

Friday Facts



Week of March 12th, 2020

Contact the Chamber with questions, comments, ideas or information, call **589-1242**,
e-mail us at morrismnchamber@gmail.com,
go to our webpage at www.morrismnchamber.org,
“Like” us on Facebook (Morris Area Chamber of Commerce).

Call 320-589-1242 or e-mail morrismnchamber@gmail.com to have your event listed in Friday Facts. Deadline for submission to next week’s Friday Facts is **Wednesday at NOON**



Spring is Coming!!

We are Celebrating the return of warm weather with a very special, Ladies Night Out!

Come check out all our new products for 2020!

Thursday, March 12th from 6pm-8pm
Morris Grand Stay

tastefully
simple[®]
INDEPENDENT CONSULTANT



Happy Feet - Happy Body
Sweet Blessings Reflexology
Karen Gronberg
Morris/Herman
320-760-4115

thirty-one[®]
Independent consultant



Tupperware

pampered|chef[®]
INDEPENDENT CONSULTANT

For More Information or questions, please contact Mel Lucas at 320.766.2496 or melmax1979@hotmail.com

SPRING EXPO

2020

Friday, March 13 • 11 a.m. - 7 p.m.

Saturday, March 14 • 9 a.m. - 4 p.m.

AT THE LEE COMMUNITY CENTER
STEVENS COUNTY FAIRGROUNDS, MORRIS, MN

**FREE
ADMISSION**

**Footnotes
Dance Studio**
performing at 2 p.m. on
Saturday!

- Morris Lions Club serving a Pancake Breakfast starting at 8 a.m. on Saturday! Free will offering.

- Mi Mexico is offering Tacos and Nachos both days!

- Cooking demonstrations and samples by Exclusive Home Products, LLC both days!

WOW!

**GREAT PRIZES
TO BE WON!**

Sign up to win!

4 piece
Westbend Cookware set
and Cookbook
from KMRS/KKOK.
Valued at over \$600!

EXHIBITORS

Something for everyone!

- ★ Stevens Soil and Water Conservation District
- ★ Midwest Irrigation and Electric
- ★ Design Electronics – RadioShack
- ★ Morris Lumber and Millwork
- ★ RetroGreen Energy
- ★ DJN Electric
- ★ Midwest Machinery Company
- ★ Creative Coatings
- ★ Hometown Flooring and Blinds
- ★ Minnewaska Bait and Tackle
- ★ Western Products
- ★ Tastefully Simple
- ★ Minnewaska Marine
- ★ Pedersen Funeral Home
- ★ Norwex
- ★ Eco Water Systems
- ★ BeMobile Verizon

- ★ Wayne-N-Jean's Evergreens
- ★ Stevens Community Medical Center
- ★ Federated Telephone
- ★ Regional Fitness Center
- ★ Alexandria Homes
- ★ Clean Air
- ★ Town and Country Supply
- ★ Tupperware
- ★ Usborne Books
- ★ Morris Area Girls Scouts Troop 481
- ★ Greeley Plumbing, Heating, and Air Conditioning
- ★ Unger Furniture
- ★ Flooring Direct
- ★ H & H Veterinary Services
- ★ Mobiz Computers
- ★ Edward Jones
- ★ Mi Mexico
- ★ Exclusive Home Products
- ★ Tastefully Simple
- ★ Stevens County Master Gardeners

- ★ Morris Lions
- ★ Young Living
- ★ Pomme de Terre Garden Club
- ★ Morris Area Chamber of Commerce
- ★ Dacotah Bank
- ★ Messner Heating and Cooling
- ★ Max's Landscaping, LLC
- ★ Morris Health Services
- ★ West Wind Village
- ★ Stevens County Victim Services
- ★ Big Stone Therapies
- ★ Skyview Senior Living Communities
- ★ West Central Screen and Print
- ★ Morris Theatre
- ★ Heartland Motor Company
- ★ John Mach
- ★ Stevens County Times

The Pomme de Terre Garden Club

will be having a booth at the Spring Expo on March 13 and 14 at the Lee Community Center. The following classes are being sponsored by the garden club, which are free and open to the public:

Friday, March 13, 2020

2:00 p.m. Prune Like A Pro David Poppe
Learn how and when to prune your trees and shrubs

4:00 p.m. Sassy Salsa Carole Johnson
Learn how to make great salsa

5:00-7:00 p.m. Under the Microscope Britney House and Garden Club members
See the organisms that make your soil healthy and help grow your plants

Saturday, March 14, 2020

10:00 a.m. Super Simple Succulents Gail Boe
Learn all about those beautiful and versatile succulents that are so popular

11:00 a.m. Try A Terrarium Bonnie Wall and Garden Club members
Come and learn how to make a terrarium that you can take home

12:00-3:00 p.m. Under the Microscope Britney House and Garden Club members
See the organisms that make your soil healthy and help grow your plants

The booth will be open on Friday, March 13 from 11 a.m.-7 p.m. and Saturday, March 14 from 9 a.m. to 4 p.m. There will be door prizes, gardening handouts and information about the club.

