## Friday Facts

Presented by:



## Week of March 10, 2017

Contact the Chamber with questions, comments, ideas or information, call **589-1242**, e-mail us at <a href="mailto:morrismnchamber@gmail.com">morrismnchamber@gmail.com</a>, go to our webpage at <a href="www.morrismnchamber.org">www.morrismnchamber.org</a>, "Like" us on Facebook (Morris Area Chamber of Commerce).

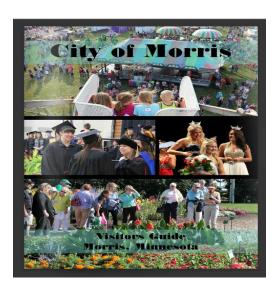
Friday Facts is also located on our the front page of our website – Friday Facts

Call 320-589-1242 or e-mail <a href="mailto:morrismnchamber@gmail.com">morrismnchamber@gmail.com</a> to have your event listed in Friday Facts. Deadline for the following week's Friday Facts is <a href="mailto:wednesday">Wednesday at NOON</a>. Planning an event?

Check out morrismnchamber.org events calendar before you schedule.

## **Chamber of Commerce Events:**

If you would like to get involved with any of the Chamber Committees, please contact the Chamber Office today at 320-589-1242.



Morris Visitors Guide - Click on this link for the online version of the Visitors Guide.

http://issuu.com/morrissuntribune/docs/morrisvistorsguide

## **Announcements:**

- Pay It Forward Stevens County is a non-profit group that recognizes individuals who have, through their volunteerism, made a positive impact on the lives of others in the community. Nominations can come from anyone, and the Pay It Forward group reviews the nominations on a monthly basis to pick one person who best exemplifies paying it forward. Pay It Forward Stevens County is sponsored by Morris Pizza Ranch, Morris Sun Tribune, Bank of the West, West Central Screen and Print, the Regional Fitness Center, Superior Industries and Hancock Concrete, Stevens Community Medical Center, KMRS/KKOK Radio Stations and Shear Designs.
   Nominations can be dropped off at any of the participating businesses.
- RUSC Kinship Mentoring is seeking individuals who believe in our mission, and enjoy planning and carrying out events to join our Fundraising Committee this year! Committee meets as needed, approximately once each month to support staff in planning and carrying out fundraising campaigns and events. Please send us a message or contact our office if you are interested at 320-585-7872

## **Upcoming Events:**

- There will be a FREE Movie Matinee at the Morris Public Library on Friday, March 10<sup>th</sup> at 2 pm. No preregistration required. Popcorn and drinks provided by the Morris Friends of the Public Library. Call the library for movie title or for more information at 320 589-1634.
- The Sons of Norway Norskfodt Lodge 1-590 will meet Monday, March 20<sup>th</sup> at the Morris American Legion at 6:30 p.m. Program by Jon Pederson, Norway House, Minneapolis. Public is welcome.
- There will be a **Me Encanta Leer (I Love to Read) Bilingual reading event** for kids of all ages at the **Morris Public Library. Saturdays, 10:30 11:30 am** on **March 25,** and **April 8 & 15**. Sponsored by Sigma Delta Pi.
- Save the Date for Leadercast on Friday, May 5<sup>th</sup> at Hosanna Worship Center from 8a.m.-3p.m. This year's speakers include Daniel Pink-Behavioral Science, Andy Stanley-Leadership, Molly Flecther-Sports, Suzy Welch-Communication, Dr. Henry Cloud-Psychology, Jess Ekstrom-Hope, and Tyler Perry-Director. For 2017 the theme is "Powered by Purpose."



PREVIEW 3/11-3/18

#### **Spring Break**

Spring Break is Monday, March 13–Friday, March 17. There will be no classes on these days. Administrative offices will remain open Monday–Thursday; they will be closed on Friday, March 17.

## **Advertisements:**





## Monthly donations reduce costs and creates more opportunity!

A small gift each month helps RUSC Kinship
Mentoring spend more money on providing
opportunities for the families and youth programs
and less on administrative costs. It is an easy and
affordable way for individuals to make their
support go further and impact more lives. It would
take less than 2% of Stevens County (that is only
135 people) to give less than \$1 a day to guarantee
our organization has a future in Stevens County.



#### Benefits of the Monthly Giving Program

The monthly giving program benefits both the children we serve and our supporters.

#### Monthly gifts provide RUSC Kinship Mentoring:

- A steady and predictable source of income.
- Income acquired at substantially lower administrative costs than other fundraising methods.
- Income that will provide on-going support for youth, families, and volunteer mentors to ensure every child has access to a positive, caring adult mentor.



