



Tri County Canary

A supplement of the:
Leader-Record * Oklee Herald * McIntosh Times * Grygla Eagle



Pictured: Jr Farder, Chuck Flage, Conway Olson, Robert Landsverk, Gary Weiss and Todd Wieland. Missing Bud Kiecker.

Red Lake County Co-op annual meeting

Red Lake County Co-op held its Annual Meeting on Thursday April 6th. The meeting was held at the Brooks Community Center in Brooks. A breakfast of pancakes, sausage and eggs was served by the employees at 8:30AM with the meeting following at 9:30AM.

Chairman Todd Wieland called the meeting to order. Secretary Chuck Flage read Proof of Notice and previous year's minutes.

The Audit Report was read by Scott Stephens CPA with Hennen and Associates. Total sales for 2016 were \$17,021,072 less Cost of Sales of \$13,309,270 leaves a Gross Margin of \$3,711,802. The company ended the Fiscal Year with a Local Net Savings of \$249,514. Patronage received was \$350,970 leaving a Net Savings before taxes of \$600,484.

Chairman Todd Wieland presented the board activity for this past year commenting on fixed asset purchases and items discussed throughout the year. Fixed asset purchases were a loader, three fertilizer spread-

ers, a propane tank trailer and a commercial mower. Todd thanked director Gary Weiss for his 30 years of service on the board.

Co-Manager Michele Longtin introduced the employees of the co-op and talked about Doug's retirement date of January 31, 2018. Michele informed the patrons on distribution of stock this past year. Dividend total paid on 2016 purchases was \$400,000 we paid 40% or \$163,000 in cash patronage. Stock Retirement at age 72 was a total of \$195,000. Estates paid was \$38,500 and Revolving Stock from years 1962-1974 was paid out totaling \$38,000. The co-op had another successful year thanks to a great team of employees and direction from our board.

Co-Manager Doug Knott gave a review on the history of the company. The merging of the Brooks and Red Lake Falls Stations. Then he gave a history of when all locations came to be. Doug talked about the first board of directors and members of the Co-op that started this

business. Doug also spoke on the sales for each product and department.

Election of three directors was held with Kevin Amiot, Conway Olson and Ogden Farder elected for a three year term.

There was no old business.

Ken Pazdernik, with Minnesota Farmers Union talked on the new President and the meetings they have been having around the State. He touched on projects the organization was working on and the benefits of them.

Jesse Gagner, Agronomy Manager gave a speech and drew names for door prizes donated by Helena Co. Door prizes were won by Nick Knott, Kevin Amiot, Todd Wieland, Al Wieland, Robert Landsverk, Rudy Finseth, David Hamm, Gordon Syverson, Pete Stich, Henry Wieland, Gene Schmitz, Randy Weiss, Leo Schmitz, David Kiecker, Don Stenberg, Jeff Klaven, Beverly Plante, Marlys Brovold, Bruce Eskeli and John Stich. A gift was given to everyone in attendance.



Gary Weiss has served on the board of directors of the Red Lake County Co-op from 1987-2017. Thank you Gary for 30 years of dedication.

Extension recognizes area leaders

Program celebrates individual strengths and community engagement

Roseau, Minn. (3/30/2017) Couples in and around the area received special recognition at the Emerging Leadership Program Recognition Banquet on March 25th in Crookston. Individuals from 15 counties in northwestern and west central Minnesota were honored for completing the leadership program and for their commitment to leadership in their community.

The banquet was emceed by Agassiz Ambassadors Bryan and Stephanie Ramsrud (Bagley). Special guests that evening were Extension Regional Directors, Deb Zak (Crookston) and Ben Anderson (Moorhead), Holli Arp, Extension Program Leader (Worthington), and Northwest Minnesota Foundation Development Officer Dawn Ganje who each offered their comments about leadership and congratulated program participants. Recognized at this year's event was long time program partner,

the Red River Valley Winter Shows Foundation, for their new financial gift and previous support to the Emerging Leadership Program.

The banquet program featured leadership stories by class participants, Jennifer Rehder (Moorhead), Jeremy Folland (Karlstad), and, Ryan Griffen (Thief River Falls). There was also the announcement of new Agassiz Ambassadors for 2017, Ryan and Karen Griffin (Thief River Falls), who were selected for this honor from among other current participants in the program based on nominations from program participants and interviews with program alumni. Karen and Ryan will put their leadership skills to work in public relations, recognition, and community leadership, and will work with Extension staff to develop and deliver the educational program in 2018.

Extension...
continued on page 6



Ray and Valerie Reichert, Clearbrook, Clearwater.



Jerrold and Sarah Reese, Crookston, Polk West.



Brian and April Grunhvd, Fertile, Polk East.

Christian Brothers, Inc. owners to be inducted into IDEA Hall of Fame on April 25



BEMIDJI MN – April 6, 2017 – Bill Christian will be inducted into the IDEA Hall of Fame on April 25 at the IDEA Competition Awards Banquet, to be held at Bemidji State University. His business partners, Roger Christian and Hal Bakke will be inducted posthumously. The three business principals started Christian Brothers, Inc. in 1964.

The IDEA Hall of Fame was instituted in 2009 to recognize and honor the accomplishments of the region's legacy innovators—those within the region who have inspired others with their entrepreneurial vision, leadership and achievement. The Christian brothers and Bakke will be added to a distinguished list of past honorees, including: Andy Wells of Wells Technology; Edgar Hetteen, founder of Polaris and Arctic Cat; Glen and Dennis Brazier, brothers who founded MAT-TRACKS and Central Boiler, respectively; William S. (Bill) Marvin, Marvin Window and Doors; Mark Larson, COO and President of Digi-Key; Ron Stordahl, Founder and CEO of Digi-

Key, and Don Rieke, founder of TEAM Industries.

In early 1964 plans were underway for the new Christian Brothers' hockey stick plant in Warroad within the newly refurbished old Milner building on Highway 11 West in Warroad. Hal Bakke was named president, Bill Christian as vice president and Roger Christian, the corporation treasurer. The men each kept their other jobs and they worked on the plant at night and on the weekends.

The company flourished after the first year in business. Hal Bakke, known as the enterpriser among the three, sold stock which netted returns to expand and purchase much needed equipment. His idea, "Hockey Sticks Made by Hockey Players," was taking root.

In 1980, Bill's son Dave and 19 other players on the U.S. Olympic team defeated the Soviet squad in the "Miracle on Ice." In the wake of the triumph, Christian Brothers' sales increased by 40%, according to a CNN report. The company producing about 350,000 sticks a year, jumped to 500,000 –

thanks largely to the free publicity.

Bill Christian's daughter will be accepting the Hall of Fame award at the ninth annual IDEA Competition Banquet, to be held April 25, 5:00-8:30 p.m. at Bemidji State University, Beaux Arts Ballroom. Early registration is highly recommended, as space is limited. For more information about the banquet, or to register, go to www.ideaacompetition.org.





Enbridge hosts NELL for Pipeline Operations Tour

Enbridge welcomes Northern Exposure to Lifelong Learning (NELL) program participants to an inside view of the Clearbrook Terminal to learn about Enbridge's history in the area and current operations.

NELL continues its spring session on April 26 with a visit to Enbridge's Clearbrook Terminal along with an overview presentation and discussion about Enbridge pipeline operations in Minnesota.

The Clearbrook Terminal opened in 1949 and is a vital

link within the U.S. energy network. Approximately 23% of the nation's daily imports of crude oil flow through Clearbrook on a daily basis. The Clearbrook Terminal also provides a key component to Clearwater County's economy with jobs and property taxes.

Participants of the NELL program will learn more about this vital link along with an up-close view of the Terminal operations. From tanks to pumps to valves, the Clearbrook Terminal is a hub of safety features that

keeps 70 percent of the crude oil Minnesotans uses every day moving to its final destination.

Registration for the Enbridge tour is required by April 19. Participants can sign up at the next 2 NELL programs or contact NELL coordinator Tamara Edevold at 218-694-2856. Participants will be notified of tour details once they have registered.

NELL programs are free and open to the public.

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R3C



Easter Services at Bethany Lutheran Church

All are welcome to the Easter Sunday Services that will be held at Bethany Lutheran Church 8 miles north and 2 miles west of Gully.

Services will be at 9:00 a.m. on Sunday, April 16.

Sweet rolls, fruit, coffee and juice will be served at 8:00 a.m. by the Gully-Trail Youth Group.



EASTER CANTATA

The community choir, led by Charity Solomonson, accompanied by Diane Boucher, will perform, "Hope In The Shadows," a worship musical.

**Good Friday, April 14, at 7:30 pm at the
Win-E-Mac Arts & Events Center**

M3C



Life in Minnesota before Euro-Americans with Dr. Jeremy Nienow

Have you ever been curious about how long people have been living in the area we know today as Minnesota? Minnesota has a rich Euro-American history as part of the Louisiana Purchase, Old Northwest Territory and later Minnesota Territory and State – but what about before this?

Join archaeologist Jeremy Nienow for a presentation on what life was like in Minnesota thousands of years before Euro-American colonization. Find out what archaeologists know

about past lifeways, religion, identity and culture by broadly examining the artifacts and sites of the period from 10,000 years ago until the 1500s.

As a registered, professional archaeologist Dr. Nienow has 20 plus years' experience in Cultural Resource Management throughout the Midwest and Midatlantic, and consults as a licensed historic and prehistoric archaeological Principal Investigator. He owns and operates Nienow Cultural Consultants LLC and is well known in

both the historical society and archaeological communities; actively serving in all aspects of the professions including board service, conference organization, public speaking, and scholarly publication.