The Son's of Norway Norskfold Lodge I-590

will meet March 22 at 2:30 pm @ First Lutheran Church, 202 East 5th Street. Entertainment by Alex McIntosh who sings and plays guitar. Visitors welcome!



LUNCHES ARE A MUST

AT STONE'S THROW CAFÉ!

WEDNESDAYS - SATURDAYS 11:00 AM – 2:00 PM

BBQ PULLED PORK AND BRISKET BUFFET!

BAKED BEANS, KITCHEN MADE CHIPS, POTATO SALAD,
COLESLAW, AND SALAD FIXINGS! STARTS AT \$10.00!

DINE IN OR TAKE – OUT!



WED-SAT 11 AM TO 9 PM

HAPPY HOURS 2 - 6 & 8 - 9

SUNDAY BRUNCH 10 AM – 1:00 PM

WHERE FRESH INGREDIENTS, MADE FROM SCRATCH, BY HAND, AND SHOWCASING
LOCAL PRODUCERS IS JUST A STONE'S THROW AWAY!

506 ATLANTIC AVE MORRIS, MN 320-585-7000



ALL DAY SATURDAY BUFFET



KVV7700 - 1820

**Children
Must Be
Escorted
By An
Adult**

FREE TO ATTEND!

free family fun event
MOVIE NIGHT

SHOWING: DISNEY'S LIVE ACTION **"ALADDIN"**

FOR FAMILIES WITH CHILDREN BIRTH TO 6TH GRADE

POPCORN/PUFFCORN & WATER PROVIDED

MOVIE STARTS AT 6:00: Come at **5:45** to set up your blankets, pillow, sleeping bags, etc. on the gym floor to make yourself comfortable for the movie!

**TUESDAY, MARCH 17TH
5:45 TO 7:30**

MORRIS AREA ELEMENTARY GYM



Sponsored By:
Morris Elementary Student Council, Area
ECFE & Pre-K Programs, The Zone,
Community Education, Head Start, &
Stevens County Early Childhood Initiative

MORRIS LIONS PANCAKE FEED

- March 14th
- 8am-10:30am (or until food is gone)
- Free Will Donation
- Lee Community Center
(during Spring Expo)
- ALL proceeds go towards buying books for 2nd graders



Come grow with us!

2020 HORTICULTURE DISPLAY GARDEN EVENT

Integrated Pest Management: Gardening with Ecology

What is integrated pest management (IPM), and how does it apply to gardeners? Join us for a discussion on how IPM can be used to manage insects and diseases effectively and responsibly.

Presented by Natalie Hoidal, an Extension Educator with the University of Minnesota. She works with vegetables producers on all aspects of production from IPM to soil health. Natalie studied agronomy at the University of Copenhagen, and has worked on diversified vegetable farms around the world.



Wed, March 18 12 - 1 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®

Lego Building Challenge



What? It's a building challenge! The library will supply the **legos** and the **theme**. Sign your team up at the library desk! Winners for Best Design and Most Creative will be chosen & will win a **prize!**

When? Saturday, March 21st 2:00 pm

Who? You! & one – up to five friends.

Kids under 8 must be accompanied by an adult

Brought to you by the Friends of the Morris Public Library

Children's Book Author and Illustrator

Nancy Carlson



at Morris Public Library!

AUTHOR & DRAWING PRESENTATION

Where: library community room

When: Tuesday, March 24th at 6:30 pm

This one-hour presentation is for all ages. Children 8 & under should be accompanied by an adult. Nancy will begin with a Power Point and after that the group will draw along with her.

The library will provide paper and pencils but feel free to bring your own supplies if you have them.

This program is sponsored by Morris Public Library and Viking Library System.

This project was funded in part or in whole with monies from Minnesota's Arts and Cultural Heritage fund.



Alzheimer's Community Forum

Alzheimer's disease, dementia and memory loss

Tuesday, March 24 | 2:00–4:00 p.m.

Morris Public Library-Meeting Room

102 East 6th Street | Morris, MN 56267

Learn about Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

Light refreshments will be provided.

Registration is requested.

Call 800.272.3900 or visit alz.org/stl to register.

alzheimer's  association®

AMERICAN LEGION RIDERS CHILI & HOT DOG FEED

THURSDAY, MARCH 26TH 2020
5:00 - 'TIL GONE
MORRIS AMERICAN LEGION
FREE WILL DONATION
PROCEEDS TO FUTURE BENEFITS

CHILI
HOT DOGS
CHIPS
ALL THE FIXINGS
LEMONADE, MILK, WATER, & COFFEE

COME JOIN US FOR AN AWESOME MEAL AND TALK TO YOUR LOCAL RIDERS.
SUPPORT YOUR LEGION RIDERS AND YOU SUPPORT THE COMMUNITY.

