

WestRidge Theatre • 218-736-1206

Located in the WestRidge Mall, Fergus Falls • www.westridgetheatre.com • Shows & show times are subject to change without notice

MOVIE SCHEDULE July 26-Aug 1	WOLFHINE 2D (PG13)	12:45, 5:45
	WOLFHINE 3D (PG13)	3:45, 8:35
	CONJURING (R)	1:00, 4:00, 7:00, 9:25
	HED 2 (PG13)	1:15, 4:15, 7:05, 9:30
	TOHBO 2D (PG)	12:15, 2:25, 4:35, 7:10
	TOHBO 3D (PG)	5:20
	DESHCABLE ME 2 2D (PG)	12:30, 2:45, 5:00, 7:15, 9:25

CEC Theatres
Box office open daily: MON-THURS 4-8 PM, FRI 4-10 PM, SAT/SUN NOON-10 PM
• General Evening \$8
• General Matinee \$6.50
• Children 3-12, always \$6
• Seniors 62+, always \$6
• Additional \$2.25 for 3D

Free Pre-K Eye Exams offered

For The Journal

The Minnesota Optometric Association (MOA) has named Thursday, Aug. 1, as Pre-K Eye Exam Day, a statewide effort on the part of MOA member eye doctors. Participating MOA members will offer one-time, no-cost eye exams to 5-year olds entering kindergarten this fall.

Dr. Denise M. Hanson and Dr. Tara A. Kempfer of InVision Eye Care in Fergus Falls will be participating in the Pre-K Exam Day from 1 to 4 p.m.

Each exam will last approximately 30 minutes and will be at no charge to students preparing for kindergarten.

BUSINESS

Appointments are recommended.

"The goal of Pre-K Exam Day is to let families know that good vision is essential to learning, and every child needs to have a comprehensive eye exam before entering school", said Dr. Hanson. "At least 25 percent of all school-age children have vision problems that impair their performance in school. This can be as many as 60 percent of children because vision problems can be confused with other disorders, and students may unnecessarily receive special education."

August is Children's

Vision Month, a great time to make sure all children are ready for learning with good sight.

For more information about children's vision, go to www.MinnesotaOptometrists.org or call InVision Eye Care of Fergus Falls.

FSA nominations are open

The West Otter Tail FSA Office is preparing for the County Committee (COC) election to be held this fall. West Otter Tail is divided into three Local Administrative Areas (LAA's). Each LAA is represented by one member on the County Committee.

Nominations will be accepted from eligible individuals residing in townships from the Local Administrative Area No. 3: Friberg, Maine, Amor, Sverdrup, Everts, Clitherall, Nidaros, Eagle Lake, Leaf Mountain, and Effington townships.

FSA county committees play a vital and relevant role in delivering important farm programs.

Your participation in the election process is an important part of the county committee system that serves all producers.

Nomination forms are available on our website or from the FSA County Office. Forms must be postmarked or delivered to

your county office by August 1.

Voting takes place this fall. Contact Leon Johnson at the West Otter Tail FSA Office with questions concerning the nomination and election process.

LOCAL MARKETS

LOCAL GRAIN

Monday, July 29	
Corn.....	5.39
Soybeans.....	12.48
Wht. mill.....	6.86

LOCAL HOGS

Monday, July 29	
Butchers: 50% lean \$68; Sows: \$64 to \$72; Boars: Call 736-5464 for price.	

OTC FSA PRICES

Monday, July 29	
Corn.....	6.18
Barley.....	4.49
Oats.....	3.53
HRS.....	6.87
HRW.....	6.60
Sun (Oil).....	21.30
Soybeans.....	13.69

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Health event planned Thursday

For The Journal

Everyone is invited to a health event, Going the Distance: Tools for Adventurous Living," with speakers Amanda Deyoung and Dave Jensen, at 6:30 p.m. Thursday at the AmericInn in Fergus Falls.

Jensen and DeYoung are teaming up to present an hour of wellness advice and tips, inspiration and motivation to go the distance with your health.

Seating is limited. A healthy snack will be served. Email RSVP to rdjensen@prtcl.com or call 218-739-4706.

Fly-in well attended



Daniel Broten/For The Journal

Cool temperatures and moderate winds didn't keep flying fans from attending the 30th Annual Henning Fly-in breakfast on Saturday morning. More than 40 planes took to the sky heading for breakfast sponsored by the Henning EAA Chapter 1065. Planes included two twin engine, general aviation and some experimental models. About 30 plane rides were also given.

Bash: Inspired by Marilyn's passion for music, says son

From Page 1

The event is inspired by Marilyn's passion for music, which laid the groundwork for Robinson's career. Robinson recalled large parties that his parents threw when he was younger.

At age 11, his parents also brought him to his first concert to see America and Three Dog Night. Retro music always played at friends and neighbors filled their yard.

Now, Robinson wants to fill the small town of Erhard and plans to grow

the event each year. Around 1,500 people were in attendance last year.

"I'm hoping to turn the population of 140 people in the small town of Erhard into 10,000 in one day," Robinson said with a laugh.

