

LOCALNEWS

KOOTASCA offers MNsure sessions

KOOTASCA REPORT

KOOTASCA Community Action and the International Falls WorkForce Center will host two informal Q & A sessions Monday to inform low-income area residents of MNsure and how MNsure may be able to help them find an affordable health insurance plan.

Participants will also be able to make an appointment with MNsure

navigators to help with the navigation process.

MNsure is a one-stop health insurance marketplace where Minnesotans can find and compare health plans, and choose coverage that fits their needs.

MNsure is the only place where individuals and families can qualify for a no-cost or low-cost plan and access financial help to reduce the cost of insurance.

MNsure is the only place Minnesotans can collect federal tax credits to reduce the cost of health insurance.

The sessions will take place from 11:30 a.m. to 1:30 p.m. Monday. This free event will be held at the Rainy River Community College in room SC114 and requires no advance registration.

KOOTASCA Community Action is a private non-profit agency that served

9,300 low-income people last year through its programs that include: Head Start, Family Homeless Prevention, PC's for People, Energy Assistance, Weatherization, Teenage Parent Program (TAPP), Crisis Nursery, and Circles of Support.

Contact Jeff Poenix, health care promoter with any questions. Jeff can be reached at: 218-999-0835, toll free at 877-687-1163, or by e-mail: jeffp@kootasca.org

Workout class fits into lunch hour

JOURNAL STAFF REPORT

If your New Year's resolution is to start exercising more, a new class at Bronco Arena may help you burn some calories and get fit.

Kari Gansch, an International Sports Sciences Association personal trainer, is offering a walk fit class from 11:30 a.m. to 1:30 p.m. on Mondays, Wednesdays, and Fridays starting Jan. 5 at Bronco Arena.

Gansch also works in the gym space at KOOTASCA Community Action, but she said the new class in the new space gives her the chance to offer something different.

"We love our home gym space at KOOTASCA, but we are limited there because we must schedule around other users of the space," Gansch said in a news release. "This is a great opportunity to bring our workouts out of the gym

and into the heart of the community."

The walk fit workouts will use walking, jogging, interval and body weight strength moves to create a full body workout, according to a release. The arena's cool temperature provides an ideal space for the class, Gansch said.

"The cooler temperature in the arena mean that although the workouts will be intense, people are less likely to get so warm that they need a shower before heading back to work after their lunch break," Gansch said. "For those who are already walking in the arena, this is an option to up the current level of their workouts without adding to their workout duration."

The classes are \$5 each, and participants can show up during the time frame and join the flow of the workout. For more information, call Gansch at 218-324-0027.

Tonight's a good night for a free ride
City Cab again offers free rides to and fro on New Year's Eve

BY LAUREL BEAGER
Editor

Joe Black says there should not be one person who spends the night in jail or in the hospital on New Year's Eve because of drinking and driving.

To that end, the owner of City Cab will for perhaps the seventh year offer free rides to and from four establishments in the community that will likely be a draw for people ready to celebrate the new year.

City Cab has its entire workforce on duty Wednesday night, said Black. The drivers will give free rides to and from Border Bar Pizza, Hanson's Outpost, Ranier Municipal Liquor

and The Spot on 53 from 7 p.m. to 2 a.m. on New Year's Eve. Call 283-8635 for a ride.

Falls Police Capt. Tom Lynch urged people celebrating the new year to make the right decisions about drinking and driving.

"Plan ahead: Get a designated driver lined up or take a free cab," he said. "Celebrate responsibly."

Black said the idea for the free cab rides came to him more than seven years ago when he tried to line up providing free cab rides on all weekends year around, "but that didn't fly."

However, he said it's important to offer the cab

rides to and from the participating establishments for New Year's Eve.

"Win, lose or draw, we will make sure people get out to the bars and get home from the bars safely," he said.

Black said at least six drivers are on duty Wednesday night, and if needed, he's got another two drivers on stand by.

"We are prepared for it," he said. "People shouldn't have to wait more than 15 minutes for a ride."

Providing rides to and from the four bars give people a chance to leave their vehicles home.

And with the return to frigid temperatures, Black said people should take

advantage of the free rides.

"It's supposed to be a cold night," he said. "These cabs will be nice and warm."

And while the rides are free, Black encouraged riders to consider tipping their drivers.


"They're taking time out to do this," he said. "The whole staff is working that night and we're glad to do it."

Lynch said more and more people are being smarter about driving and drinking.

"They're getting more educated about the ramifications of what happens when you do drive drunk," he said. "People are learning."

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