The program will be Wednesday April 19 at 9:30 am at Faith Lutheran Church 32 Bagley Ave NW in Bagley.

NELL programs are free and open to all ages. For more information contact Tamara Edevold, program coordinator at 694-2856

Sanford Bemidji hosts "Living Well with Diabetes" seminar

BEMIDJI, Minn. – Sanford Bemidji Diabetes Education is hosting its free "Living Well with Diabetes" gathering from 4 to 5 p.m. on April 18, in Conference Room C at Sanford Bemidji Medical Center (hospital). Attendees do not need to register ahead of time.

This month, Sanford Health physical therapist Jeff Large, M.P.T., will speak on diabetic neuropathy, its effect on balance and how to prevent falls. Diabetic neuropathy is a type of nerve damage that can occur with diabetes. It's a common, chronic condition that most often affects the legs and feet; symptoms include pain and numbness in the legs. Large is a graduate of the University of North Dakota and has been

working for Sanford Health in the outpatient department since 2002.

"Living Well with Diabetes" meetings offer information and support for managing diabetes. The group meets the third Tuesday of each month. The meetings are designed for people

interested in learning about health and wellness as it relates to diabetes management. Anyone living with diabetes, anyone who has a family member or friend living with diabetes or individuals interested in learning more about diabetes are welcome to attend.

House unanimously approves agriculture finance bill

SAINT PAUL- The Minnesota House of Representatives approved the House Agriculture Finance Omnibus bill on a unanimous 134-0 vote. The bill, SF780, is authored by Chair Rod Hamilton, R-Mountain Lake, combines a number of spending and policy provisions aimed at supporting the Ag industry which is critical to Minnesota.

"Last session we placed a strong emphasis on farm and food safety," Hamilton said. "With this bill we focused on plant and habitat health across our great state, and I'm pleased with the overwhelming bipartisan support it received."

The bill dedicates significant investments to the following Ag issue areas:

- Ag emergencies, such as tractor rollovers, Avian Flu, and noxious weeds.
- Rapid response to plant pests and pathogens.
- Growing and diversifying our agro-economy, in areas like industrial hemp and biofuel.
- Continued support for production agriculture research, farm safety, Ag Education, and youth development.

- Creating a dedicated Pollinator Habitat and Research account.

Special focus in this bill is given to plant agriculture, emerging noxious weed threats (specifically palmer amaranth), and investment in the future of agricultural practices and technologies.

The Senate passed their own Agriculture Finance bill last week. The two bills will now head to conference committee as lawmakers work out differences between the proposals.

Sons of Norway meeting scheduled

Sons of Norway Granlund Lodge #240 will meet on April 20th at the Embassy Center, 603 3rd St. NE in Fosston.

The business meeting will begin at 6:30 p.m. The program will be "Speaking the Language." Pres. Wes Roland will facilitate the program which will consist of video clips of dialects and basic lesson videos. Handouts will be available for further study. Lunch will be served by Mary Miller, Jan Olson and the Bakkes.

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Anthony Holthusen
NMLS #772926



Clearwater County Sheriff

On April 5, 2017 at approximately 4:00 p.m., the Clearwater County Sheriff's Office received a call of a person staying in a cabin in Itasca State Park who was not paying for the stay. A deputy responded to the park and



was met by a Minnesota Conservation Officer. The officers learned that a Frederick William Bachman, age 30, was the person whom the park had identified as staying in the cabin. The officers knew that Bachman did not have a valid driver's license and when they spotted him driving in the park, they initiated a traffic stop. Bachman initially stopped and then fled the scene in his vehicle. A short pursuit ensued and ended at the Mary Gibbs Center where Bachman fled on foot. Officers chased Bachman on foot, however, he was able to get back to his vehicle and drive off again. Another pursuit started, but due to the narrow and curvy roads within the park, officers decided to back off and lost sight of the vehicle. A short time later, the vehicle was located near another cabin. Hubbard County SWAT team happened to be in

the area and assisted in clearing the cabin and Bachman was not located. The Minnesota State Patrol brought in a helicopter with infrared imaging, searched the area from the air, and could not locate him either. The theory is that he fled the area on a bicycle that he had inside his vehicle. Contrary to some media reports, no active manhunt is ongoing at this time. Charges are being filed with the Clearwater County Attorney's Office. If anyone has information, where Bachman is or comes across him, contact your local law enforcement agency, or call 911. The public is not considered to be at risk, however, do not approach the suspect on your own.

No updates have been received at the time of this printing.

Polk County Sheriff

House fire

On 4/5/2017 at approximately 2109 hrs, the Polk County Sheriff's Office, Mentor Fire Dept., Erskine Fire Dept., Fertile Fire Dept. and County Ambulance responded to a house fire in Grove Park Township in Mentor. No one was injured and the house had extensive damage.

The cause of the fire is being investigated. No further information is being released at this time.

Upcoming Brunch in Fosston

You and your friends are invited to the "Decorate Your Garden" Brunch on Wednesday, April 19, 2017 at 9:30 a.m. The event will be held at New Journey Church, 505 9th St. NW, Fosston, MN. Feature: Garden Art by Val Brekke, music by Doris Murray, speaker is Lisa Cassman from Brainerd, MN sharing "New You-New Life".

Reservations due by Monday, Monday, April 17, 2017 at 6:30 p.m. For reservations call Mary Jo 435-2123, Arlene 563-2085, Barbara 687-3431, Beverly 776-3897, Andrea 694-2753, or Avis 935-5307.

East Council Spring Banquet

Marshall County Extension Home Study Groups invite everyone to their annual East Council Spring Banquet on Tuesday, April 25 in Holt at the church. Registration will begin at 6:00pm with dinner served at 6:30. The menu consists of Springtime Pasta Salad, a Sandwich board with homemade buns, dessert and beverage. Cost for the evening will be \$7. Preregistration is desired by April 21. There will be a limited number of tickets at the door for \$8.00.

The speaker following dinner will be Vicky Worthington from Grygla. There will also be door prizes. (Each East club is reminded they are responsible to provide two door prizes.)

Please send your name and a check for \$7 payable to "East Home Council" to Eleanor Larson, 32265 160th Ave. NE, Middle River, Minnesota 56737 by April 21.

"The spring banquet always gets everyone ready and looking forward to spring. Join us for a fun-filled evening!" invites program coordinator Linda Gornowicz.



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80/20 Ground Beef 40#(4-10# pkgs) \$92.00

Winger Wholesale Buyers Group

We order Tuesday and the truck delivers to the Depot in Winger on Thursday afternoon.
Prices subject to change without notice.

Call **218-938-4146** to place your order
or join our Facebook Group:
facebook.com/groups/WingerWBG/

M3C

Countryside Greenhouse

OPENING APRIL 17

We have a variety of garden veg. seeds, onion sets, onion plants and sweet potatoes.

PLUS... the full line of veg. plants and flowers.

LOCATED 1½ mi. So. of the old Bethlehem Church on Polk Co. #241.
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SHARP CHEDDAR - REG SHRED;
SHARP CHEDDAR, MILD CHEDDAR, MOZZARELLA
OR COLBY JACK - FINELY SHRED