Marilyn's Music Bash will begin at 1 p.m. on

August 23 The line-up will feature local and area talent, including Erhard Hills Band, GC and the Sideways, Off the Trax and Back for More. Tickets are \$8 in advance and \$12 at the door. Tickets can be purchased at marilynsmusicbash.webs.com

Shop: Family plans to continue support of community

From Page 1

your wedding is, your wedding party, really the personal touch that they're just as invested in this event as you are."

After Bruggeman's marriage and Kelli's prom rekindled their mother's dreams of owning a bridal shop, Patti purchased the inventory from Sew Perfect Bridal.

While the store specializes in formal outfits for weddings, they also have a wide variety of clothing for other events. On the racks

around the store hang colorful displays of dresses for little girls, cocktail dresses, outfits for those attending weddings or other formal events and suits for gentlemen to buy, not just to rent. The store will also hold clothing and bring in personnel for alterations.

Bruggeman said her mom also plans to continue the community support that helping with a wedding and other large events can provide. Supporting area schools for proms, coronations and their sporting

teams is also a priority.

"Being a family-run store ourselves, we really know how important it is to encourage local business," Bruggeman said. "She really tries to do things to keep it local, whether it's recommending a local flower shop or something else for a wedding."

But if there is one thing that stands out walking around the aisles of white dresses and pressed suits, it's the fun atmosphere for each customer in the store. Bruggeman credits the

enjoyment her mother brings to the store each day with the creation of that feeling.

"It's been amazing just to watch her run with it," Bruggeman said. "She's been so happy and she loves it. She just loves helping people and it's been fun."

Elegant Events is open Monday to Friday from 10 a.m. to 5:30 p.m. and Saturday from 10 a.m. to 1 p.m. through the month of August. A grand opening open house is planned for the month of September.

Garden: Project designed to improve health of staff, residents

From Page 1

ing. About 15-20 organizations have helped the group in the past two months.

The project is a Lake Region Healthcare initiative developed to grow fresh fruits and vegetables in hopes of improving the health of LRHC employees and the residents they serve.

Food grown in the garden has already helped serve Women Infants and Children clients of Otter Tail County.

As of July 23, 58 households being served by the county's WIC program had received produce from Lake Region Takes Root. That's an estimated reach of 232 people, with 156 of those being children. Many of those families deal with food insecurity.

Kick-off day was March 9, when 30 raised garden beds were installed. Lake Region Takes Root only had to build eight of them; the rest were repurposed from Kennedy Secondary School.

ing started in May in the beds and orchard, which has 29 fruit trees including apples, pears, plums and cherries.

"An orchard is just very unique in terms of sustainability," Bergstand said. "It's not a one-time gift. It's a gift that'll continue for decades."

They started donating food like kale, spinach and lettuce in June and are already on the second cropping of beans and beets. They also have tomatoes, cauliflower and broccoli.

"We have sweet potatoes even," Bergstand said.

They usually harvest twice a week. They've made two donations to the Fergus Falls Community Food Shelf and four to five donations to the WIC program.

It was supposed to be a three-year phase-in for the entire project, depending on resources and funding, but they're already moving forward faster than they thought, according to Bergstand. They'll start

constructing the education center in the garden next week. That was slated to be for year No. 3.

"We're putting a lot of effort into the infrastructure right now," Bergstand said.

A patio and pergola will create educational opportunities for the community.

The garden also received a lot of annual flower plug donations, which will not only beautify the area, but the cut flowers will be used and given to patients at the hospital in an effort to brighten spirits, according to Bergstand.

"This is a prime example of going beyond that physical health," he said.

The garden initiative also has 21 critical values that start with the increased access to fruits and vegetables, and the winding path ends up with improved health.

Some of the values to get there include nutrition education, education around seasonality, soil integrity to create nutrient-dense foods and physical health and fitness.

Lake Region Takes Root is about access, education, social cohesion and community health.

"We're hoping that this becomes an inspiration for other communities," Bergstand said.

Quality Toyota Welcomes Denys Stumpf to our Sales Team!

I would expect to be a new salesperson at Quality Toyota. I was new to Fergus Falls, but have been impressed with the warm welcome from the people here. I was raised on a small farm in Cedar, Minn. I then spent 19 years in Alaska, followed by two years as a contractor in Haiti preaching the gospel of the Lord Jesus Christ and working to empower the poor. My work in Haiti continues, even though I am not physically there. My sales at Quality Toyota will help fund the work I still do with orphans and widows in Haiti.

"I hope I greatly appreciate the opportunity to help you find the vehicle that will be best for you. It would be my pleasure to serve you."

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ASK AN ATTORNEY

Q: ARE THERE SOME KINDS OF PROPERTY THAT ARE NOT COVERED BY MY WILL?

A: Yes, for example:

- Life insurance to beneficiaries on the policy unless you designate your estate as the beneficiary.
- Retirement plans to the people you have named, unless you fail to name anyone or the person named does not survive you.
- Property owned as joint tenant. Your co-owners will inherit your share, no matter who you've named as heirs in your will.
- Living trusts - property placed in a living trust will go to the trust's beneficiary, with or without a will.
- Bank accounts may also be payable upon death to beneficiaries.
- Transfer on death deed (TODD) - will go to the beneficiaries named in the deed.

Holding property in joint tenancy or payable on death may, in some circumstances, actually increase expenses. A lawyer can design a will and estate plan that will save your heirs time and money later.

This content is for informational purposes only and is not legal advice.

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