



Garbage moves along a conveyor belt at the Perham Resource Recovery Facility in this 2017 file photo. Becker County sends about 65% of its garbage to Perham, and pays a \$130 per ton tipping fee. On top of that, the county pays \$140,000 a year on state sales tax on the tipping fees.
Tribune file photo

TRASH TAX

the **Tribune** Detroit Lakes

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Becker County fights \$140,000 'punitive tax' on garbage

By Nathan Bowe
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Becker County will save about \$140,000 a year if the state Legislature switches to a fairer way of collecting sales tax on garbage "tipping" fees, says Becker County Commissioner Ben Grimsley.

The county sends about 65% of its garbage to a clean incinerator in Perham, and sends the rest to the Fargo Landfill. The county pays a \$130 per ton tipping fee — to do the environmentally friendly thing and burn

trash at the Perham Resource Recovery Facility — and \$65 a ton to bury it in Fargo.

That's fine, says Grimsley. Several years ago the county made a strategic decision to pay more and do the right thing by the environment. But what burns commissioners is that Becker County also pays twice as much sales tax to the state — about \$140,000 a year more — for garbage shipped to Perham as it would pay to ship that same garbage to Fargo. "We should certainly get a lower rate," Grimsley said in an interview. "The cheapest thing is to put it in the ground — there should not be a punitive tax on somebody that's

trying to do a good job." "When we send garbage to Perham, they look at that almost like recycling," said Steve Skoog, environmental services director at Becker County. "It's turned into steam used in industrial production, it's a more benign product. Ashes are less likely to be hazardous (than garbage buried in a landfill)." Minnesota's 17% commercial sales tax on garbage is based on tipping fees and other costs, including collection, transportation, processing, disposal, administrative fees and fuel surcharges, according to the Minnesota Department of Revenue.

TRASH: Page A8

Building herself up

After a struggle with anorexia, bodybuilder Dawn Shafer Forbes has learned to love herself

By Marie T. Johnson
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Here's a great "Where Are They Now?" story for Detroit Lakes: 1983 Laker grad Dawn Shafer is today a world champion professional bodybuilder. Shafer, who now goes by her married name, Dawn Shafer Forbes, was named World Champion of Pro Women's Bodybuilding at the 2019 International Pro Elite World Championships, held in Liberty, Mo., on Nov. 16. At the age of 54, she is the oldest competitor to ever win the title.

"I was ecstatic, and probably in shock," she said of the moment she was named champion. "I'd tried for so many years." The achievement is a dream come true for Forbes. Her venture into bodybuilding began about 12 years ago, after she made a life-changing decision to try to truly love her body. She was embarrassed by her naturally muscular build for most of her life, she said, and battled anorexia for decades. "I never really liked the muscle I was given," she recalled. A runner in high school and college, "I was supposed to be a lean machine. I went through years of trying to deal with my anorexia." Once she decided to "embrace the muscle," as she put it, her bodybuilding career kicked off. Forbes won her first competition — and earned her "pro card" — in 2009, when she was named Ms. USA Natural Female Bodybuilder of the Year. She's been oiling up and posing for judges ever since, always keeping her eye on the big World Champion prize. She competed for that title five times prior to this year, reaching the Top 10 a few times but never quite hitting



Submitted photo At the age of 54, Detroit Lakes native Dawn Shafer Forbes on Nov. 16 became the oldest competitor ever named World Champion of Pro Women's Bodybuilding, at the 2019 International Pro Elite World Championships held in Liberty, Mo.

that No. 1 spot. She was starting to think it would never happen, and was ready to call it quits, but her 13-year-old son convinced her otherwise. "I was actually going to give up this year," Forbes admitted. "But my son said, 'Mom, you've taught us that you have to fight 'til the end' ... And after he said that to me, I said, 'OK, I'm going to keep working hard and compete.'" And work hard, she did. Forbes' diet and workout routine is intense, and as a mother of three with a full-time job, she needs to squeeze time into her busy schedule for the necessary rituals of bodybuilding. Her workout routine involves waking up at 4 a.m. six days a week to work out for an hour and a half or longer in her home gym — a mass of equipment laid out in her garage in Arden Hills, Minn.