**KRAFT
SHREDDED CHEESE**
5/\$10
8 OZ

MILD COLBY, MILD CHEDDAR, MEDIUM CHEDDAR,
CHEDDER/JACK OR MOZZARELLA

**KRAFT
CHUNK CHEESE**
5/\$10
8 OZ

**LAND O LAKES
BUTTER**
\$2.99
1 LB QUARTERED

REGULAR OR PLUS CALCIUM
**LAND O LAKES
ORANGE JUICE**
2/\$4
1/2 GALLON



**ASSORTED
TONY'S
PIZZA**
5/\$10

ASSORTED
JACK'S PIZZA..... **4/\$9**



**VANILLA
CASS CLAY
ICE CREAM**
\$3.99
4 QT PAIL
LIMIT 1 PLEASE
ADDITION FOR \$4.39

ASSORTED FLAVORS
CASS CLAY ICE CREAM 4 QT PAIL **\$4.99**

**ESSENTIAL EVERYDAY
SUGAR**
\$1.79
4 LBS

LIGHT BROWN, DARK BROWN
OR POWDERED
**CRYSTAL
SUGAR**
3/\$5
2 LBS

ORIGINAL OR 33% LESS SODIUM
**SWANSON
CHICKEN BROTH**
5/\$4
14.5 OZ

MUSHROOM, CHICKEN OR CELERY
**ESSENTIAL EVERYDAY
CREAM SOUP**
10/\$5
10.5 OZ



**ORIGINAL
HUNGRY
JACK
SYRUP**
10/\$10
27.6 OZ

HUNGRY JACK BUTTERMILK COMPLETE
PANCAKE & WAFFLE MIX. 32 OZ **10/\$10**



**ASSORTED
COCA COLA
PRODUCTS**
\$3.99
12 PK - 12 OZ CANS

ASSORTED
7-UP PRODUCTS 2 LITER **10/\$10**


**FAMILY PACK 85% LEAN
GROUND BEEF**
\$2.99 LB


**JOHN MORRELL BONE-IN SMOKED
WHOLE HAM**
\$1.89 LB


**GOLD N' PLUMP CHICKEN
DRUMSTICKS
OR THIGHS**
2/\$5 24 OZ


**JOHN MORRELL BONE-IN SMOKED
HALF HAM**
\$1.99 LB

ANGUS FARMS BONELESS BEEF
SIRLOIN TIP ROASTLB **\$3.89**

FAMILY PACK BONE-IN ASSORTED
PORK LOIN CHOPS.....LB **\$1.69**

GOLD N' PLUMP SEASONED ASSORTED FLAVORS
WHOLE CHICKENS 3.25 LB **\$5.99**

SUGARDALE ASSORTED VARIETY
SMOKED BACON12 OZ **\$2.99**

ANGUS FARMS BONELESS BEEF
SIRLOIN TIP STEAK.....LB **\$3.99**

FAMILY PACK BONELESS PORK
COUNTRY STYLE RIBSLB **\$1.89**

BONELESS, SKINLESS
CHICKEN BREASTSLB **\$1.99**

HILLSHIRE FARMS ASSORTED VARIETY SMOKED
BRATS & SAUSAGES12-14 OZ **2/\$6**

ANGUS FARMS BONELESS BEEF
BALL TIP STEAK.....LB **\$4.99**

HORMEL
PORK BACKRIBSLB **\$2.99**

FESTIVE
TURKEY BREASTSLB **\$1.49**

JIMMY DEAN ASSORTED VARIETY
PORK SAUSAGE ROLLS..... 12-16 OZ **2/\$6**

ANGUS FARMS BONELESS BEEF
RIBEYE STEAKLB **\$9.99**

BONELESS CENTER CUT
PORK LOIN ROAST..... LB **\$1.99**

WILD CAUGHT PACIFIC
POLLOCK FILLETS.....LB **\$2.49**

ARCTIC SHORES 61-70 COUNT
COOKED SHRIMP12 OZ **\$5.99**


**SKIM, 1% OR 2%
COUNTRY FRESH
MILK**
\$2.99
GALLON

**ASSORTED
NABISCO
SNACK CRACKERS**
5/\$10
3.5-9.1 OZ

ASSORTED LAY'S POTATO CHIPS 7.75-8 OZ
ASSORTED LAY'S POPPABLES 5 OZ
ASSORTED LAY'S KETTLE COOKED 8 OZ
ASSORTED ROLD GOLD PRETZELS 10-16 OZ
4/\$10

APPLE GRAPE, APPLE CRANBERRY, CRANBERRY GRAPE,
APPLE KIWI STRAWBERRY, CRANBERRY BERRY,
LITE CRANBERRY RASPBERRY, APPLE BERRY CHERRY,
POMEGRANATE BLUEBERRY, CRANBERRY RASPBERRY
OR CRANBERRY JUICE COCKTAIL
LANGER'S
2/\$3 64 OZ

**MORTON
SOFTENER SALT 40 LBS**
EXTRA COARSE BLUE BAG....**\$4.79**
PELLETS YELLOW BAG**\$4.99**
RUST REMOVER GREEN BAG..**\$6.59**

SKIM, 1% OR 2%
CASS CLAY MILK 97 OZ **3/\$9**

ASSORTED NABISCO
RITZ CRACKERS 8.8-13.7 OZ **5/\$10**

LEMON-LIME, FRUIT PUNCH, ORANGE OR FROST
GATORADE 8 PK - 20 OZ BTLS **\$5.39**

ESSENTIAL EVERYDAY
PINEAPPLE JUICE 64 OZ **\$1.99**

**LAND O LAKES
HALF & HALF**
5/\$4.50
PINT

**EAGLE BRAND
SWEETENED
CONDENSED MILK**
\$1.99
14 OZ

**ASSORTED
OLD DUTCH
RIPPLE POTATO CHIPS**
2/\$5
8-8.5 OZ

PLAIN OR KOSHER
MILWAUKEE DILLS
\$1.99
32 OZ

**ANGEL SOFT
BATH TISSUE**
\$5.99
18 PK - DBL ROLL

CASS CLAY
WHIPPING CREAM..... PINT **\$1.99**

CARNATION
EVAPORATED MILK..... 12 OZ **2/\$3**

ESSENTIAL EVERYDAY RANCH OR NACHO CHEESE
TORTILLA CHIPS 10 OZ **\$1.79**

ESSENTIAL EVERYDAY SLICED OR WHOLE PIMENTO STUFFED
MANZANILLA OLIVES 5.75 OZ **99¢**

BOTANICAL RAIN
TIDE PODS..... 23 CT **\$4.99**

**CASS CLAY OR
LAND O LAKES
COTTAGE CHEESE**
\$1.79
16 OZ

CHICKEN, TURKEY OR CORN BREAD
**BETTY CROCKER
STUFFING MIX**
\$1.19
6.2 OZ

**AISLE 1 ORGANIC/NATURAL FOODS
LIFEWAY KEFIR
STRAWBERRY**
\$3.99
4 PK - 8 OZ BTLS

**ESSENTIAL EVERYDAY
MANDARIN ORANGES**
4/\$3
11 OZ

**TUFFY'S
CAT COMBO**
99¢
3.5 LBS

CASS CLAY OR LAND O LAKES
SOUR CREAM 16 OZ **\$1.59**

ESSENTIAL EVERYDAY CHICKEN, TURKEY OR BEEF
GRAVY 12 OZ **\$1.29**

VANILLA ALMOND CRUNCH, BLUEBERRY POMEGRANATE
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CEREAL11-12 OZ **\$3.99**

CHUNKS OR SLICED IN 100% JUICE
DOLE PINEAPPLE..... 20 OZ **4/\$5**

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ORIGINAL
**SIMPLY
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**CULINARY CIRCLE
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**FRESH
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WHOLE KERNEL CORN, CREAM STYLE CORN, SWEET
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14.5-15 OZ

GOLDEN CHUNKS
**TUFFY'S
DOG FOOD**
\$4.99
17.6 LBS

LAND O LAKES
BUTTERMILK QUART **\$1.49**

ASSORTED
DI GIORNO PIZZA **2/\$11**

GREEN GIANT IDAHO
RUSSET POTATOES... 5 LBS **2/\$3**

ESSENTIAL EVERYDAY
FRENCH FRIED ONIONS 6 OZ **\$2.19**

PURINA ONE SMART BLEND
DOG FOOD 8 LBS **\$9.99**

REGULAR OR LITE
**COOL
WHIP**
\$1.19
8 OZ

**ASSORTED
EDWARD'S
CREAM PIES**
\$4.99
FROZEN

PREMIUM ROMAINE, SPINACH OR
GREEN & CRISP
FRESH EXPRESS ... 8-11 OZ **2/\$3**

LEINENKUGEL'S
SUMMER
SHANDY 12 PK BTLS **\$13.79**

**AMSTERDAM
VODKA** 1 LT **\$12.99**

CINNAMON 12 CT OR TEXAS 24 CT
RHODES ROLLS..... FROZEN **\$3.79**

ASSORTED CASS CLAY
ICE CREAM..... 56 OZ SQUARE **\$2.79**

CRISP
CELERY **\$1.19**

ASSORTED
MIRASSOU
WINE 750 ML **\$7.49**

RON DIAZ
SPICED
RUM 1.75 LT **\$16.99**

SWEET PEAS, SWEET KERNEL CORN,
BROCCOLI CUTS OR MIXED VEGETABLES
BIRDS EYE
5/\$6
13-16 OZ FROZEN

DEAN'S NOVELTIES
DEAN'S
VARIETY NOVELTIES..... 30 PK **\$9.99**

CRISP
CELERY **\$1.19**

ASSORTED
WOODBRIDGE
WINE 1.5 LT **\$12.99**

RUTA 22
MALBEC
WINE 750 ML **\$11.99**

ORE IDA SIMPLY OLIVE OIL & SEA SALT COUNTRY STYLE
FRENCH FRIES 24 OZ FROZEN **\$2.39**

DEAN'S
ICE CREAM BARS 12 CT **\$3.59**

DEL MONTE GOLD
PINEAPPLE EACH **\$3.99**

ASSORTED
WOODBRIDGE
WINE 1.5 LT **\$12.99**

MEZZACORONA CABERNET SAUVIGNON OR
PINOT
GRIGIO 1.5 LT **\$12.99**

CLASSIFIED ADS!



**Immediate
Opening for
PCA Services
in Clearbrook**

for AFTERNOON & WEEKEND SHIFTS

– Other local openings available –

Please visit **Homeatheartcare.com**

Or call **218-776-3508**

Equal Opportunity Employer

R3-4C



**Good Samaritan
Society – Clearbrook**

is seeking energetic,
caring, and motivated
individuals to join our
team.

We offer staff scholarships and loan repayment! We are looking for full time and part time RN/LPNs and CNAs for a variety of shifts; a full time Director of Environmental Services; and a Laundry Assistant.

If interested contact Amy Rankin at 218-776-3157 or check us out online at www.good-sam.com/careers

Equal Opportunity Employer.

R52-3C

Clearwater DAC, Inc. and Pine Ridge Residence, Inc. have an opening for a Combined Program Director

Job Summary: This person will be responsible for the day to day operation of a dual program, a day program and an ICF/DD home. The ICF is home for 12 individuals with developmental disabilities and the day program serves 21 clients with developmental disabilities. This person will supervise the care of the residents, assist in developing staffing patterns, keep current records on individual residents in compliance with the Minnesota Department of Human Services, 245D, and conduct staff meetings. This person must also meet the requirements of Qualified Intellectual Disability Professional (QIDP) duties per Minnesota Department of Health. This Person will plan and implement individual program plans which will develop and implement goals. The person must possess the ability to work with and supervise the total staff to provide a program designed to meet the needs of each participant. It is also this person's responsibility to keep the Executive Director versed on the programs.

Job Qualifications: 4 year degree plus 1 years experience in service to persons with developmental disabilities. This person must have supervision skills. BS Degree is required in Special Education or closely related field.

