



# ASKOV AMERICAN

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## SPORTS: East Central Eagles basketball. P8



PHOTO PROVIDED

Back row left to right: Gabe Koland, Brandon Kenowski, Karamo Touray, Clay Nelson, Wesley Watrin. Front: Tyler Thorvig, Adam Fornengo, Dezmon LeTexier,

## Eagle seniors soar to new heights

BY JAMIE LUND  
NEWS@HINCKLEYNEWS.COM

The eight teenagers talk animatedly about favorite memories of their years in basketball. Do you remember? What about the time? They spoke in partial sentences and finished each other's sentences as they remembered away tournaments and various games over the years. While many memories include times off of the court, one favorite game memory is finally beating the tough Pine City basketball team. Another is winning

against rival Hinckley-Finlayson by 45 points. Tyler Thorvig said his favorite memories include Fond du Lac Youth summer basketball league. Most of the boys began playing together in elementary school. The East Central students are seniors now and will graduate in a few months. The team had a long winning streak this season and look forward to a run at state. It wasn't always like that. The team struggled to win games many times over the years. "What really brought the team

together as a family is Coach Fogt," said Kayla Nelson, a parent of one of the players. "He won't take credit for it, but he's molded this team into who they are today. They all had skill and played as a team, but since he's taken over as their coach he's instilled in them family. He's gruff, opinionated and loud but he has heart and soul. He loves these boys as his own and they respect the heck out of him and value his coaching." Newcomer Dez LeTexier said he

SEE FAMILY, PAGE 2

## Spring forward

Daylight Saving Time begins at 2 a.m. Sunday, March 14, 2021. Remember to "spring forward" and set clocks ahead one hour.



## Stolen property found on Henriette Road

STAFF REPORT  
NEWS@PINECOUNTYNEWS.COM

A man has been charged with two felony counts of receiving stolen property after he was allegedly found in possession of stolen items at a residence on Henriette Road just west of Pine City.

According to the criminal complaint filed in Pine County Court, on March 3, a Pine County Sheriff's Office deputy was investigating information that a stolen black Audi and a stolen CAT skidsteer were located at a property on Henriette Road in Pokegama Township, and were in the possession of Toua Fue Yang, age 40. The deputy confirmed that Yang had an active warrant for his arrest out of Dakota County on a motor vehicle theft case.

Two deputies approached the residence to make contact with Yang and arrest him on his warrant. While waiting, one of the deputies saw a black Saturn Vue leaving the residence and going eastbound on Henriette Road. The deputy confirmed the driver was Yang and stopped the vehicle.

The deputy noted that the North Dakota license plate was registered to a white Buick LeSabre, not the black Saturn Vue it was on. Yang's driving privileges are revoked. Yang told the deputy he had bought the vehicle and the title was at home.

The deputy checked the VIN number for

SEE STOLEN, PAGE 2

## Sign up groups for vaccine expanded to include caregivers



TERRY BULLOCK | HINCKLEY NEWS

Welia sponsored a COVID-19 Vaccination Clinic at the Hinckley-Finlayson School on Thursday, March 4. Welia estimates that 211 second doses were administered.

BY JAMIE LUND  
NEWS@HINCKLEYNEWS.COM

COVID-19 numbers continue to drop across the state, according to the Minnesota Department of Health.

Pine County Health and Human Services staff have been working hard to vaccinate residents as soon as the vaccine became available. They administered 500 first doses of the COVID-19 vaccine last week, said Samantha Lo, director of public health. As of March 9, 5,094 of the 29,223 residents in Pine County received at least one dose of the vaccine and 46.8% of residents over 65 are vaccinated.

Over 1.5 million doses of the vaccine have been administered statewide and 582,134 residents completed the vaccine series, according to the MDH. The goal is to vaccinate 70 percent of residents 65 years old and older is growing

closer. The state is currently at 66 percent with residents who have received at least one dose of the vaccine.