FORBES: Page A7

Sprinkler mishap caused a wet and wonderful show for Lorie Line in DL

By Vicki Gerdes
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Though it's been six years since Lorie Line last stepped onto the stage at Detroit Lakes' Historic Holmes Theatre, she says her last visit to the community provided her with an unforgettable memory for her tour scrapbook. While it wasn't necessarily humorous at the time, Line is now able to chuckle about the mishap that accidentally triggered the theater's backstage sprinkler system and resulted in a complete dousing for her and her fellow performers, just a short time before they were scheduled to take the stage. "I was soaking wet," Line said in a Wednesday telephone interview regarding



Courtesy photo Pianist Lorie Line will be bringing her 30th anniversary holiday tour to Detroit Lakes next Saturday, Dec. 13, for a 7:30 p.m. show at the Historic Holmes Theatre. Tickets are on sale at the box office, by phone and online.

her upcoming return for a Dec. 13 show at the Holmes. "Everything and everybody was wet backstage, and the fire department came, and it was quite something."

LORIE LINE: Page A7

Annual Canadian Pacific Holiday Train show chugging into town

By Desiree Bauer
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Every year that Canadian Pacific's Holiday Train stops in Detroit Lakes, it brings in monetary and food donations to the Becker County Food Pantry, while entertaining the community. For 14 years, the train has helped keep the food pantry running. "Since the (Holiday) Train has been coming, we have probably ... doubled in the number of people that we serve," said Brad Carlson, the director for the Becker County Food Pantry.

The festivities will be Friday, Dec. 13, in Detroit Lakes. As of Nov. 29, the food pantry served 439 households and gave out 43,434 pounds of food just that month, Carlson said. Forty percent of the people they serve are under 17 years old. The donations from the community and the monetary donation from the Holiday Train organization help the food pantry function for about two weeks, Carlson said. "(Detroit Lakes is) a recurring stop and that's because we see the community support year after year to support it," said

Holiday Train spokesman Andy Cummings. "When we see communities that turn out and we see communities that donate generously, that's telling us that we need to keep coming back." The train has been helping food pantries across the United States and Canada since 1999. Since then, it's "raised more than \$15.8 million and 4.8 million pounds of food," Cummings said. It's also brought more awareness to food insecurity and that it's a year-round issue, he said.

HOLIDAY TRAIN: Page A7



Photo by Kristopher Grunert. Courtesy of Canadian Pacific.

INSIDE Feast yourself
Madrigal diners return to Detroit Lakes High School Page A5

Gym-tastic
Jackson Hegg leads five-time state champs in home opener Page B1

Forecast

TODAY Cloudy High: 26 Low: -2	MONDAY Partly Cloudy High: 2 Low: -9	TUESDAY Partly Cloudy High: -6 Low: -17	WEDNESDAY Mostly Sunny High: -7 Low: -16	THURSDAY Mostly Sunny High: 7 Low: 5
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County hearing Dec. 12 on budget, levy, highway projects

News Staff
The Becker County Board will hold a public hearing at 6 p.m. Thursday, Dec. 12, in the commissioners meeting room. The agenda includes the 2020 budget and Truth in Taxation presentation, the Highway Department five-year plan, and the 2020 SMART tax appropriation plan — a half-cent county sales tax that is used for transportation-related projects. In September, the Becker County Board approved a preliminary 2020

levy increase of 2.99 percent. That will raise an additional \$638,028 next year, enough to handle all major budget needs, said Commissioner Larry Knutson. That puts the preliminary 2020 levy at about \$21.95 million, up from about \$21.3 million this year, according to Becker County Administrator Mike Berthorst. The separate Becker County Economic Development Authority levy was set at \$140,000.

HOLIDAY TRAIN

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"Everything that you give at a Holiday Train show stays in that community to help your neighbors in need," Cummings said. "We've seen (donations) go up every year."