How to Apply: Interested persons may apply at 419 Olson Avenue, Bagley, MN 56621, by phone at (218) 694-6716, or by email at robindacpr@yaho.com. Clearwater DAC, Inc. and Pine Ridge Residence, Inc. is an Equal Opportunity Employer. Deadline for application is April 21, 2017.

R3-4C

Transport Deputy – Polk County, MN

Polk County in Crookston, MN has an opening for a Transport Deputy in the Sheriff's Department. The primary duty for this position is to transport inmates to and from courts, detention centers, medical centers, and other locations as directed. Additional duties include court security, bailiff duty, and proper execution of various civil process and criminal warrants. Applicants must have completed skills and be full time licensed or license eligible by the MN POST Board by 4/30/2017. A valid driver's license is required. Wage range for this position is \$20.36 - \$25.88/hour; DOE and qualifications. A full job description and application can be obtained online at <http://www.co.polk.mn.us> 'Job Opportunities' or by contacting the Polk County Administrator's Office at 218-281-5408.

Applications for this position will be received until 4:30 p.m. on April 28, 2017. EEO

M2-5C

Red Lake County Seasonal Environmental Assistant

The duties include but are not limited to: assist in spraying operations, operate spray truck, assist as rodman for surveying, maintain cleanliness and organization of recycling sites, and operate and maintain various equipment as needed.

This is a Seasonal full-time position. The position works May 1st - Nov. 1st, Mon.-Thurs. 40 hrs./wk., length of hrs./day are subject to change based on business needs. Candidates must be able to lift 50 lbs. and have a valid MN Class B Commercial driver's license. Candidates may obtain a MN Class B CDL within 1 month of their hire date. If qualified, employee could be eligible for unemployment after season ends. Wage starts at \$15.28 per hour.

Applications are available at www.co.red-lake.mn.us/employment. For further information contact Angie at 218-253-2590 or email hr@co.red-lake.mn.us.

EOE

O2-3C



MCAN

**For more information on MCAN ads call:
218-487-5225**

Minnesota Classified Advertising Network



EMPLOYMENT

CITY ADMINISTRATOR SPEARFISH, SOUTH DAKOTA

City of Spearfish is accepting applications for a City Administrator. For information on this position, visit our website at www.cityofspearfish.com

RAILROAD VEGETATION CONTROL:

Full-time traveling opportunity. 60-80 hours/week, \$13-\$15/hour starting, meal allowance, paid lodging, 95% paid health/dental, 401(k) & paid time off. RAW, Inc. in Cooperstown, ND 888/700-0292 info@rawapplicators.com www.rawapplicators.com

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REMOTE SERVICE TECH

great opportunity with ALMACO. Travel to clients to service ag research harvesters, planters. Field Mechanic Experience Required. www.almaco.com/careers. EOE

STEEL BUILDINGS

MUST GO, SAVE THOUSANDS
1-60' x 90', 1-75' x 125' & 1-100' x 251' These buildings must go. Call 800/411-5866 ext. 004 today and save thousands!

AUCTIONS

500+ GUNS AT AUCTION!
Sat. April 15th 9AM Prairie du Chien, WI. Hunting, Military Arms & Antique Guns. Preview - Friday April 14th 2-7PM. Bid Online @ kramersales.com

MISCELLANEOUS

GOT KNEE PAIN?
Back Pain? Shoulder Pain? Get a pain-relieving brace - little or no cost to you. Medicare patients call health hotline now! 800/755-6807

DONATE YOUR CAR

truck or boat to Heritage For The Blind. Free 3-day vacation, tax deductible, free towing, all paperwork taken care of 800/439-1735

HELP WANTED: HOUSEKEEPING POSITION



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A SOLID FOUNDATION IN HEALTHCARE

Questions about the housekeeping position may be directed to John Renner at 218-694-6552. E.O.E.
416 7th Street NE • Bagley, MN 56621

R2-4C



Scolar

SCALE OPERATOR

Scolar Special Crops division is seeking a Scale Operator for its sunflower processing facility in Mentor, MN. Interested individuals should have experience in commodity processing, along with strong computer, scheduling and communications skills. Scolar offers competitive wages and a comprehensive benefits package including medical and dental insurance, a retirement program, and vacation and holiday pay. For more information, including a complete position description, call us at 218-637-8204.

R51TFC

DISPATCHER – Polk County, MN

The Polk County Sheriff's Department in Crookston, MN has a full-time Dispatcher position available. Applicants must possess excellent computer skills, have the ability to speak clearly and concisely, and have the ability to exercise independent judgment, using all information available in critical and emergency situations. High school diploma or GED is required; experience in related field is preferred. Wage range for this position is \$19.20-\$24.42/hour; DOE and qualifications. Full job description and application can be obtained online at <http://www.co.polk.mn.us> 'Job Opportunities' or by contacting the Polk County Administrator's Office at 218-281-5408. Applications for this position will be received until 4:30 p.m. on April 28, 2017. EEO

M3-5C

Positions Open

Red Lake Falls Agronomy Location

Custom Applicator – Full-time position. Must have CDL and clean driving record in the last 3 years. Duties will include fertilizer and chemical application along with opportunity to advance in sales. Competitive pay and full benefit package available.

Agronomy Dept – Full-time position. Duties will include driving Tender Truck and custom application equipment. Mechanical skills preferred. Competitive pay and full benefit package available.

Call Jesse at 218-253-2149
or send resume to PO Box 37, Brooks MN 56715.



Red Lake County Co-op

O3-4C

INTEGRITY TRUSS

is looking for help building roof and floor trusses. 18 years a plus, must be able to lift 50 lbs. Call 218-776-2882. If no answer, leave a message.

LE-9P-2

Farm Equip.

FOR SALE: John Deere 7000 planter, 4 row wide. Very good condition. Has dry fertilizer, monitor and soybean cups. Great for farm or food plots. \$2900. Call John at 218-391-5237.

R3P

Hay, Grain, Seed

FOR SALE: 3rd crop alfalfa orchard grass. Medium squares, approx. 925 pounds. Stored inside. No rain. 218-766-9575.

R51-13C

Household

FLOORING SALE: In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as \$1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171. www.mireault.com

FOR SALE: Sectional couch. Tan. Call 218-556-6944.

R45TFC-NC



McIntosh Senior Living

Dedicated To Quality Care

COME JOIN OUR 2 YEAR DEFICIENCY FREE NURSING HOME FAMILY!!

MCINTOSH SENIOR LIVING (MSL)

is currently hiring for:

- Full/part time RN/LPN
 - Full time Cook
- Flexible for nursing students

McIntosh Senior Living is a long term care facility that prides itself in being a TEAM oriented facility. We give credit for experience and will train new nurses.

MSL offers free single health insurance, 401k, double time holiday pay (time & 1/2 for RN's), scholarship program, PTO & shift differential pay.

Interested persons should send resume to: Tricia Hove, DON, for nursing positions, and Lana Hitchen for Cook position at 600 Riverside Ave. NE, McIntosh, MN 56556 or applications are available by calling 218-563-2715.

R3-4C

Real Estate

HOUSE FOR SALE in Clearbrook: 3-BR, 1 1/2 bath, storage shed. Call 218-556-6944.

R1-5P

Livestock, etc.

FOR SALE: Registered Red Angus bulls, yearlings & 2 year olds. Scott Farm Red Angus, 218-668-2277, 218-230-8229.

R48-7CC

REWARD – CASH PAID –

For Twin City tractors any condition! Especially large size such as 20-35 or 27-44. Also buying other make old tractors 1900-1948. Also buying flywheel gas engines any size or condition. Check your tree or fence lines - your quanset or barn!

Call 218-556-1662

0P-6C

PREMIER COUNTRY PROPERTIES TO BE SOLD!

GONVICK AREA! BEAUTIFUL, PICTURE PERFECT 40 ACRE AMISH FARM. GORGEOUS 4 BEDROOM, 2 BATH HOME, FINISHED BASEMENT. PLUS 4200 SQ. FT. FINISHED SHOP WITH LIVING QUARTERS... (POSSIBLE APARTMENT RENTAL). EXCELLENT 33X44 HIP ROOF BARN. HOUSE AND SHOP WERE NEW IN 2007! WATER AND SEPTIC ARE IN. ALL THIS IS YOURS IF YOU ACT QUICKLY FOR JUST \$235,000.00!! FARMS LISTING #4072

CLEARBROOK AREA. COMFORTABLE COUNTRY LIVING AT IT'S BEST! BEAUTIFUL ROCK SOLID, 4 BEDROOM, SPLIT LEVEL HOME, TUCK UNDER SINGLE STALL GARAGE, AND DETACHED 2 STALL GARAGE, SMALL STORAGE BUILDING, PLUS A 40X104 FT. METAL CLAD POLE BUILDING, PLUS COMMERCIAL GRADE, FULL HOOK UP, RV PARKING AREA COMPLETE WITH CABLE TV, WILL ACCOMMODATE TWO RV'S! ALL THIS ON 40 ACRES OF MEADOW AND WILDLIFE HAVEN INCLUDING A FIFTY YEAR OLD NORWAY PINE PLANTATION! RECENTLY RETIRED OWNERS HAVE ORDERED THIS SPECIAL PROPERTY SOLD FOR A MERE \$180,000.00!! THIS IS RURAL HOMES LISTING #2089.

