

# Crosslake Communiqué

September 2016



## Leaving for the Winter?

If you're leaving for an extended period of time, be sure to fill out the Seasonal Disconnect form enclosed with your monthly billing. Any suspension of your billing needs to be in writing. If you're a customer in our fiber area who is leaving for the winter, remember that the power must remain on through the winter or the power supply battery needs to be returned to our office.

Call 218-692-2777 for more information.

## Office Closings

Crosslake Communications and the City of Crosslake will be closed on: Monday, September 5 for Labor Day

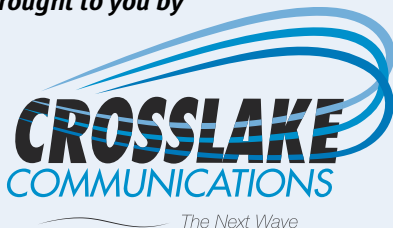
### Crosslake Communications

35910 County Road 66  
PO Box 70  
Crosslake, MN 56442  
218-692-2777  
www.crosslake.net

### Office Hours:

Monday-Friday 8 am – 4:30 pm  
For help with service problems during non-business hours, please call 218-692-2777 or 800-992-8220. A live answering service may dispatch a technician.

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## How to Weigh a Website's Worth

Who's in charge of evaluating Internet content? You are. Since you can't automatically trust everything you see online, websites should be viewed with some skepticism until you have judged their credibility, accuracy, and timeliness. Here are some basic tips:

### 1. Evaluate the URL (website address).

Is the site associated with a known company or institution? Or is it a personal site? In addition, you can check the letters after the last period in the URL to see if the site originates from an educational institution (.edu), government (.gov), or foreign country (such as .au for Australia).

### 2. Does it start with http or https?

Whenever you're asked to enter personal or financial information on a site, make sure that the URL starts with https:// — this stands for Hyper-Text Transfer Protocol Secure. The word "secure" refers to the fact that a secure socket layer (SSL) is issued for security purposes when transferring data.

### 3. Find out more about the source.

Read the webpages titled "About Us," "Background," or "Philosophy" to determine any potential biases of the site.

### 4. Look for indicators of quality information.

Are the facts documented with authors, footnotes, or links to original sources? When was the information last updated? Are there links to sites that you know are reputable?

In addition to websites, emails and social media posts can also require some "detective work" on your part. When you see content that seems questionable, you can check out its credibility on Snopes.com. This site is the definitive Internet reference source for urban legends, folklore, myths, rumors, and misinformation.



## How to Respond When Friends Post Untrue Information

You've no doubt seen posts from some of your Facebook friends that contain false information. It could be a too-good-to-be true offer from a retailer, a made-up government statistic, or a satirical article someone thought was actually true. When this happens, here's how to gently correct your friends without damaging your relationships:

- Approach them with respect and kindness. Remember that it could easily be you spreading false information online. Send your friend a private message containing your concerns about the post, rather than talking about it in a public comment.
- Stick to the facts. Share helpful information, such as a link to the Snopes article that debunks the post your friend just shared. Don't make it a personal attack.
- Be willing to walk away. Some people cannot be persuaded, even when presented with factual evidence. It's okay to leave their comments unanswered.

You can't put an end to every Internet falsehood, but respectfully letting people know they've shared a misleading story may help put some rumors to rest.



## What Parents Need to Know About Cyberbullying

Years ago, bullying might have involved a scuffle on the playground or mean words spoken on the school bus. Today, it's more likely to take the form of cyberbullying, where the bully uses online messages to hurt or intimidate another child. Common cyberbullying activities include malicious instant messages, posting embarrassing images of the victim online, and posting or encouraging others to post nasty comments on the victim's Facebook page.

As a parent you want your children to come to you when things go wrong online. Yet studies show that children are often hesitant to tell their parents about cyberbullying incidents because they're afraid their parents will overreact by taking away their devices.



So what can parents do? Safety experts generally agree on the following:

- Talk regularly and specifically with your children about online issues. Let them know they can come to you for help if anything is inappropriate, upsetting or dangerous.
- Tell your children not to respond to any cyberbullying threats or comments online. However, do not delete any of the messages. Instead, print out all the messages, including the email addresses or online screen names of the cyberbully. You will need the messages to verify and prove there is cyberbullying.
- Don't overreact by blaming your children. If they are being bullied, be supportive and understanding. Find out how long the bullying has been going on and let your children know they are not to blame for being bullied.
- Don't under react by telling your children to "shrug it off." The emotional pain of being bullied is very real and can have long-lasting effects.
- Talk to your child's teachers and the school's guidance counselor so they can keep an eye out for in-person bullying during the school day.
- If there are threats of physical violence or the cyberbullying continues to escalate, get law enforcement involved.

To learn more about cyberbullying, visit the National Crime Prevention Council's website at [www.ncpc.org/topics/cyberbullying](http://www.ncpc.org/topics/cyberbullying).