American Legion Riders chapters are well known for their charitable work, which has raised hundreds of thousands of dollars for children's hospitals, schools, veterans homes, severely wounded service members and scholarships for their children.



Morris Area Gymnastics Fish Fry

Join us at the Morris
Eagles for All-You-
Can-Eat Fish!



When Friday, March
27th

Where Morris Eagles

Time 5:00 till gone

Cost \$10/adults

\$6/kids 6-12

\$2/kids under
6

Attending the fish fry and purchasing a raffle ticket helps Morris Area Gymnastics Association accomplish these goals:

- Build a gymnastics facility in Morris
- Provide a place for gymnasts to train year-round
- Improve our gymnastics program in order to become more competitive and help gymnasts reach their full potentials
- Offer a fun option for birthday parties
- Be a place for kids and daycares to play and burn off energy in the winter months
- Create a sensory gym for special needs kids in our community
- Allow our community youth to be healthy, active, and have fun!



Who is going to win the \$10,000 Grand Prize??!

It could be YOU! Your \$100 raffle ticket purchase supports Morris Area Gymnastics, gets you over \$100 in local coupons, and enters you into the drawing for \$10,000 or five-\$1,000 prizes. Winners will be drawn at the fish fry!

DEMENTIA SPEAKERS

The Morris Public Library is hosting a number of dementia related events this spring. They will all be held in the community room located in the first door of the library.

Tuesday March 24 | 2:00-4:00pm

Learn about Alzheimer's, dementia and memory loss and share your thoughts about how we can help people in our community.

Monday, May 4 | 6:00-8:00pm

Anne-Marie Erickson will read excerpts from her essays and invites discussion around topics such as caregiving and the mysteries of dementia.

Monday, May 12 | 1:30-3:00pm

Robyn Birkeland, Ph.D and Katie Lowagie, DNP, will be addressing the most common forms of dementia, outlining Alzheimer's disease, the diagnosis process, and preventive efforts.

Monday, May 15 | 1:00-2:30pm

Rona Karasik, Ph.D Professor of Gerontology at St. Cloud State University will be presenting "Empathy & Understanding: Challenges & Strategies Working with Persons with Dementia"

The Stevens County Alzheimer's Caregiver Support group meets the second monday of every month in the community room of the library from 5:30-7:00pm.
Call Summer Anderson for more information (320) 208-7803.

UNIVERSITY OF MINNESOTA MORRIS

March 14–28, 2020

All events are free to attend, unless otherwise noted. For the latest and most complete information, visit events.morris.umn.edu

FACULTY/GUEST ARTISTS RECITAL - MARTHA COUNCELL-VARGAS, FLUTE & ANN DUHAMEL, PIANO

Head of Keyboard Studies Ann DuHamel returns to the Recital Hall stage with award-winning Martha Cuncell-Vargas, guest artist and associate professor of flute at Western Michigan State. This performance kicks off a tour of the upper Midwest through Minnesota, Wisconsin and Michigan. The recital's theme is NATURE and features works of Cecile Chaminade, Sofia Gubaidulina, Joseph Schwanter and Daniel Dorff.

WHEN: Friday, March 27, 7:30 p.m.

WHERE: Humanities Fine Arts, Recital Hall

CLEAN COMEDY 4 CLEAN WATER WITH MIKE AND NATE!

Improv Club presents improvisers Mike Hadley and Nate Forsberg and their program "Clean Comedy 4 Clean Water!" This family-friendly comedy show, featuring campus improv troupes Sports Team and Breakfast 4 Dinner, is a fundraiser to build a deep-water well for a village in Uganda.

WHEN: Saturday, March 28, 7 p.m.

WHERE: Student Center, Edson Auditorium

TICKETS: \$7

You're invited to the 10th Annual Stevens County

FFA Banquet

Stevens County



Friends ▪ Family ▪ Alumni

Thursday, March 26th

Morris Area High School Cafeteria
Banquet & Silent Auction: 6-7 PM

Annual Meeting followed by
FFA Member Work Auction
7:15 PM in MAHS Auditorium

SUNDAY NIGHT **OPEN GYM BASKETBALL**

Grade 2 – Adults

Tiger Center will be open on Sunday evenings for those interested in shooting hoops or playing pick-up games. Open gym is **free to attend** thanks to generous monthly sponsors!