WE MUST ALWAYS REMEMBER..."THE SADDEST WORDS OF TONGUE OR PEN...ARE THOSE THAT SAY, IT MIGHT HAVE BEEN." TIME WAITS FOR NO ONE...ENJOY THE LIFESTYLES THESE PROPERTIES OFFER YOU NOW...CALL US TODAY (218) 694-6827

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CONVENTIONAL OR AT AUCTION, PROMPT PROFESSIONAL SALES OF YOUR PROPERTY AT ALL TIMES.

JOHN & AUDREY LEE, BROKERS/OWNERS
DARIN LEE, PROFESSIONAL SALES EXECUTIVE, (218) 358-1168

R3C

FOR SALE ON SEALED BIDS

1990 Ford Aeromax 9000 fire department tanker truck for sale on sealed bids. It has a Cat 3176 engine and stretched frame. Bids will be accepted until 4:00 pm, April 26, 2017 at the clerk's office, Oklee, and opened at the city clerk's office on April 27. Inspection and test drives can be arranged by contacting Kent Bergerson at 218-686-9640. We reserve the right to refuse any or all bids.

O3-4C

BROOKFIELD APARTMENTS in CLEARBROOK, MN

has IMMEDIATE 1 Bd openings for people of ALL AGES with income restrictions. Laundry room facilities available, off street parking & pool table. Rent is based on 30% of your monthly adjusted gross income.

For applications and qualifications, contact NICOLE at 218-751-6881 x 4.

Applications online @ bemidjimanagementinc.com

AN EQUAL HOUSING OPPORTUNITY.

R30-3C



WHITE EARTH CONGREGATE HOUSING

has immediate openings for a 1 bedroom unit. Must be 62 years of age or 18 years of age with a disability. Rent includes water, sewer, garbage and heat. Rent is based on income. Certain Restrictions apply.

For more information call DW Jones Management, Inc. (218) 547-3307 or apply online at www.dwjonesmanagement.com

Equal Housing Opportunity.

TTY 711 CREATING BETTER LIVING

R30-3C

MOVE-IN SPECIAL! \$300 VISA GIFT CARD

RED LAKE SENIOR APARTMENTS

Call today about our 1 bedroom apartments that are available for immediate occupancy. Certain Restrictions apply. Rent is based on income and includes heat, water, sewer, garbage and electric. Must be 62 years of age or older. Laundry on-site, central air included, community room, emergency call system, meal services available.

For more information contact 218-547-3307. Apply online at www.dwjonesmanagement.com. Equal Housing Opportunity TTY 711 Creating Better Living

R30-3C

NEW LISTING!

#4218 - Everyone knows that "100" means perfect! Well here 100' of perfectly elevated pristine shoreline complemented with a true 100% northwoods lake cabin, combined with an extremely attractive price, all come together to equal perfection! You must see this one! **\$169,900**

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www.sollie.net

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218-435-6995 Office

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www.juvarealestate.com



M1.3.5.7C

Looking TO BUY:
COUNTRY HOME
in Gonvick-Clearbrook or Bagley area.
Acreage and out buildings preferred.
Call or txt
218-850-7984

R34P

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O2-7C

DINING & entertainment



Easter BUFFET

Sunday, April 16
11:00 - 2:00

KANDI'S KITCHEN
Gonvick

SMELT FRY

— SPONSORED BY —
Gully Area Sportsman's Club

SATURDAY, April 15, 2017
2:00-7:00 pm

at
Shorty's Place
GULLY, MN

Smelt, baked potato, coleslaw, beans and dinner roll

Adults: \$12.00 • Children 12 & under: \$8.00

Thanks to everyone for the great BINGO season!

Sat., Apr. 22

ANNUAL LIONS CONSIGNMENT SALE & SMELT FRY!

by **Texas Connection** 2-6pm & 8th Hour from 9-1am!!

2-4-1s every Saturday 8-9pm

Tacos on Tuesdays

1/2 Price Pizza and **Free Pool** on Thursday's

Free jukebox every Friday!

GOODRIDGE MUNICIPAL LIQUOR STORE

BAR BINGO! AND PADDLE WHEEL

SATURDAY • 7:00 PM

50 #'s at \$1000 — UP TO \$1000 MAXIMUM —

SPONSORED BY:
The Mentor Firefighters Relief Association

Lawful gambling license #05817-003

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Brooks, MN • 218-698-4608

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608

BINGO resumes **APR. 15**

FREE POOL Monday Nights

5 Buck Burger & Fries Wednesday nights

EVERY THURSDAY... Braasted Pork Chops — LUNCH AND DINNER —

HOURS: M-SAT: 8 A.M. - 1 A.M. • SUNDAY: 11:00 A.M. - MIDNIGHT
Kitchen now open until 10:00 p.m.

COMING EVENTS:

APR. 14
MUSIC 9-11 am by "WILD WES"

Kickin' Up Country Karaoke CONTEST IN BROOKS

COMING SOON Kentucky Derby Party Sat., May 6

LENT SPECIALS
Fresh Walleye AND Steak & Shrimp

Bar Bingo & Paddle Wheel Meat Raffle

Progressive - Blackout 55 #'s for **\$1,000**

License: #32290-001 **SAT., APR. 15** - at - 6 pm

FRI. & SAT. SPECIAL 5:00-10:00 pm **MEATBALLS**

SMEAR TOURNAY every TUESDAY at 7 pm

SHORTY'S PLACE, GULLY

SPECIALS

Monday: Taco Night
Tuesday: Pizza & Beer

Wednesday: Rib Night
Thursday: Chicken and Shrimp Alfredo
Friday: Surf & Turf (Steak & Shrimp)
Saturday: Prime Rib
Sunday: Home Cooked Meals (Comfort Food)

487-5295

SPORTSMAN'S LODGE, Pine Lake



NOW SHOWING FALLS CINEMA

— starts THURS., APR. 13 —

The Fate of the Furious
Rated: PG-13
2 hr., 16 min.
Fri. 7 & 10
Sat. 1, 4, 7 & 10
Sun. 1, 4, 7
Mon. - Thurs. 7

— opened FRI., APR. 7 —

Smurfs the Lost Village
Rated: PG
1 hr., 31 min.
Fri. 7 & 9:30
Sat. 1, 4, 7 & 9:30
Sun. 1, 4, 7
Mon. - Thurs. 7

WEDNESDAY SPECIAL:
BYOB (Bring Your Own Bucket & Get Free Popcorn w/Any Drink Purchase)
TO JOIN, TEXT THE WORD "CINEMA" TO 62582
Hwy. 59 South, Thief River Falls
Box Office Hotline 681-9945
www.fallscinema.com

Stadium Seating

FOSTON THEATRE

Phone: 218-435-1700
Evening Shows: \$5.50
Matinees: \$5.00

Fri 4/14 – Thurs 4/20

THE FATE OF THE FURIOUS (PG-13)

Fri 4:00 7:00
Sat 1:00 4:00 7:00
Easter Sun 4:00 7:00
Mon-Thurs 4:00 7:00

www.fosstontheatre.com

"Itasca to Hubbel Pond Series" Hike #1

Saturday April 29, 2017 from 12:30-4:30 p.m.

*Meet at the North Country Trail Head at the South Entrance Itasca State Park (along Highway 71) at 12:30 p.m.

Do you enjoy hiking and are you looking for a group to hike with on a regular basis? Join the North Country Trail hiking group as they begin their first of 12 hikes in the "Itasca to Hubbel Pond" series. This 6.5 mile hike will travel through the south section of Itasca State Park. Portions of the trail will be strenuous. Join the park naturalist and NCT hiking members as we hike along this section of rolling glacial landscape. Learn more about the other 'Itasca to Hubbel Pond' hikes during this afternoon outing.

Notes: Dress for being outdoors, including sturdy boots that can get wet/muddy, water, energy snack, sunscreen, hat, sunglasses, insect repellent- including tick gaiters and hiking/trekking poles.

*Meet at the North Country Trail Head Parking at the South Entrance to Itasca State Park at 12:30 p.m. The 6.5 mile route will follow the North Country Trail and Eagle Scout Trails into the western portion of Itasca State Park. Portions of the trail will be strenuous.

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- Name-brand groceries
- Name-brand cake mix **75¢/box**
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- Canned goods **25¢ each**
- Kelloggs cereal **\$1.00/box**

10 mi. South of Lengby on County Road 4

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MOVING SALE

18548 W. Union Trail SE (South side of Union Lake), Erskine

April 14 - 15
Friday 8 - 4
Sat 8 - 2

Household items and a wild selection of home decorations

218-687-4830

GARAGE SALE

April 22nd
8 a.m. to 1 p.m.
1 mile N. of Oklee (Fire # 21780)

Games, Puzzles, Books, 80's Fisher-Price Kitchen, Hot Wheels Accessories, Christmas Decorations, Furniture, Outdoor Furniture, Dishes, Small Appliances.

QUEEN MATTRESS AND BOX \$199. Full Size \$169. Twin \$149. Many Varieties/All Sizes Available Today For Picking Up or Delivery. Family Operated Mattress Warehouse Since 2012. Call 218-766-0064.

