

# BUSINESS

9 TO 5  
The Journal welcomes ideas for stories about people in our community who are starting a business or changing an old one.  
Call the Journal at 285-7411

## New therapist sets up shop

BY SPENSER BICKETT  
Staff Writer

Starting April 1, a Twin Cities therapist and counselor with local ties will be opening up a part-time practice in International Falls.

Mary Einarson has worked as a therapist and counselor in Minnetonka for the past six years, and will be operating a practice out of Gary Potter's chiropractic office at 1322 Fourth Street. She'll be seeing patients on Mondays and Tuesdays, she said, and can be reached for appointments at 218-240-9192.

Einarson is a licensed marriage and family therapist, and works with couples and individuals on a wide variety of issues, including depression, anxiety, trauma, post-traumatic stress disorder, women's issues, and more. Einarson currently offers group sessions at her Minnetonka practice, and she said she'd be interested in doing them in International Falls if the need is there.

"I love groups, so chances are I'll find some people who want to be in a group," Einarson said.

Einarson's husband Francis is from the area, she said, and they recently purchased his parent's house on Rainy Lake. They hope to retire there someday, she said, and have enjoyed spending time in the area over the years.

"I really like the community, the people are so nice, it's just a warm atmosphere," Einarson said. "I love

Rainy Lake."

Einarson's specialty is working with adults with Asperger Syndrome, which wasn't even a diagnosis until 1994, she said. It's a huge need with an underserved population, and she enjoys helping these clients adapt to a world they don't understand very well, she said.

"These people have a tough time keeping jobs, getting along with people, and they don't know why," she said. "The diagnosis lets them know they're different and they're not doing it themselves."

According to Einarson's website, her approach to therapy "involves accepting people exactly where they are and helping them get to the level of mental, emotional, and spiritual health they desire. I encourage clients to explore the underlying reasons for their current mental and emotional health and I strive to help clients find healing from their past, embrace practical solutions for the present, and instill hope for the future."

Einarson said she takes most insurance plans including Blue Cross, Preferred One, Medica, and Aetna, but doesn't accept HealthPartners. She also provides a sliding scale discount system for patients who have difficulty paying for services.



Mary Einarson

## Rural health clinic adding optometrist

JOURNAL STAFF REPORT

Rainy Lake Medical Center's Rural Health Clinic is welcoming a new optometrist starting March 24.

The Sanford Health International Falls Eye Center will operate out of the RHC, and hours will be 8 a.m.-5 p.m. Tuesday through Friday. The center will provide optometry and ophthalmology services for the whole family. To schedule an appointment, call 218-598-5665.

"This partnership aligns with Sanford's philosophy of providing access to quality health care for patients, close to home," Dan Olson, president of Sanford Health of Northern Min-

nesota, said in a release. "This is the perfect time to pursue ways we can work together to improve and grow health care services in northern Minnesota."

Sanford optometrist Ragna Godtland lives in International Falls and will see patients for routine eye exams. She can also refer patients to an ophthalmologist for further evaluation and treatment if eye disease is suspected or discovered. Sanford ophthalmologist Mark Dwyer will provide outreach services at the clinic and hospital, and will see patients who require cataract surgery and perform those procedures at RLHC.

"This partnership repre-

sents a major step forward for our vision of establishing International Falls as a medical care destination for the region," Bob Anderson, Rainy Lake Medical Center Board member, said in a release. "Sanford Health's focus on expanding high quality care matches well with Rainy Lake's reputation of providing excellent care to patients."

Sanford Health of Northern Minnesota, including Sanford Bemidji, has more than 1,500 employees, 123 physicians/advanced practice providers and 143 acute care beds. Sanford Health of Northern Minnesota includes hospitals in Bemidji and Bagley and

eight clinics with locations in Bagley, Baudette, Bemidji, Blackduck, Cass Lake, Clearbrook, Kelliher and Walker.

Sanford Health is an integrated health system headquartered in the Dakotas and is now the largest, rural, not-for-profit health care system in the nation with locations in 126 communities in eight states.