Most of those food donations are healthy, too. The Holiday Train organization advocates for healthy donations, stating on their website that "everyone has the right to access healthy, nutritious food." For the Becker County Food Pantry, Carlson said that people should just donate "something that you would normally eat." If nobody in your family likes water chestnuts,

chances are they won't at the food pantry either. When the train rolls into DL, five acts will perform for the lakes area audience: Meghan Patrick, Tanika Charles, Kelly Prescott, Alan Doyle and Beautiful Band, and Vishten. The artists were carefully chosen as ones "that we think are going to draw the crowds out," Cummings said. "We're looking forward to bringing them to DL

Northeast Minnesota man killed in truck-train collision
GRAND RAPIDS — A 40-year-old man from Grand Rapids was killed Wednesday, Dec. 4, when the commercial truck he was driving was struck by a train in rural St. Louis County. The crash was reported just after noon at the intersection of Sax

Road and County Road 7, according to the St. Louis County Sheriff's Office. The location is in McDavit Township, along the Sax-Zim Bog, and a few miles northwest of the town of Cotton. First responders found Adam Eugene Newton, 40, in a ditch near the collision site, the sheriff's office said. He was pronounced dead at the scene.

The crash involved a northbound Canadian National train, according to the sheriff's office. The rail crossing is controlled with stop signs. It was the second collision between a train and vehicle in northeast Minnesota in recent days. On Monday, an Eveleth woman was unhurt when her car slid into a moving freight train in Clinton Township.

IF YOU GO

What: Canadian Pacific's Holiday Train show
When: Friday, Dec. 13, at 2:30 p.m., roughly 30-minute show
Where: Holmes Street Railroad crossing near the Detroit Lakes Community and Cultural Center
Cost: Nonperishable food or monetary donation
Contact: Becker County Food Pantry at 218-846-0142
Other area train stops Dec. 13:
Glenwood: 10 a.m. at CP Station, 20 15th St. NE.
Alexandria: 11:30 a.m. at Eighth Avenue East railroad crossing by Hubbard Feed Mill
Mahnomen: 4:20 p.m. west of US 59 and south of East Washington Avenue
Plummer: 6 p.m. at the main railway crossing on Central Avenue
Thief River Falls: 7:30 p.m. at City Hall

LORIE LINE

From Page A1

Holmes Theatre Director Amy Stoller Stearns said that Line had accidentally triggered the sprinklers in her dressing room to go off after hanging one of her heavy stage coats on one of the sprinkler heads. "You know those little sprinkler heads that have that warning, don't hang anything from them?" Stearns added. "They mean it."

Stearns said that Line went out on stage in her soaking wet gown, with a dress's train leaving a little trail of water behind her — then proceeded to tell the audience exactly what had caused the delay. "She was a trouper," Stearns said.

"Here she was, 10-15 minutes before she was supposed to go onstage, come in on dirty sprinkler water. She cleaned herself up, put herself back together and went out onstage in this wet ball gown ... then she told the whole audience what had happened. It was delightful, and she was awesome."

Her need to completely redo her hair and makeup at the last minute — and that brief visit from the local fire department — Line and her touring mates were able to start

IF YOU GO

What: Lorie Line's "The 30th Year Anniversary Tour: Celebrating Christmas"
When: Friday, Dec. 13, 7:30 p.m.
Where: Historic Holmes Theatre, 806 Summit Ave.
Tickets: All seats are \$60 and may be reserved at 218-844-7469, www.dlccc.org/holmes-theatre.html or at the box office, open 10 a.m.-2 p.m. Monday-Friday, as well as for two hours prior to the start of the show.
More info: www.lorieline.com

the show a mere 10 minutes late that night, she said with a touch of pride in her voice.

"The show must go on," she added, noting without a trace of irony that she felt her performance that night was "one of the best we've ever had. It was an amazing night."

Line, whose 30th anniversary holiday tour opened Dec. 5 in Des Moines, Iowa, has the memorable stories from many of the communities she has visited during that three-decade span. "Every city has one," Line said — but that Detroit Lakes anecdote is truly "one of a kind," she added.