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\$34,104*

2017 Chevy Traverse LT AWD
Rear camera, heated cloth, 2nd row bench, block heater, Champagne Silver Metallic
Stock #78005

\$26,442*

2017 Chevy Equinox LT AWD
Rear camera, heated cloth, remote vehicle start, block heater, Summit White
Stock #78109

2017 Chevy Equinox LT AWD
Rear camera, heated cloth, remote vehicle start, block heater, Blue Velvet Metallic Stock #78028

\$26,451*

*Must be a Minnesota Resident. Must finance through GM Financial. Does not include, tax, title, license, or transfer. Offer Valid until 3-31-17

Chevrolet Crossover/SUV

77042a	2016 Chevy Traverse LTZ AWD, rear camera, heated & cooled leather, 2nd row bucket, navigation, heated steering wheel, 20" rims, 11,000 miles, Silver Ice.....	\$32,500	78081a	2014 Buick Encore Leather AWD, heated leather, heated steering wheel, navigation, 70,500 miles, Pearl White.....	\$16,500
77059a	2016 Chevy Traverse LTZ AWD, rear camera, heated & cooled leather, 2nd row bucket, navigation, heated steering wheel, 20" rims, 14,000 miles, White.....	\$32,500	78104a	2014 Jeep Wrangler Unlimited Sahara, 4 Door, hardtop, navigation, lift kit and aftermarket rims, 13,800 miles, White.....	\$34,500
77043a	2016 Chevy Traverse LTZ AWD, rear camera, heated & cooled leather, 2nd row bucket, navigation, heated steering wheel, 20" rims, 14,000 miles, Tungsten.....	\$32,500	78080a	2013 Buick Encore Premium AWD, heater leather, heated steering wheel, 30,000 miles, Mocha.....	\$20,800
77044a	2016 Chevy Traverse 2LT AWD, rear camera, heated leather, 2nd row bucket, sunroof, 18,500 miles, Mosaic Black.....	\$29,900	77004b	2012 Chevy Captiva LTZ AWD, rear camera, heated leather, sunroof, 78,700 miles, Silver.....	\$12,900
77066a	2016 Chevy Traverse LT AWD, rear camera, heated cloth, 2nd row bench, power drivers seat, 14,500 miles White.....	\$27,800	77061b	2012 Chevy Captiva LS FWD, power seat, aluminum wheels, 93,100 miles, Brown.....	\$7,500
77068a	2016 Chevy Traverse LT AWD, rear camera, heated cloth, 2nd row bench, power drivers seat, 21,600 miles Tungsten.....	\$26,800	67034b	2011 Chevy Tahoe LT 4x4, heated leather, 2nd row bench, rear entertainment, sunroof, 110,000 miles, Black.....	\$22,800
77058a	2016 Chevy Traverse LT AWD, rear camera, heated cloth, 2nd row bench, power drivers seat, 18,200 miles, Indescent Pearl.....	\$26,800	68019c	2010 Chevy Equinox 2LT AWD, heated leather, 152,000, Maroon.....	\$7,800
77065a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 18,000 miles, White.....	\$22,800	78095a	2010 Chevy Traverse LT FWD, 2nd row buckets, power seat, running boards, 125,000 miles, Dark Blue.....	\$7,500
77067a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 14,700 miles, Siren Red.....	\$22,400	78068b	2009 Chevy Tahoe LTZ 4x4, heated & cooled leather, 2nd row bucket, 92,100 miles, White Diamond Tricoat.....	\$21,500
77053a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 18,600 miles, Indescent Pearl.....	\$21,800	68109a	2008 GMC Yukon XL Denali AWD, 6.2 V8, heated leather, 2nd row bucket, rear entertainment, 140,500 miles, Gold.....	\$18,000
77056a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 18,000 miles, Silver.....	\$21,800	77016c	2007 Chevy Tahoe LTZ 4x4, heated leather, 2nd row bucket, rear entertainment, sunroof, 145,000 miles, Gold.....	\$13,800
77057a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 19,000 miles, Mosaic Black.....	\$21,800	78041a	2007 GMC Yukon XL SLT 4x4, heated leather, 2nd row bucket, rear entertainment, sunroof, 179,400 miles, Mocha.....	\$9,995
77054a	2016 Chevy Equinox LT AWD, rear camera, heated cloth, power seat, 19,000 miles, Siren Red.....	\$21,800	67005b	2006 Jeep Wrangler Unlimited LWB, hardtop, softtop, 4.0 I6, Auto, 135,700 miles, Tan.....	\$12,800
68087b	2016 Dodge Journey SE FWD, 3rd row seating, 32,200 miles, Gray.....	\$13,800	68110c	2006 Chevy Tahoe LT 4x4, heated leather, 2nd row bench, 212,000 miles, Gray.....	\$4,900
78017a	2015 Chevy Equinox LT AWD, rear camera, power seat, hitch, 17,800 miles, Champagne Silver Metallic.....	\$20,800	58006c	2004 Chevy Tahoe LS 4x4, 2nd row bench, White.....	\$6,995
77046b	2015 Chevy Equinox LT AWD, rear camera, power seat, 58,500 miles, Tungsten.....	\$16,800			

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(218) 563-3585 – McIntosh Times
(218) 796-5181 – Oklee Herald
(218) 294-6220 – Grygla Eagle

Extension...

continued from page 1

The recognition banquet was the finale of the leadership program for the Class of 2017 after taking part in four training sessions since November 2016. Program seminars focused on several of the University of Minnesota Extension’s educational program components to strengthen civic leadership in the region. According to Brian Fredrickson, Extension educator with the program, participants reported several highlights from the program. He says, “They said they found value in learning more about their individual strengths and the strengths of their spouses. Many also mentioned how much they appreciated getting to know leaders working with similar community challenges from other counties in north-west Minnesota. The trip to the Capitol included visits with legislators, observing committee meetings, and speakers who help them better understand how the legislative process works.

The Emerging Leadership Program, a program of the University of Minnesota Extension, was created in 1985 to build skills in individuals while creat-

ing and sustaining a network of community leaders in the north-west and west central regions of Minnesota to focus on rural issues. This year marks the 33rd anniversary of the program and the banquet was an opportunity for program alumni and sponsors to congratulate recent graduates. Held at the University of Minnesota Crookston, the banquet carried on the tradition of recognizing rural leaders started by the Red River Valley Winter Shows in 1961.

The Emerging Leadership Program is led by Extension Educators Brian Fredrickson, Lisa Hinz and Jody Horntvedt, in partnership with more nearly 1,100 alumni throughout the region. Soon those alumni will be coming together to select new participants for the program. To nominate someone in your county or to apply for the program, contact Jan Jackola at the Moorhead Regional Extension Office at 218-236-2001. For more information about the program contact Jody, hornt001@umn.edu, and be sure to look for the Emerging Leadership Program at this website, <http://z.umn.edu/rvvlead/>



Ryan and Kari Rivard, Argyle.



Jakob and Kaley Heggedal, Greenbush.



Earth Day: Creating an Inviting Butterfly Garden

The monarch butterfly is one of the most recognizable species in North America. The numbers of monarchs have decreased significantly over the last 20 years. Why is the monarch butterfly so important?

- Monarch butterflies act as pollinators.
- They act as natural pest control, playing an important role in their food cycle – acting as prey and predators.
- Monarch butterflies are indicator species, meaning they can tell us about the current state of our environment and its health.

What can you do?

You can help by planting a pollinator garden. Not only will this help with the declining monarch butterfly population but it is an excellent educational opportunity over the summer months for your children.

You can plant a garden anywhere. It doesn't have to be complex or fancy, just a simple, native flower garden will attract beautiful butterflies to your yard and help pollinators stay healthy. In addition to nectar from flowers, monarch butterflies need milkweed to survive.

The U.S. Fish and Wildlife Service offers seven easy steps to build a butterfly garden.

Seven easy steps

1. Choose your location: Butterflies enjoy basking in the sun.
2. Take a look at your soil: If you find that your soil type doesn't match the plants you'd like to plant, you might consider building a raised bed or using flower pots.
3. Prep your soil: Additional dirt will be helpful no matter the location and is necessary for

raised beds and flower pots - add your soil to the bed or pot.

4. Choose your plants: Find a nursery near you that sells native and local plants and milkweed for your area. Native plants are the ideal choice because they require less maintenance and tend to be heartier.

o Choose plants that have not been treated with pesticides, insecticides or neonicotinoids.

o Plant perennials to ensure your plants come back each year and don't require a lot of maintenance.

o Choose a diversity of plants that bloom throughout the seasons to ensure pollinators benefit in the spring, summer and fall. This will also ensure that your garden is bright and colorful for months!

5. Choosing seeds or small plants: Small plants that have already started growing in a nursery are simple and show instant return on pollinator visits, especially if you are planting in a small space. Seeds are best if you have more time.

6. Plant your flowers and milkweed: For small plants, dig holes just big enough for the root system. Cover the roots with dirt and reinforce with dirt or straw mulch to reduce weed growth. For seeding, spread seeds across your freshly prepared garden and cover them with dirt. Consider adding some flat rocks so butterflies can bask in the sun!

7. Wait, watch, water and weed your garden: It may take some time, but you will eventually see butterflies and other pollinators enjoying your garden. Make sure to weed and water your garden to keep it healthy.

Help track monarch movements, milkweed growth and monarch life stages by reporting your sightings at <http://journey-north.org/monarch/>.

For more information on monarch butterflies and other pollinators, please visit:



Allis Chalmers and the home front of WWII

by Eric Mickelson

One of my favorite hobbies, besides tractors themselves, is older farm advertising and literature. While shopping in Grand Forks at a second hand store I stumbled across a real gem. Laying on a shelf was a copy of the FARM JOURNAL and FARMER'S WIFE magazine. The price tag said \$2.99 (although the original price on the magazine itself said 5 cents!) so I decided I could spring for it. The date on the cover was January 1945. I couldn't wait to get home and take a good look at it. You know how it is, we got home later than we wanted to and unloaded groceries and other treasures we had purchased and we were tired!! But, before I went to bed I had to take a look at my valuable purchase.....