# Crosslake *Communiqué* CITY NEWS

[www.cityofcrosslake.org](http://www.cityofcrosslake.org)

## Crosslake Area Library

It's hard to believe we're already into September. The annual book sale was, again, a huge success. Thank you to all who donated their materials to the cause, those who made purchases and those who volunteered for many hours to put it together. We accept donations year round and appreciate your continued support. We wouldn't have the diverse library we have today without it.

We welcome back the Crosslake Community School students as they'll be returning for their weekly library visits. Area preschool children will also be returning for the ever-popular Story Hour with "Miss Ginny" Hersey for stories, finger plays, rhymes, and activities on Thursday mornings at 10 am in the library starting September 8.

Legacy Amendment Grant Presentations through the Kitchigami Regional Library System will again be hosted by the Crosslake Area Library. Our next event is the **Native Pride**

### **Dancers: Dancing through Life.**

They're an internationally known high-energy show featuring an innovative blend of modern and traditional Native American dance styles. The performers' regalia are adorned with vivid assortments of brightly colored ribbons, feathers, and beads—all of which honor their nations' elders. The dance is contemporary, yet primal, and expresses their rich, cultural heritage. Join us on September 15 at 2 pm in the Crosslake Community Center for this free event.



## Mayor's Report

*Steve Roe, Mayor*

As the summer season winds down, we can reflect on all of its activities and events. It's important that we plan for the future of Crosslake. We want to continue to support this wonderful community during its growth. As the increasing influx of visitors and residents continues, we need cautious planning to facilitate organized, predictable growth patterns. The Minnesota Design Team, a volunteer group of planners and architects, has been enlisted to help us in the planning effort. This process is being guided by many volunteers from our community. We encourage your involvement by attending the community meetings on September 16 and 17. Contact City Hall or me for more information. I believe this to be a very worthwhile effort.

This summer has been one the hottest and stormiest that I can remember. Lots of trees fell due to the winds, and most of us may have been hampered by power outages. Our contractors and City staff guided by Ted Strand have done a great job cleaning the resulting mess.

I recently attended a presentation by WAPOA concerning the ENBRIDGE proposed pipeline that is to pass through the lowlands to the north of Pine River, Manhattan Beach, and Crosslake. Friends of the Headwaters maintains a presence on Facebook. This is a good place to stay informed about the issues related to this project and learn how to take action to protect our waters.

## Economic Development

*Patty Norgaard, EDA President*

September 15-18, the Minnesota Design Team (MDT) is coming to Crosslake! Many of you have heard about MDT already and have attended our Town Hall meetings to learn more about your community, talk with your neighbors, and have fun at a good, old-fashioned "social."

During recent months, MDT has visited with the people of Crosslake – including our City Council, Crosslake Chamber, County officials, business community, school, Army Core of Engineers, and many others. They've walked our town, toured our lakes, and eaten at many of our restaurants. They've also met with the Crosslake Core Group and have been accessible to answer questions and guide us so YOU will have the best possible experience.

In addition to the Crosslake Committee, a group of volunteers has helped with organization, greeted and hosted MDT volunteers, planned venues, prepared meals, and sometimes done the impossible to create a great experience for you.

Soon, you'll have another chance to interact with the professional volunteers who come and spend a weekend with us. We're ready to listen and learn. Join us Friday, September 15 at 6:30 pm at the Crosslake Lutheran Church for the Community Dinner. *Let your voice be heard!*

## Parks and Library (PAL) Foundation Update



The Crosslake Park and Library Foundation invites participants of Crosslake Days to join us for the Crosslake Disc Golf Classic on Saturday, September 24 at 2 pm. Proceeds from the event support Parks and Library programs in the Crosslake community. Registration is only \$10, and there will be a prize for the champion.

Free trail tours continue on Wednesdays in September. Please call the Community Center to sign up. The rides are limited to five participants and take place at 10 am, 11 am, and noon.

Come try the new shuffleboard and bocce ball courts at the Crosslake Community Center. Rental is only \$5.00 for two hours of play. This addition was made possible through donations from two anonymous donors in the Crosslake community. Thank you so much for your generosity.

# Crosslake Parks and Recreation



To register or receive more information on park or library programs, please contact the Community Center at 218-692-4271 or the Library at 218-692-7323. You can also log into the City website ([www.cityofcrosslake.org](http://www.cityofcrosslake.org)) and click the programs and activities tab or find us under the departments tab.

## Adult Fitness Activities

### Open Gym

Hours vary; stop by for a schedule.

### Crosslake Walkers & Talkers

The Community Center gym is open Monday - Friday, 8 - 9 am for walking.

### Yoga

"Yoga with Gail" classes are held Tuesdays from 10 to 11 am.

### Community Center Fitness Room

The Community Center offers an array of fitness equipment and the fitness room is open to everyone 15 and older. Day passes and memberships are available. We also offer fitness incentive programs for Blue Cross/Blue Shield of MN and ND, Preferred One, Health Partners and South Country Health Alliance and Medica.