Line said that while her Christmas show consists of a variety of traditional and contemporary holiday fare, even the most familiar tunes will have a unique spin that audi-

ences won't hear anywhere else — because she writes her own, original arrangements for every song she performs.

In addition, Line said, she also writes the arrangements for each musician and singer that accompanies her on the tour. This year, that ensemble includes a five-member pop chamber orchestra, a vocalist and her husband, Tim, who acts as master of ceremonies for the show.

"I first figure out who is going to go (on the tour), then I do all the composition work for the show," she said. "I try to make everybody sound their best."

Line added that the piano arrangements she writes for each show are made into a book of sheet music that audience members can take home with them afterward.

"It's my niche," she said, adding that the arrangements she writes are "the heartbeat of my music."

Line described her annual tour as "a musical adventure."

"It's all about the music, and I want to make it the most spectacular and beautiful music I can," she added. "My whole approach to Christmas music is to create a masterpiece of something that might seem simple — to make it memorable, so people walk away saying, 'I loved it!'"

Care, and cares for her three kids, ages 26, 16 and 13.

She and her family make it back to Detroit Lakes for regular visits, as her parents still live here.

"I love it," she said of her hometown. "I like Detroit Lakes."

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FORBES

From Page A1

It's a rustic setup that's missing a few creature comforts, like heat and air conditioning. She also works with a personal trainer at a gym once a week.



Shafer

Her workouts primarily focus on building muscle mass through weight lifting, but as she gets closer to competition, she adds in more cardio to lean up — giving her that "cut" look on stage.

As far as diet goes, Forbes eats only so many grams of protein, carbs and fats per day, and the numbers vary week by week. Every day, she measures and calculates the nutritional values in her foods. She has to make sure her body is always using the nutrition it takes in as best as possible.

"That's been a formula I've had to play with for awhile," she said. "The last important piece of her routine is hydration. She drinks a gallon to a gallon and a half of water a day."

Because of her history with anorexia, Forbes has to be careful not to let herself become overly fixated on food. There have been times she's had to stop and take a break from competitions because her "anorexic mind kind of triggered," she said. Her oldest daughter is very helpful in that regard, always watching over her and sounding an alarm if she thinks Mom is doing too much.

Forbes believes the seeds of her anorexia were planted in youth. She ran cross country in high school, and also in college at Minnesota State

University Moorhead. She idealized lean-bodied runners, and thought she was supposed to look like the lithe girls and women she saw in magazines. Her strong build didn't seem to fit the mold, she thought, and her self-esteem suffered.

Around the age of 13, negative thoughts and patterns of destructive thinking about her appearance began to emerge. The problem intensified through her teenage years and into early adulthood, and her anorexia became more and more concerning. She got so unhealthy that her family pulled her out of college in her senior year, and she was hospitalized. In the years that followed, "the disorder was still very strong every day," Forbes said, but she learned how to better manage it. She went to counseling, and educated herself on eating disorders.

"It's like a voice inside, talking and telling you you're not good enough," Forbes explained about how it feels to have anorexia. To cope, "there was a lot of diving in and learning to love myself; to understand that these were the gifts I was given." She'll never really con-

sider herself "recovered" from anorexia, she said. Rather, "it's a daily thing to work on, to keep that positive voice stronger than the negative."

She does, however, feel much more able to identify and combat those negative thoughts these days, and "embracing the muscle" and getting into bodybuilding has given her a new lens through which to view her body, encouraging her to take pride in her physique. Everything she's learned about body image on her life's journey, she's now sharing with others as a speaker on college campuses. She also teaches youth coaches about eating disorders.

"It's so prevalent," she said. "I think my biggest thing is teaching kids to learn to love themselves for the body makeup they have, because we're all genetically different and there's no perfect build ... You need to learn to love yourself from within, and be grateful for your many talents."

In-between speaking gigs, bodybuilding routines and competitions, Forbes has a day-to-day routine to manage, as well. She runs her husband Mike's dentistry business, Forbes Dental

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