The county prioritized senior citizens and assisted living facilities as soon as the vaccine became available, said Lo. The oldest resident to receive the vaccine by county staff is 106. Lo said the resident was excited to receive the vaccination as is the majority of senior citizens. They told Lo they look forward to getting out and seeing family and friends again for the first time since the state shut down last March.

A new group can sign up for the vaccine. Health care workers and paid or unpaid caregivers can receive the vaccine now, said Lo. She explained that includes parents caring for a child with special health needs.

Pharmacy vaccine allocations are separate

SEE VACCINE, PAGE 2



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## Let government know who's boss

When government fails, it's the rare public official who says, "Oops. My fault."

That's human nature, particularly for officials in the public eye who may have to run for office again. No one wants to be held directly responsible for letting the public down.

Case in point is the recent catastrophe in Texas, when unexpected winter storms left 4 million homes without power, ruptured pipes and tainted the water supply for many.

Texas' energy grid essentially collapsed. While Texas Gov. Greg Abbott was quick to blame frozen wind turbines, the cause was much more complex than that. To truly understand how things went so terribly wrong will require time, study and research.

So, too, with the coronavirus vaccine distribution. In this state and others, residents are frustrated with the slow rollout of vaccines. Is it poor distribution? Politics? A flawed strategy? These are literally matters of life and death.

But how do you get to the truth when public officials so rarely step up to take direct responsibility for failures?

The answer is public records. And public meetings. And access to the information that taxpayers deserve.

States throughout the country have laws that guarantee access to government records and meetings. But the details vary widely and there are many statutory exceptions. New challenges to access emerge every year in virtually every state.

The need to fight for government transparency is reaffirmed each year during Sunshine Week, a national awareness event overseen by the News Leaders Association and keyed to the March 16 birthday of James Madison. The fourth president of the United States drafted the Bill of Rights – including the guarantee of a free press – in 1791.

That journalism connection reflects the role news media play in the free flow of information, but it unfortunately can also leave the public with a sense that Sunshine Week reflects the concerns of a single industry.

To the contrary, access to government information is critical to every American who cares about the quality of his or her community, state and nation.

It's important to see government employees – including elected officials – as the people we hire through our tax dollars to do a good job for all of us. If you run a business or hire a contractor, you wouldn't hesitate to demand a full understanding of how something went wrong. That should be exactly our relationship with government.

Getting that information, though, requires public meetings where residents can ask questions. It also means access to the documents that led to a poor decision. Words on paper can be much more forthright than the dissembling of politicians.

It's critical that we hold government accountable, for better or worse. (It's also important to acknowledge when government leaders are doing a good job.)

How can you help? I have two suggestions.

First, keep doing exactly what you're doing at this moment. Read and support your local newspaper. Local journalists, more than anyone else, will stand up for your right to information. Facebook will not be going toe-to-toe with your mayor.

Second, when you believe government isn't doing its job, demand an explanation. Ask to see the documents. Attend public meetings. And above all, support legislative efforts to make government more transparent.

It's too easy for officials who have failed us to point fingers, blame the media and wait for their side of the partisan fence to rally to their defense. We deserve better. We all pay taxes to support the work of government. We should get our money's worth.

**KEN PAULSON** is the director of the Free Speech Center at Middle Tennessee State University, a lawyer and a former editor-in-chief of USA Today.



Sunshine Week  
Ken Paulson



## Who cares about public notices? You should.

One of the great things about living in the U.S. is that our city and county governments are required to keep their citizens informed about their actions.



America's Newspapers  
Dean Ridings

One of the ways they do this is through public notices – the informational notices that have been deemed to be of importance to local constituents.

They are required by law to be disseminated by an independent third party to a broad audience within the community.

An example of a public notice is a request to rezone a piece of property from residential to commercial. The

ramifications of such government action are obvious, and it's in the public's interest to be able to monitor and provide input into such activities. Public notices are currently required to be published in the newspaper.

There have been recent attempts in several states to change the law so that public notices are no longer required to be published in newspapers. The motivation for eliminating the newspaper publication requirement is typically from one of two sources:

- Sometimes it comes from a legislator who doesn't agree with the editorial position of the newspaper and may seek to remove public notices as a way to get back at them.
- And sometimes, it is a sincere approach to save the city or county money.