## Mentoring in Real Life



Jeanne and Saggara Celebrated their 1 year match anniversary with the Kinship program in January 2017. They have enjoyed spending time together Visiting the library, playing games, attending Community events, Visiting with one another and playing with Jeanne's dogs and cats! Reflecting on the past year, Saggara's mom reports Saggara seems happier, listens better, gets along better with friends, has a better attitude about school, and feels better about herself!



Travis and his mentors, Britney and Jared, Celebrated their 1 year match anniversary with the Kinship program in December 2016. They have enjoyed spending their time together going fishing, playing games, attending community events, bowling, kayaking, and hiking. Reflecting on the past year, Travis's mom reports Travis seems happier, gets along better with friends, has a better attitude about school, seems more responsible, seems better behaved at home, and feels better about himself!

#### Benefits of monthly giving to our supporters:

- Monthly gifts go further to support even more mentoring relationships
- The ability to increase, decrease, or cancel your pledge whenever you wish.
- Donor status, as part of a select group of caring individuals who committed to making sure mentoring is an option for families in our community. We call these supports "Champions for Kinship"!
- An annual statement to assist in tax preparation.

Please consider becoming a "Champion for Kinship" by making the commitment to invest \$30 a month, or a one time donation of \$360, to help us ensure every family has access to positive, caring mentors.

> SIGN UP TODAY at www.rusckinship.orgl



215 Atlantic Ave Morris, MN 56267 P: 320-585-7872 E: rusckinship@gmail.com

## **Understanding**

## ACES

(Adverse Childhood Experiences)



Wed., March 22, 2017 8:30 a.m. - 3:30 p.m.

### Where

Hoffman Comm. Center

127 Main Avenue Hoffman, MN 56339

Hosted by:







#### No Cost to Attend

- > Register online using link.
- > Lunch will be provided.
- > Parent stipends available to help cover child care and mileage costs. (Contact Deb +)

## **Our Focus**

- Provide info about the ACE study, along with info that explains how ACEs impact people's lives
  - + School Success
  - + Economic Impact
  - + Health & Well Being of Kids & Adults
- ➤ What we can ALL do to dramatically improve health and resilience for this and future generations

#### PRESENTERS INCLUDE:

Lowell Johnson — ACEs Resiliency Coalition, Crow Wing County

Becky Dale - MN Communities Caring for Children

#### FOR MORE INFO OR QUESTIONS:

Contact Deb Hengel at 218.685.4587 or email dhengel@isd2342.org.

Register at https://understandingacesgrant.eventbrite.com



Prairie Wind Players Presents The Titanic: A Night To Remember

Auditions

March 12th or 13th - 6:30pm Barrett Roosevelt Hall

Performances April 21 and 22

Roles for teens through senior adults for more information, contact Kathy Ray at
320-986-2822

# Come grow with us!

2017 HORTICULTURE DISPLAY GARDEN EVENT

## Vegetable Gardening: 301

Take your vegetable gardening skills to the next level with our in-depth 301 vegetable growing strategies class. (Participation in our 101 or 201 classes not required for the 301 class). Join Steve Poppe, WCROC horticulturist for recommendations to grow quality vegetables. Class will cover:

- Cultural practices that support the development of healthy, vigorous root systems
- How to successfully grow tomatoes, onions, carrots, peas, and melons
- Growing fall crops
- Maximize your space with succession planting



## Wed, March 15 6:30 - 7:30 pm

Held in AgCountry Auditorium at the West Central Research and Outreach Center

46352 State Hwy 329, Morris, MN

Coffee and tea provided

Admission is free; donations accepted

## FOR MORE INFORMATION,

visit wcroc.cfans.umn.edu or call 320-589-1711.



West Central Research and Outreach Center

University of Minnesota

Driven to Discover™

## Nonprofit Brown Bag Lunches 2017 11:45 a.m. to 1:00 p.m.

Bring Your Own Lunch - Topics to be determined

March 15:	Lakes Country Service Cooperative 1001 E. Mount Faith, Fergus Falls
April 19:	Concordia College Barry Auditorium in the Offutt School of Business, Moorhead
May 17:	Bursch Travel Building 324 Broadway, Alexandria
June 21:	Bremer Bank 225 5th Street North, Breckenridge
July 19:	Stevens Community Medical Center 400 E. 1st Street, Morris
August 16:	Lakes Country Service Cooperative 1001 E. Mount Faith, Fergus Falls
September 20:	Mahube OTWA Community Action 1125 W. River Road, Detroit Lakes
October 18:	Location to be determined - Moorhead