I wasn't disappointed!! On the inside cover is where I found what I hoped the magazine would have Inside the front cover was an ad for Allis Chalmers. Gracing the page were three color pictures. One of Model C doing some row crop cultivating. Next, a narrow front WC pulling a 2 bottom "high speed" plow. Behind the WC is a beautiful rock bluff, making a very appealing picture. It boasts FAST POWER for the family farm, double your acreage plowed, compared with horses! Finally, the most interesting picture. The picture is entitled she "mans" the farm. On the model B Allis Chalmers tractor

is 11 year old Delores Costello. It goes on to say she cultivated the corn and 90,000 tobacco plants while her father was in the service and her uncle had been killed in a car accident. According to the article she found the B tractor easy to operate. According to the advertisement she wrote her had a letter saying, "Dear Dad: Don't worry I'll manage. The tractors hydraulic lift makes it easy!"

I decided to search the internet and see if there was any more information about little Delores Costello, the Maryland farm girl. I did! I found an article about advertising during the Second World War. There was a section on farm ads, and it quoted this exact magazine. It said at this time the FARM JOURNAL and FARMER'S WIFE magazine had three million subscribers, pretty good for 1945!

I also saw on Facebook a new article about tractors that need no drivers. It showed a guy sitting in his house at a computer running more than one tractor at a time. Interesting, but I found little Delores Costello's article much more interesting. If I had to pick, I would sooner spend a 10 hour day on the little B Allis Chalmers than sitting at my computer screen controlling my two field tractors! If you ask me little Delores is/was what I call a farmer!!

How about a little tractor trivia

1. What happened on December 7, 1941, the day that will "live in infamy!"?
2. During WWII Allis Chalmers made steam turbines for the navy, and even worked on some aspects of the nuclear weapons. This was called the _____ project.
A) New York B) The Bomb C) Manhattan D) Truman
3. What tractor did Allis introduce in 1948 that had improved features such as independent power take off with a two clutch system?
A) RC B) WC C) WD D) WD-45
4. In 1949 a C Allis Chalmers would cost you _____?
A) \$995 B) \$1200 C) \$1400 D) \$1595
5. Allis Chalmers developed the model B specifically for farms under _____ acres.
A) 80 B) 100 C) 160 D) 320

Answers: 1. The Bombing of Pearl Harbor 2. C) Manhattan Project 3. C) WD 4. B) \$1200 5. B) 100 acres



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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: Can you talk about the open bottle law in Minnesota? Can a person have an alcoholic beverage while operating a boat on a lake? How about if you are a passenger in the back of a motor home?



containers is one of the clues we look for when investigating a possible DWI. Drinking and driving could have a deadly outcome for you, your passengers and other motorists sharing the road.

The following motorized vehicles are exempt from Minnesota's open container law:

- Off-road vehicles (ATVs)– unless they are being operated on roadways or shoulder of a roadway that is not part of a grant-in-aid trail or trail designated for that vehicle
- Motorized boats
- Buses operated by a hired driver
- A vehicle providing limousine service

Boat operators are exempt from this law, as they are not being operated on a public road. However, if you are consuming alcohol on the water the best practice is to have a sober driver. Boat operators can be cited for driving under the influence. Even worse, alcohol impairs judgement and there have been many tragic stories on our lakes and rivers where an impaired boat operator has caused a fatal or serious crash.

A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO_NW or reach him at, jesse.grabow@state.mn.us).

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Theology in the Trenches

By Kathleen Kjolhaug

The Rumor Mill

Rumor has it that some of my kids have been talking. Amongst themselves they have been talking. One of them let it slip that there was a little chit-chat that perhaps mom needed, at best, a class on facebook etiquette. Long story short, apparently I “like” too many things and what I concluded from the information given me was that it must bug them.

Now, I must confess that perhaps bugging them isn't the worst thing in the world, but truth-be-told, I had no idea they were counting my “likes.” It became quite obvious to me that we definitely all agreed on one thing: I was clueless. I was clueless they were paying attention, clueless they were able to tell how many things I “liked” or didn’t “like,” and clueless that it wasn't appropriate to do what I was doing.

You see, when I grew up, my mother, their grandmother, taught me real live face to face people etiquette. When someone paid you a compliment, you let them know you appreciated it. When someone gave you something, you sent a hand written thank you note, and when someone validated you in any way, you let them know you were grateful. The only way I know how to translate those manners to the world of facebook is to tip my hat with a “like.”

Whether it is a picture, a quote, or a little story that I've posted, when someone gives a shout out by clicking the “like” button, I think it's sort of nice to acknowledge it with a “thank you” of sorts. Rather than just ignoring others and sending the signal that I hadn't noticed that they had noticed, I thought I was being polite in doing what

I did. Apparently, it is not cool to no play it cool.

Perhaps the solution to the generational gap could be that those in charge of facebook would place a LARGER “like” button on there for us oldsters to press. That way when the younger folks see it all lit up, they would better understand that it is generational etiquette on display...nothing more... nothing less.

The second item that apparently irritated the conversationalists was the content of my posts. Apparently, the posts were too often spiritually related and here is where things were not real clear to me. If I caught it correctly, they thought I was sending subliminal messages. I just have to take this opportunity to let each one know that by now, they should all be aware that rather than sending anything in subliminal format, I would much rather tap it out via the weekly column.

The tenderness in which one revealed all of this was touchingly caught; that alone was a gift. However, I just gotta say that as much as I do not mind learning proper facebook etiquette, embedded deep within is something more. Embedded deep within is the refusal to leave people out or feeling shunned. And so, I take all precautions in life, as well as every opportunity, to make sure people know that I appreciate their efforts. I guess that when I step back to assess this situation, it would mean that I might have to continue to press “like” when I am so moved.

Job 4:4 sort of isolates the passion behind my words and the “likes” of what I write. “Your words have helped the tottering to stand, and you have strengthened feeble knees.”

They say we teach that which we most need to learn ourselves. Thus, the words I post help stabilize and strengthen my own feeble knees from time to time. In the end, I have to say that I not only “like” but “love” each and every one of my conversationalists, and I know that deep down, they “love” me. I don't need a button to press to translate that truth, and for that I am forever grateful. Amen.

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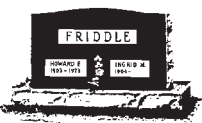
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OBITUARIES



Obituary for Dustin Bergh

Dustin Frank Bergh passed away on Sunday, March 5, 2017, at the age of 23 surrounded by family, at Mayo Methodist Hospital. Dustin was born on September 14, 1993, to Charles Bergh and Julie George in Edina, MN.

Dustin grew up in the country appreciating the outdoor life in Milaca. He enjoyed many hours working on projects with his father and brother Geoff. He loved go-cart racing and making tree forts. When he turned 12, he completed gun safety and discovered hunting and target practice. Dustin had a passion for paintball challenges, fishing, making fireworks and he continued to hunt each year.

Dustin was a member of the National Honor Society and musically talented in symphony and pep band. He participated on the cross country team and in youth group at Milaca Evangelical Free Church. Dustin graduated from Milaca High School in 2012. He continued his education at the University of Northwestern - St. Paul in the Nursing Program. His summer jobs included working on the natural gas pipeline with Charles and he was also a CNA for ACR Homes. In 2016, he was advancing his medical experience as a phlebotomist at BioLife.

While attending college he fell in love with Hannah Carter. They were united in mar-

riage on November 5, 2016. Shortly before their wedding Dustin was diagnosed with a rare form of sarcoma. Dustin endorsed a positive mindset and courageous hope during his treatments. Dustin was an inspiration of faith to everyone he knew. He gave 110% in life and never less.

His favorite pastimes included time with family and friends, jogging, hunting, reading his Bible, making others laugh and fixing whatever was broken. He learned sign language in high school and continued to sign "I love you" throughout his life.

Dustin is survived by his wife, Hannah Bergh; parents, Charles Bergh and Barb and Julie Bergh and Mike Anderson; siblings, Geoff (Brittany) George, Zach Sears, Nicci Sears; father and mother-in-law, Doug and Susan Carter; Hannah's siblings; Brooke (Jason) Finch, Tabitha (Nick) Santee, Rebekah, Lydia, Joseph and Elizabeth as well as his grandparents, Frank and Annie Bergh; aunts, Patty (Jim) Beardsley, Janet (Rob) Thompson, Connie Solberg, uncle Wayne Bergh, many cousins and many close friends.

Dustin was preceded in death by his brother, Ryan Bergh; uncle, Brian Gunning.

A memorial service for Dustin F. Bergh was held on March 10, at Real Life Church, Roseville, MN. Family Interment was on March 11, 2017 at the Forest Hill Cemetery in Milaca, MN.

Dustin's favorite verse Psalm 91: 11 *For he shall give his angels charge over thee, to keep thee in all thy ways.* What an angel he is. Thank you for all your prayers and support, Charlie, Barb and Family.

The greatest comfort during our loss were the expressions of sympathy and support shown to us by family and friends in many ways, far and near. Thank you most sincerely. The family of Dustin F. Bergh. ~ September 14, 1993-March 5, 2017.



Services for Dean DeFrang

Dean DeFrang, age 54, of Fosston, MN, passed away on Wednesday, April 5th, in his home surrounded by his family after a hard fought battle with cancer. A Mass of Christian Burial will be held at 11:00 a.m. on Wednesday, April 12th, at St. Mary's Catholic Church in Fosston with Father John Melkies Suvakeen presiding. Interment will be in St. Mary's Catholic Cemetery Hansville, rural Fosston. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Tuesday, April 11th and for one hour prior to the service on Wednesday. All visitation will be held at St. Mary's Catholic Church. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be left at www.carlinfuneral.com. In lieu of flowers, memorials are preferred. Memorials will be donated to Fosston Fire and Rescue and Essentia Health-Fosston Oncology Department.