While saving money seems

to make sense at first blush, when you weigh the impact on the community – losing transparency and the ability to keep citizens informed – the costs are minimal and worth the investment.

Public notices have been around since the first Congress, and newspapers have been the designated recipient of public notices since the beginning, when radio, TV and the internet didn't exist.

We now have dozens, if not hundreds of media choices; there are more forms of communication than ever before. With such a multitude of choices it begs the question of what's the most effective medium, and are newspapers still a viable option? Broadcast TV, cable and radio often have a representative audience. However, it just isn't cost effective to produce ads and buy airtime for public notices, and

SEE NOTICES, PAGE 6

### LETTERS TO THE EDITOR

#### Thankful for our pastor

Dear Editor,  
I read the following on a plaque in the Collections ETC. Catalog.

Our Pastor (wife and three

children)

You love the congregation by opening God's Word, and then you live your life reflecting all you've heard.

You care for others deeply and lift them up in prayer, and when we face misfortune, we

know that you'll be there.

We love you and your family for everything you do, and we thank God for giving us a pastor like you.

Lucy Kester  
Sandstone Ev. Free Church

# ASKOV AMERICAN



"The most important thing a community newspaper does is recognize the value of the lives of ordinary people."



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**OFFICE HOURS:**  
Mon., Wed, Thur.  
9 a.m.-4 p.m.  
Tuesday and Friday Closed.

# Dodging unwanted advice

Dear Tante Ingeborg,

I'm not a violent person at all. Not at all. But every time that Siggurd Rottensen opens his big mouth and makes yet another stupid remark I just want to body slam him into the next dimension. That guy doesn't have the brains of a dust mite. Yesterday he cornered me at the grocery store and I immediately lost all interest in the produce. He tried to tell me that there was no point in buying anything that was shipped from California or Mexico because the Russians had sprayed it all with nerve gas and no matter how many times a person rinsed it in vinegar it would still have traces of the toxin.

"Siggurd" I said, "where do you come up with this stuff?" He must get his news from Radio Free Pluto. It's worth the extra time it takes to drive to Fargo and back just to avoid running into him when I'm doing my errands. If we happen to meet because I didn't see him coming I spend the whole rest of the day fuming and I can't even fall asleep at night mulling over what nonsense he filled the airwaves

with while I was trying to escape. There's got to be some kind of advance warning system I can put in place to let me know if he's in the vicinity. Do you happen to know of anything that's available?

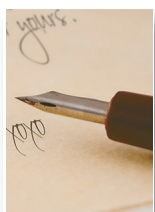
**Signed, No Friend of Siggurd's on Kirkstrasse**

Dear No Friend,

I really can't think of anything off the top of my head that you could use as an alert whenever Siggurd's around. You could probably do a search on Amazon or eBay but that type of thing is very specific and I'm not sure you'll have any luck.

Maybe you can figure out Siggurd's schedule and plan to be out and about when he's taking a shower. Or maybe you can try to develop some discouraging behaviors that will send Siggurd running. Acute projectile vomiting might work. You could also take to wearing a disguise so he doesn't recognize you. These are all the ideas I can come up with for you. But as a last resort you could always sell your house and move out of the area.

Good luck with getting rid of your problem, and remember, Tante Ingeborg cares.....but not so much.



Ask Tante

## BRUNO/KERRICK NEWS



Bruno/  
Kerrick  
News  
Sylvia  
Schweiger

Saturday, Derrell and Jean Jensen met friends from Derrell's club at Grand Casino Hinckley. They enjoyed a delicious meal together and spent the night. It was nice to catch up after more than a year since seeing everyone!

Doug Blechinger is busy with his tree tapping for the syrup process. It takes time but he enjoys it and likes the final result ...pure maple syrup.

We are getting closer

to spring so with that, remember to change your clocks this upcoming week-end...go forward...lose an hour of sleep.

