limit within the park is 45 mph on frozen lake surfaces and 25 mph on all overland portages. Speed limit signs are posted at trailheads and overland portages.

The Rainy Lake Ice Road is open around Dryweed Island and up to Dove Bay. The Kabetogama Lake Ice Road is open from the Kabetogama Lake boat launch to the Ash River boat launch.

To reduce hazards to snowmobile users, all ice blocks are to be immediately chopped up, sub-

merged, or hauled to land. Placement of equipment or any type of structure must be more than 50 feet off the edge of all ice roads and 50 feet off the centerline of all snowmobile trails. Written authorization from the park is required for individuals to plow more than 300 feet on any lake surfaces within the park.

All snowshoe trails are open. Echo Bay, Black Bay, and Tilson Connector ski trails are all open, packed, and tracked.

The Rainy Lake Visitor Center is open Tuesday through Saturday, 10 a.m. to 4:30 p.m. During business hours, the visitor center offers maps, informa-

tion, hot cocoa, snowshoe loans, and cross-country ski rentals.

Weekly winter trail conditions reports are available at [www.nps.gov/voya](http://www.nps.gov/voya).

**Snowmobile trails**

- International Falls to Kettle Falls (Purple Trail) – Open and staked
- Rainy Lake/Black Bay to Kabetogama Lake to Ash River (Green Trail) – Open and staked
- Ash River to Crane Lake (Green Trail) – Open and staked
- Chain of Lakes (Dashed Black Trail) – Open and staked
- Ash River to Kettle Falls (Yellow Trail) – Open and staked
- East Namakan Lake to Sand Point Lake (Blue Trail) – Open and staked

**Ice roads**

- Rainy Lake Ice Road – Open around Dryweed Island and to Dove Bay
- Kabetogama Lake Ice Road – Open

**Ski trails**

- Echo Bay Ski Trail – Open, packed, and tracked
- Black Bay Ski Trail – Open, packed, and tracked
- Tilson Connector Trail – Open, packed, and tracked
- KabAsh Trail – Open

**Snowshoe trails**

- Black Bay Beaver Pond Trail – Open
- Blind Ash Bay Trail – Open
- Oberholtzer Trail – Open and packed
- Sullivan Bay Trail – Open and packed

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