## Sponsored by:

Minnesota Council of Nonprofits and Lakes Country Service Cooperative





## Legion Family Fish Fry

Sponsored by the American Legion & SAL (Sons of the American Legion)

Friday, March 17th 5:00pm.-till gone



WARE Legion Hall







Alaskan Pollock (Rick Hesse),
Baked Beans,
Chips & Coleslaw
Adults \$8.00
Age (6—12) \$5.00; <6 Free





## Friday, March 24th, 4:30 to 7:00 P.M. Morris American Legion

## All you can eat:

Fish

Baked Beans

Chips

Coleslaw

Bread

Adults \$8.00

Kids 12 and under \$5.00

Kids 3 and under no charge

All proceeds from this event will be donated for religious education. The Catholic United Financial will provide matching funds up to \$1000

## **Surgical Weight Loss**

informational meeting

An informational meeting for individuals who are considering having weight loss surgery. The group is facilitated by ACMC surgeon Ryan Lussenden, M.D. and a registered nurse. **There is no cost to attend.** 

WHEN: Wednesday, April 5 – 6:00 – 8:00 pm

WHERE: Stevens Community Medical Center

Administration Conference Room

400 East First Street | Morris, MN 56267

Call (320) 214-6966 to pre-register, or register online at www.acmc.com/weightloss/request.

It is always best to lose weight through a healthy diet and regular exercise. But if you are not successful with those techniques and are significantly overweight, you may be a candidate for bariatric surgery.

Medical professionals are able to advise you about which procedure is the best solution for you. Proper screening, preparation and follow-up care are essential to achieving weight loss goals and maintaining good health following weight loss surgery.

Surgical options for weight loss include:

- Laparoscopic Sleeve Gastrectomy
- Laparoscopic Gastric Bypass (Roux-en-Y)

After care is also provided for those with a history of Adjustable Gastric Band placement (LapBand).







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RiverWoodBank.com

\*Fixed Introductory Annual Percentage Yield (APY) accurate as of 03/01/2017. After 12/31/2017, APY will change to current variable rate, based on tiers. Available for our checking account holders opening the account with a minimum of \$5,000 in funds currently not on deposit at RiverWood Bank. A minimum balance of at least \$5,000 must be maintained to receive Introductory APY. Fees may reduce earnings if minimum balance is not maintained. Institutional funds not eligible. Public funds must meet certain eligibility requirements. Contact banker for details.

MEMBER FDIC

### U.S. Fish & Wildlife Service

## **News Release**





**Morris Wetland Management District** 

#### FOR IMMEDIATE RELEASE

March 1, 2017

#### **Contact:**

Styron Bell, Wildlife Refuge Specialist, 320-589-4971

## Summer Employment Opportunities for Youth at the U.S. Fish and Wildlife Service's Morris Wetland Management District

The U.S. Fish and Wildlife Service will be hosting a Youth Conservation Corps (YCC) Program this summer at the Morris Wetland Management District. The YCC is a summer employment program for young people, 15 through 18 years of age, who work, learn and earn together by doing projects on public lands. Applications for this program are currently available at the Morris Wetland Management District Headquarters and Benson, Chokio-Alberta, Hancock, Morris, and Minnewaska Senior High Schools. All applications must be received at the District Headquarters by 3:00 PM on Friday April 14<sup>th</sup>. The 2017 YCC Program will run from June 5<sup>th</sup> through July 28<sup>th</sup>, 2017. All applicants must have a social security number and be at least 15 years of age by June 5<sup>th</sup>, 2017 and no older than 18 years of age by July 28<sup>th</sup>, 2017. Also, all enrollees are required to have their salary payments made by direct deposit. The YCC Program will be non-residential (youths will live at home). Enrollees will be paid \$9.50 per hour for 40 hours each week. Enrollees are expected to be available to work the entire period and will be required to provide their own transportation to work. For additional information please contact the Morris Wetland Management District at 320-589-1001.

## Now Playing at the Morris Theatre



Logan
Monday - Thursday 7PM
Friday & Saturday 7PM & 9:30PM
Sunday 2PM & 7PM

In the near future, a weary Logan cares for an ailing Professor X in a hide out on the Mexican border. But Logan's attempts to hide from the world and his legacy are up-ended when a young mutant arrives, being pursued by dark forces. Rated R, 137 minutes.

See you at the movies!