Enjoy your week!!!



*"I am committed to getting to know you as an individual and helping you to achieve your overall health and well-being goals."*

## Welia Health welcomes our new provider, Nikki Anderson NP-C

We're proud to introduce *Nikki Anderson*, the newest member of our talented team of *Nurse Practitioners*. Nikki comes to Welia Health after earning her Associates Degree in Nursing from Anoka Ramsey Community College, and her BS in Nursing and Master of Science/Adult Geriatric Nurse Practitioner from Metropolitan State University, St. Paul. She will be serving patients at all three of our clinic locations. Please join us in giving Nikki a warm welcome to the Welia Health family!



WeliaHealth.org

## WILLOW RIVER NEWS

Hello All,  
Daylight saving time is upon us once again. On Sunday, March 14, 2021 when local standard time is about to reach 2 a.m. clocks are turned for-



Willow River News

Kathi Bennett

ward one hour to 3 a.m. local daylight time instead. The sunrise and sunset will be about one hour later on March 14, 2021 than the day before, which makes more daylight in the evening. According to history.com, "Though in favor of maximizing daylight waking hours, Benjamin Franklin did not originate the idea of moving clocks

forward. By the time he was a 78-year-old American envoy in Paris in 1784, the man who espoused the virtues of "early to bed and early to rise" was not practicing what he preached. After being unpleasantly stirred from sleep at 6 a.m. by the summer sun, the founding father penned a satirical essay in which he calculated that Parisians, simply by waking up at dawn, could save the modern-day equivalent of \$200 million through "the economy of using sunshine instead of candles." As a result of this essay, Franklin is

often erroneously given the honor of "inventing" daylight saving time, but he only proposed a change in sleep schedules—not the time itself."

The Willow River Community Club is planning the Fun With the Easter Bunny event. It will be a drive through event this year because of COVID-19 precautions. The Willow-River Fire Department will be helping out with this event. It will be held in the City Park (behind the Presbyterian Church) from 12 noon to 2 p.m. on Saturday, March 27, 2021. Come join the fun in Willow River.

In regard to the Willow River School: Willow River Trap Club is getting organized. If your student would like to join please contact Tana Mack at the school for sign up or Coach Bennett at bennettcasa@frontier.com. More information will follow in the next few weeks. Friday, March 12 is a regular make up photo day.

For Prayer Line Requests for St. Mary's please contact Judy Prachar at 218-372-3409 or you may make requests through the website:www.stmarywillowriver.org. Legion of Mary will be at St. Mary's Center every Monday at 6:30 p.m. Also, on Wednesdays' Eucharistic Adoration will be from 1 p.m. to 5 p.m. at St. Mary's Church.

## DO YOU REMEMBER?

### Partridge, Askov go separate ways

100 YEARS AGO  
MARCH 8, 1921

- The results of the election in the village of Askov were as follows: Carl Miller- mayor, H. Petersen-clerk, J.C.Jensen-councilman, V.S. Petersen-treasurer, Svend Petersen- Justice of the Peace and Hans Koed-constable. Very few women voted in this election.

- The Sandstone High School basketball team won the district championship and has been invited to Chicago to take part in the interstate tourney at the University of Chicago.

- The vote on the question of Partridge township separating from the Village of Askov for all purposes was 64 for and 25 against.

Finlayson helped little Kenneth Dorau celebrate his third birthday.

- Mr. and Mrs. L. H. Kowitz of Norman Twp. motored to Mora Monday morning to attend the funeral of Mrs. Richard Schmidt which took place at Zion Lutheran Church. Mrs. Schmidt was the mother of Mrs. Lester Kowitz.

50 YEARS AGO  
MARCH 11, 1971

- Barbara Hultgren, formerly of Kerrick will appear on the Dottie Becker television show March 15th. She will be doing a dance routine with Dave Hanson, the manager of the Arthur Murray Dance Studio in Duluth. Barbara is working as an instructor at the studio.

- Mr. and Mrs. Lee Koecher will be making their home near Duquette since Lee has been discharged from the army.