### Beginning Pickleball League

Will be held Mondays from 1 - 3 pm for beginners only. Annual membership is \$30. Day pass is \$4.

### Pickleball

Intermediate/Advanced Pickleball Mixer's hours will be Tuesdays and Wednesdays from 1:30 - 3:30 pm and Friday mornings from 9:30 - 11:30 am. Annual Membership for 2016 is \$30. Day passes are \$4.

### Pickleball Private Rentals

Rent an inside court on Thursdays, 1 - 3 pm, for \$10/hr per set. Reservations required; call 218-692-4271. (Outside equipment rental is based on court availability.)

### Adult Volleyball

The first Adult Volleyball session of the fall begins Wednesday, September 7 at 6:15 pm. Memberships and day passes available.

### Disc Golf

Our course is free to the public. Discs for rental or purchase and maps are available at the Recreation Office.

## Senior Programs

### Senior Nutrition Site

The Community Center is the site for the Senior Nutrition program Monday - Friday. Lunch is served at 11:30 am. For reservations, call 218-692-4271 by 4 pm the business day prior to your meal. Deliveries are also available to home-bound individuals in the Crosslake area.

### SilverSneakers® Program Offerings: Classic Class

Mondays and Wednesdays, 10:30 - 11:15 am. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

### SilverSneakers® Circuit Class

Tuesdays and Thursdays, 9:30 - 10:15 am.

Combine fun with fitness to increase your cardiovascular power and muscular endurance with a standing circuit workout.

### SilverSneakers® Yoga Stretch

Mondays and Wednesdays, 9:30 - 10:15 am.

This popular class will move your whole body through a series of seated and standing yoga poses. Classes are free to all eligible SilverSneakers members. Non-members may purchase a \$28 punch card, good for 8 classes, or a day pass for \$4/class.

### Silver&Fit

Silver&Fit is designed to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness memberships through arrangements with some health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health, Inc.

## Education

### AAA Driver Safety Program

The Minnesota Highway Safety and Research Center and AAA are sponsoring a four-hour refresher courses for repeat students on September 15, 9 am - 1 pm, and on October 6 from 9 am - 1 pm. To register, call AAA at 888-234-1294.

## Youth Programming

### Fall Soccer

Registrations for Fall Youth Co-Ed Soccer are available now for the following levels:

**K-1 Grade Soccer:** Saturdays beginning August 27. Registration fee is \$30, and the deadline is September 7.

**Grade 2/3 Soccer:** Thursdays and Saturdays beginning August 25. Registration fee is \$35, and the deadline is September 3.

**Grade 4-6 Soccer:** Tuesdays and Saturdays beginning August 23. Registration fee is \$40 (\$50 after deadline if space is available) and the deadline is September 3.

**Grade 7-12 Soccer:** Tuesdays, Thursdays and Saturdays began July 26. Registration fee is \$65, and the deadline is September 1. (Please contact office for space availability.)

Please contact recreation office for further information or for registration forms. Registration forms are also available on the Crosslake Parks and Recreation website.

## Upcoming Events

### Annual Disc Golf Classic Tournament

An event of the Crosslake Days lineup, the annual Disc Golf Classic will be held Saturday, September 24 at the Crosslake Community Center Park at 14126 Daggett Pine Road. The fun starts at 2 pm with a shotgun start. Entry fee is \$10 with prizes awarded to the top three finishers. All ages welcome!

## Community Center Announcements

### Picnic Shelter

Reservations are now being accepted for shelter rentals through mid-October, weather permitting.

### Nordic Ridge Trail Tours

Take this free, guided cart tour of the Nordic Ridge Trail System, Wednesday mornings at 10 am, 11 am, or 12 pm and experience 6 miles of winding trails and scenic overviews. Reservations are required. We can accommodate groups of 5 or less. To schedule your tour, please call 218-692-4271.

## Community Center Clubs Calendar

Art Club.....	September 19, 1 pm
Woodcarvers.....	September 6, 13, 20, 27, 1:30 pm
Railroad Club.....	September 12, 1 pm
Garden Club.....	September 21, 1 pm
Book Club*.....	September 16, 10 am
Bridge.....	September 2, 9, 16, 23, 30, 1 pm
Mah Jongg.....	September 1, 8, 15, 22, 29, 1 pm

\*The Book Club's September selection is *Bread Givers* by Anzia Yezierska.

### Community Center Hours • 218-692-4271

Monday through Thursday, 5 am - 9 pm  
Friday, 5 am - 7 pm  
Saturday, 8 am - 4 pm  
Sunday, 8 am - 4 pm

### Library Hours • 218-692-READ (7323)

Monday, Wednesday, Thursday,  
Friday, 10 am - 4 pm  
Tuesday, 10 am - 6 pm  
Saturday, 10 am - 1 pm  
*The Community Center will be closed  
Monday, September 5 for Labor Day.*