SUNDAYS, NOVEMBER 10 – MARCH 8

***No Open Gym on Feb. 2**

6:00 – 8:00 P.M. TIGER CENTER

NOVEMBER SPONSOR



**MORRIS HEALTH
SERVICES**

DECEMBER SPONSOR

Craig & Cork Loge

JANUARY SPONSOR



FEBRUARY SPONSOR



Morris Lions Club

MARCH SPONSOR



**STEVENS COMMUNITY
MEDICAL CENTER**

Caring is our Reason for Being



Clean Comedy 4 Clean Water

Edson Auditorium • Morris, Minnesota

SAT, MARCH 28TH • 7:00PM

Tickets: \$7 at <https://support.h4ki.org/cc4cwmorris>

*All proceeds will build a well that brings
clean water to kid's and families in Africa.*

Featuring
MIKE & NATE COMEDY



HOSTED BY:

UNIVERSITY OF MINNESOTA
MORRIS
OFFICE OF ENVIRONMENTAL LIFE

**MORRIS
IMPROV**

UNIVERSITY OF MINNESOTA
MORRIS
OFFICE OF SUSTAINABILITY

Biology Club, Entre Nous-French Club, Meiningens Student Theater Organization,
Morris Gladiators, UMM Cougar Cheerleading, & UMM Men's Rugby

WELCOME

JESSICA SPAULDING, APRN, PMHNP-BC

Psychiatric & Mental Health Nurse Practitioner



Jessica Spaulding, APRN, PMHNP-BC
Behavioral Medicine Clinic

Patients 18 & over

ADHD

Depression

Anxiety

Bipolar

Schizophrenia & more

Stevens Community Medical Center is excited to announce Jessica Spaulding to the SCMC team of providers. Jessica is a board-certified Psychiatric and Mental Health Nurse Practitioner and will be working in the SCMC Behavioral Medicine Clinic taking patients ages 18 and over.

Jessica is qualified to diagnose, treat and prescribe medications for patients with mental health concerns. She has training and experience treating patients with psychiatric disorders across the lifespan. Some of her practice specialties include (but not limited to) ADHD, depression, anxiety, bipolar, and schizophrenia. She is flexible and integrative in her approach in order to meet the needs and desired outcomes of each individual.

Jessica received her Masters of Science in Nursing from Walden University and she is licensed by the Minnesota Board of Nursing to utilize a variety of assessment and treatment modalities including psychiatric evaluations and psychotropic medication management.

For appointments with Jessica Spaulding call us at **320-589-7625**.

Stevens Community Medical Center
400 E. First Street | Morris, MN 56267
320-589-1313

scmcinc.org



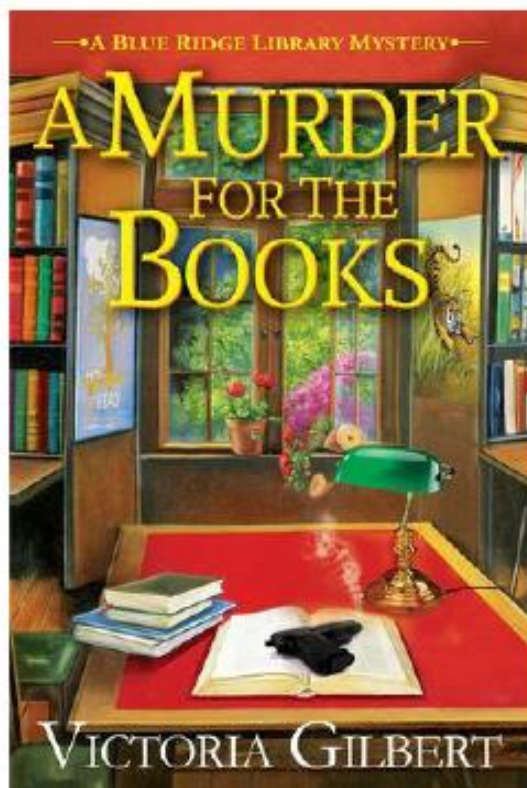
STEVENS COMMUNITY
MEDICAL CENTER

Caring is our Reason for Being

Cozy Book Club

April 2 @ 6:30 p.m.

Morris Public Library



**Pick up a copy
at the front desk.**

Bridges of Hope, a support group for those grieving the death of a loved one, will begin February 10 and meet through March 17. Sessions will be held Monday evenings 6:30-8:00 p.m. and Tuesdays mornings, 10:00-11:30 a.m., the content will be the same on Monday and Tuesday each week. The support group will meet at Pedersen Funeral Home. For questions or to register, call the funeral home at 320-589-3220. You are welcome to attend any or all sessions even if you did not register.

Morris Theatre

NOW SHOWING!!



I STILL BELIEVE

Friday & Saturday 7:00PM & 9:15PM

Sunday 2:00PM & 4:25pm & 7:00PM

Monday – Thursday 7:00PM



ONWARD

Friday & Saturday 7:10PM & 9:25PM

Sunday 2:10PM & 4:15pm & 7:10PM

Monday – Thursday 7:10PM

Go to www.morristheatre.net to purchase tickets online!