75 YEARS AGO  
MARCH 7, 1946

- Bruno lost one of its oldest and highly respected citizens Saturday March 2 in the passing of Pat Murphy, age 86. He had lived in Bruno for over 43 years.

- Herman Schoenrock and sons of

25 YEARS AGO  
MARCH 7, 1996

- Congratulations to Herman and Harriet Mader of Kerrick who are celebrating their 64 years of marriage.

- Former Askov native, Greta Sebald is among 59 Minnesotans who will become a part of U.S. Olympic history when carrying the torch through the state May 31st through June 2nd. Greta was a 1994 Olympic participant for the Greek Luge Team.

10 YEARS AGO  
MARCH 3, 2011

- Karin Meyer of Duquette will be featured on Channel 8 (PBS) station for the "A" is for Appetizer show on Saturday March 5th. Karin will be making a Green Olive Dip.

- Parents and volunteers from the community donated food items, their time then provided meals for the East Central School staff during the parent-teacher conferences.

- The East Central boys basketball team took second in the East River Conference last Friday.

### LOOKING FOR A MOTIVATED INDIVIDUAL TO JOIN OUR TEAM.

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# Thorvig scores 23 points twice

MARY ELLEN DEWEY  
RECIPE@PINECOUNTYCOURIER.COM

East Central Eagles girls' basketball team played three games this past week. On Tuesday, March 2, they traveled to Isle, on Thursday, March 4, to Rush City, and on Friday, March 5, the Pine City Dragons came to East Central.

The Eagles defeated Isle 39-27. Cassidee Thorvig pulled down 12 rebounds, 23 points and had 5 steals. Alyson Huntington scored 10, Raina Zaudtke, Ana Keranen, and McKenzie Ludwig each had 2 points. Carly Watrin had 4 steals and Isabella Olson had 10 rebounds. Coach Peter Rogotzke said "It was a physical game that the girls responded well to. In the second half, we buckled down on defense only allowing 10 second half points and shot well from the free throw line." He also said, "Cassie did an outstanding job of setting the tone of not backing down and attacking on offense as she finished 13-18 from the free throw line and made sure the rest of our team also didn't back down to the physicalness."

On Thursday we lost at Rush City 33-47. Thorvig had 16 points and 10 rebounds. McKenzie Ludwig scored 7 points and 5 rebounds. Huntington finished with 4, Olson 2 points and 9 rebounds, Elsie Laursen with 2 points. Watrin and Lori Grundmeier each



PHOTO BY MIKE DRAHOSH

**Eagle senior Cassidee Thorvig made sure the team did not back down during a physical game.**

had 1. The coach said, the game was physical, as there were a combine 35 free throws between the teams. The Eagles led at half time 24-23.

On Friday, the Eagles lost to Pine City 83-31. Thorvig had 23 points again and 4 steals. Coach Rogotzke said "I'm so proud of our seniors, Cassie Thorvig and Ana Keranen, as they showed tremendous effort and fight even after being exhausted from our previous two games this week." The Eagles finished with more free throw attempts and more offensive rebounds than Pine City due to the seniors' efforts.

The Eagles have one regular season game left against Barnum on Tuesday, March 9 and then playoffs. The coach is looking forward to seeing his team finish the season strong.

# Eagles add two more to the win column, now 13-2

MARY ELLEN DEWEY  
RECIPE@PINECOUNTYCOURIER.COM

The East Central Eagles boys' basketball team played three games this past week with wins over Isle on Tuesday, March 2, and Rush City on Thursday, March 4, and a loss to Pine City on Friday, March 5.

Parents' night and senior night was held on Tuesday, during the Isle game and Coach Darren Fogt said there were plenty of emotions. "It will certainly be sad to see these seniors go but at the same time it is exciting to watch them grow into young men and make their way in the world." The Eagles got off to a fast start and led 61-10 at the half and won the game 99-36. Wes Watrin led the team with 21 points, Adam Fornengo 17, Clay Nelson 16, Karamo Touray 12, Nathan Zielinski 10, Dezmon LeTexier and Tyler Thorvig each had 7, Gabe Kolland 5, Brandon Kenowski and Hunter Colton each had 2. Touray pulled down 16 rebounds.