Sanford Health includes 35 hospitals, 140 clinic locations and 1,360 physicians in 81 specialty areas of medicine. With more than 26,000 employees, Sanford Health is the largest employer in North and South Dakota. For more information, visit sanfordhealth.org.

## RRCC Foundation extends scholarships

JOURNAL STAFF REPORT

The Rainy River Community College Foundation is renewing a scholarship fund designed to get laid-off workers back in school.

The Boise Opportunity Scholarships and Training fund is designed to help families affected by the recent round of layoffs at the local Boise Paper mill. Boise Paper is a Packaging Corporation of America company.

Employees who were terminated and their spouses and children are eligible to apply for \$500 scholarships to be used at RRCC for the 2014-2015 academic year. Students who received the scholarship for the 2013-2014 academic year will automatically be awarded the scholarship upon return for the 2014-2015 academic year.

To qualify, students must apply to RRCC, submit a scholarship applica-

tion, enroll in a minimum of six credits or a training program at RRCC, and show proof of employment termination from the local Boise Paper mill. Scholarship applications are available at [www.rainyriver.edu](http://www.rainyriver.edu).

"It is with great pride and support of our area families affected by the Boise layoffs that we as a board have stepped forward even more to offer the renewing scholarships

and new scholarships to those people financially affected by a layoff," Tim Anderson, president of the RRCC Foundation, said in a release.

The RRCC Foundation has set aside an additional \$10,000 for scholarship renewal, and scholarships will be awarded as long as the funds are available. Early applications are encouraged, and for more information, contact Barb Fisher at 285-7722.

## Tax filing tips for this income tax season

JOURNAL STAFF REPORT

With the income tax filing season in full swing, the Minnesota Department of Revenue is offering helpful tips for taxpayers when filing their income taxes. The department encourages taxpayers to choose direct deposit, allowing for a safer and faster refund.

"Direct deposit is safe, easy, and convenient; your tax refund is deposited directly into your checking or savings account," assistant

commissioner Terri Steenblock, said in a release. "You can get your refund twice as fast as a paper check and you don't have to worry about it getting lost in the mail or making an extra trip to the bank."

Tips to avoid common errors:

- Enter your name and any dependents' names as they appear on Social Security cards. Incorrect names or Social Security numbers can result in refund delays.
- Double-check bank

routing and account numbers used on tax forms. Incorrect account numbers can delay your refund.

■ Complete each form and carry totals to the correct lines. If you electronically file, the calculations are done for you.

■ If you move after filing, contact the Department of Revenue right away. That way anything sent to you will reach you, such as refund checks or requests for more information. You should do this even when

requesting direct deposit.

■ You should file the return by the April 15 due date, even if you owe more than you can pay. You can use the new online system to set up multiple payments with different due dates. Pay as much as you can by the due date, and continue to make payments until you receive a bill from them. When you receive the bill, contact them and they can help you set up a payment plan for the remaining balance.

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

[ijc.org/conseil\\_board/rainy\\_lake](http://ijc.org/conseil_board/rainy_lake)

(click on the 'Data' link)

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[boiseinc.com](http://boiseinc.com)

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on  
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5lbs. 15oz.

Love  
Grandma Shellie & Papa Dennis

**RED GREEN**

BRAND NEW SHOW - Same Old Guy

**How to do EVERYTHING**  
(From the Man who should know)

**SAT, APRIL 19 - 7PM**  
Sanford Center Ballroom  
Bemidji, MN  
800-745-3000  
[www.ticketmaster.com](http://www.ticketmaster.com)

**TUES, APRIL 22 - 2014 - 7PM**  
The O'Shaughnessy At  
St. Catherine University - ST. PAUL  
651-690-6700  
[www.theoshaughnessy.com](http://www.theoshaughnessy.com)

[www.rocklandsentertainment.com](http://www.rocklandsentertainment.com) [www.redgreen.com](http://www.redgreen.com)

**Castle Backus**  
**Royal Feast**  
**Dinner Theater**

**Saturday, April 5, 2014 | 5:00 pm**

**Tickets:** All tickets include meal & entertainment

- \$50.00 per person ROYAL COURT
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- \$30.00 per person VILLAGER
- \$10.00 per person PEASANT

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