On Thursday night, the Rush City Tigers were at East Central and EC won this contest 83-71. The Eagles needed this win if they wanted to have any chance to claim the conference championship. In the first half, the Eagles hit a few threes against a tough defensive Tiger team. Eagles led 43-28 at the half. Coach Fogt said they "needed that lead because the Tigers came out fast and furious in the second half and cut the lead to under 10 many times." In the second half, the coach said each time someone stepped up for them. "Kenowski had a fantastic second half, Watrin and Thorvig were solid as usual and the combination of Fornengo and Touray was too much for Rush City." Watrin led the team with 23, Thorvig had 20,



PHOTO BY MIKE DRAHOSH

**Eagle sophomore Nathan Zielinski on defense during the game against the Dragons.**

Kenowski 17, Fornengo 13, Nelson 5, Zielinski 3, and Touray 2. The Eagles made 12 of their 27 shots from the three-point line.

The Eagles went to Pine City on Friday and had a hard-fought battle. Coach Fogt said, "We got down early and just couldn't seem to make anything. We managed to come back within three at half and then came out the second half and got down by 10 again." The coach stated that they came back again and had it down to four points late in the second half but they couldn't get over the hump. The game ended Pine City 73, EC 55. Thorvig led the team with 22, Kenowski had 13, LeTexier and Watrin each had 9, and Fornengo 2.

If the Eagles defeat Ogilvie on Thursday, March 11, at home, they will share the conference championship with Pine City. Fogt said Rush City and Pine City are both AA schools. "I couldn't be more-proud of the boys."

*"Staying up to date with your annual wellness visits and practicing healthy daily habits are keys to ensuring long-term health and well-being."*

## Welia Health welcomes our new provider, Kelsey Abraham PA-C

We're proud to introduce you to our new *Physician Assistant, Kelsey Abraham*, who will be serving patients at our Mora and Hinckley Clinics. Kelsey comes to us after earning her BA in Psychology from the University of Minnesota-Morris and her Master of Physician Assistant Studies from the University of North Dakota School of Medicine & Health Sciences. Welcome to the Welia Health family, Kelsey!



WeliaHealth.org

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## KIDNEY: Tips for healthy kidneys

FROM PAGE 2

failure. Early detection and adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications.

If kidney function worsens, electrolytes and minerals need to be closely monitored. The body can manage with some degree of abnormal kidney function, but ultimate treatment when the kidneys cannot perform their functions include dialysis and kidney transplant. Dialysis involves a machine which can perform the filtration function outside of the body, then return the blood to the body. This has to be done frequently and the fluid volume, electrolytes and minerals have to be closely monitored. Fortunately the body can function with only one kidney so it is fairly common for a patient in need of a kidney transplant to be matched with a living donor.

Things that you can do to maintain healthy kidneys include:

1. Manage blood pressure and diabetes. Work with your doctor to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes. Most doctors will check your kidney function at least annually if you have hypertension or diabetes.
2. Take medicine as prescribed and avoid excess use of NSAIDs like ibuprofen and naproxen. Certain prescription meds can help protect the kidneys, whereas others can harm them, particularly if your body is dehydrated.
3. Aim for a healthy weight. Create a healthy meal plan and if needed, seek professional assistance to develop a weight-loss plan that works for you.
4. Avoid processed foods. These can be a significant course of sodium, nitrates and phosphates and have been linked to kidney disease.
5. Reduce stress and make physical activity part of your routine. Aim for at least 30 minutes of physical activity each day.
6. Stay well hydrated.
7. Quit smoking.

For more information:  
National Kidney Foundation: [www.kidney.org](http://www.kidney.org)  
National Institute of Diabetes and Digestive and Kidney Diseases: [www.niddk.nih.gov](http://www.niddk.nih.gov)

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