He was born on October 21, 1962 in Fosston MN to Carole (Nelson) and Douglas DeFrang. He spent his youngest years growing up with his siblings David, Tami, Sandra, and Wendy Sue in different states due to Doug's time spent in the service, before settling down in McIntosh, MN. He graduated from McIntosh

Winger High School in 1980. He studied at Northland Community College to become an Electrician, and later in his career he completed education to be a lineman. He began working for the City of Fosston in 1983; additionally he was a volunteer firefighter for Fosston for 27 years. Dean took great pride in his work and was very loyal and dedicated to serve his city and the community around him.

In 1974, Dean met the love of his life, Susanne (Schimanski), in the seventh grade; where they would remain together through his passing. They wed on November 3, 1984 in Fosston. In 1990 they were blessed with their first born, Jesse John followed in 1993 by their little girl Elizabeth Lois. Dean was a hardworking father and husband that enjoyed watching Jesse grow up playing ball and going hunting with Elizabeth. Dean has numerous nieces and nephews that he loved to joke around with and prompt activities that ended in laughter. Dean was an extremely respected and humbled man who became a father figure to the youth around him.

Dean is survived by his wife Susanne, children Jesse and Elizabeth, and his pup, Abba; Mother Carole; Sisters Tami Hanson (Rick), Wendy Holtan (Brian), and several nieces and nephews. He is preceded in death by his father Doug, brother David, and sister Sandra.

We would like to thank Dean for being a selfless, hardworking husband, father, brother, son, and uncle. We can never give you enough gratitude for all that you have done and taught us throughout the years; there are no words to explain how much you will be missed. Thank you to the people near and far who have helped support Dean and our family throughout the last sixteen months. The countless prayers were heard and the kind words were felt.

Death Notice for Camryn Laurel Skala

Camryn Laurel Skala, infant daughter of Josh and Heather Skala of Fosston, was born and passed away on Thursday, April 6th, at Essentia Health Hospital in Fargo, ND. Private graveside services will be held. The Carlin Funeral Home of Fosston assisted with arrangements and messages of condolence may be sent at www.carlinfuneral.com.

Camryn is survived by her loving family. Her parents, Josh and Heather Skala of



Fosston; her sister, Emerson at home; maternal grandparents, Lowell and Margaret Bjerke of Bagley, MN and Mona and Robert Savig of Lake Park, MN; and paternal grandparents, Larry and Laurel Skala of Fosston; great grandparents, Albert and Carol Heide of Fosston; uncles and aunts, Justin Bjerke of St. Cloud, MN, Jenny and Brady Burnside of Detroit Lakes, MN, and Jamie and David Swenson of Glyndon, MN. Also surviving are cousins, Kaylee, Lily, Rylan, Sophie, and Kinsey.

She was preceded in death by her great grandparents, Merlin and Maxine Olson, Roy and Gladys Bjerke, and Kenneth and Joyce Sander.

Death Notice for Laurel Skala

Laurel Skala, age 57, of Fosston, MN, passed away on Sunday, April 9th, at Essentia Hospital in



Fargo, ND. Funeral arrangements are pending with the Carlin Funeral Home of Fosston. Messages of condolence may be sent at www.carlinfuneral.com.

Full obituary will be next week.

Services held for Kim Schuler

Kim Morrison Schuler, age 62, of Minnetrista, formerly of Cary, NC and Grygla, MN, passed away April 6, 2017. He is preceded in death by his father, George Schuler II. He is survived by loving wife of 42 years, Susan; daughters, Carlye (Brandon) Landin, Jill Schuler (Jenny Choi), and Abigail (Tom) Burnstein; grandchildren, Beckett, Asher and Easton Landin, and Griffin Burnstein; mother, Barbara; 2 sisters and 3 brothers; 2 adoring dogs, Tucker and Ruby Burt; and many loving nieces, nephews, and cousins.

Kim was a smart, hard-working man who was dedicated to each of his chosen professions. He spent 25 years as a farmer in Grygla, MN, 10 years as a geotechnical engineering inspector at Trigon Engineering in Raleigh,



NC, and his remaining years as a steel inspector for Westinghouse in Hutchinson, MN. While his jobs were varied, the common theme they shared was that Kim made solid and long-lasting friendships at each one. Many will fondly remember Kim's quick wit, great sense of humor, steadfast loyalty and willingness to help a friend in need. A devoted husband, loving father and doting "Papa," Kim loved his family more than anything. After two decades of being the only man in the family, Kim was overjoyed to welcome two sons-in-law and four grandsons into the fold. Kim enjoyed spending time in Hawaii with his wife, Sue, visiting his daughters and their families, and spoiling his grandsons as much as possible. His kind and generous spirit will be missed.

A memorial service was held Tuesday, April 11 at 2 pm at Huber Funeral Home (1801 Commerce Blvd, Mound) with a visitation one hour prior.



Services held for Arvin Dahl

Arvin Dahl, 87, passed away on Tuesday, April 4, 2017 at Sanford Hospital in Thief River Falls, MN.

Funeral services were held at 2:00 PM, on Monday, April 10, 2017 at United Lutheran Church, Gatzke, MN with Rev. Bob Dahlen officiating. Burial will follow at a later date in Moose River Cemetery, Gatzke, MN.

Arvin Ernest Dahl was born August 16, 1929 to Emil and Pauline "Polly" (Wolden) Dahl on the family farm. Arvin lived all of his life on the Dahl Century Farm in rural Middle River. He was baptized at Moose River Church and confirmed at Landstad Church in Gatzke, MN. He attended Clover Lawn Country School (District #80). In 1952 Arvin entered into the US Army honorably serving his country through 1954. He received basic training in Georgia and was stationed in Germany during his last year in the Army. He helped lay cable for communications throughout Germany.

Following his military service, Arvin returned home and began farming with his father. The next year his father Emil died and Arvin and his brothers, Orlan and Larry took over the family farm. They had dairy and beef cattle along with a grain farm. During this time Arvin lived with his mom, Polly until her passing



in 1981.

Arvin was a confirmed bachelor until he was 55 years old when he re-united with an old classmate of his, Marvel Lenora (Lian) Canfield. They married June 15, 1985 at Bethlehem Lutheran Church in Aitkin, MN. Arvin and Marvel made their home on the farm near Gatzke. Arvin continued farming until handing the farm down to his nephew, Donavon Dahl in 2005.

Arvin enjoyed ice fishing at Frank's on Lake of the Woods. For many years he hunted with his brothers and brothers-in-law. He also enjoyed riding his snowcat and four-wheeler. Arvin enjoyed playing the accordion with "The Green Green Grass of Home" as one of his favorites. He and Marvel enjoyed camping and traveling – especially a long trip to Alaska in 1992. For many years they enjoyed going to Høstfest in Minot and the Rollag Threshing Bee. Arvin was a member of the American Legion Post #444 in Middle River, and a lifelong member of United Lutheran Church in Gatzke.

He is survived by his wife, Marvel of Middle River, MN; step-children, Dellwin Canfield, Aitkin, MN, Linda (friend, Ron) Mikush, Isanti, MN, Russell (Janel) Canfield, Aitkin, MN, Larry (Kelly) Canfield, Blaine, MN; step-grandchildren, Jeffrey, Krista, Valerie, Daniel, Kimberly, Jamie, Gregory, Lori, Kristin, and Jonathon; several step great-grandchildren; brother, Larry (Erma) Dahl, Middle River, MN; sister, Janet (Duane) Lian, Grygla, MN; and many nieces, nephews, other relatives, and friends.

Arvin was preceded in death by his parents; brothers, Orlan and Elmer Dahl; sisters and brothers-in-law, Anna (Evert) Westberg, Esther (Edward Schmidt & Joe) Wiedholz, Cora (Bill) Massof, and Mavis (Norman) Roppe; niece, Lynn Dahl and nephew, Darrell Westberg.

Family condolences may be sent at www.johnsonfuneralservice.com



The family of Ordean Rystad would like to thank everyone for the love and support shown to us during the loss of our husband, father and grandfather. Our family sincerely appreciated the lovely flowers and cards, the phone calls and visits, the delicious food and items brought to our home and all support provided during this difficult time. A special thank you to Pastor Margaret Jacobus, Erling Johnson and staff of Johnson Funeral Service, all those involved in providing the Military Honors and the ladies of the Salem Lutheran Church for the wonderful meal they served after the funeral. A personal thank you to all those who remembered and honored Ordean by attending his funeral service.

Phyllis, Justin, Carmen and Families

o3c

Keeping Active at Any Age

Written by Karin Haugrud

People are living longer than ever before. Advances in medicine, nutritional awareness, and improved exercise habits have contributed to the rapid growth of the 65+ age group. By the year 2030, there will be more people over age 65 than under age 18.

Exercise is no less important for those in their sixties and seventies than it is for people half that age. No matter what your age, the benefits of exercise are the same – increased energy and self-esteem, conditioned heart and lungs, improved muscle tone, and greater function of bones and joints. Engaging in regular exercise can also reduce the effects of certain chronic diseases, such as diabetes, high blood pressure, arthritis, and osteoporosis.

Why is lack of physical activity a problem for older adults? Physical inactivity is a problem for everyone, but it is particularly evident in older adults. Physiological changes occur with aging. When aging is accompanied by physical inactivity, adults are more likely to be affected by illness, loss of function, and loss of independence.

There are many sports and activities you can choose from in order to achieve your fitness goals. The best choices, however, will be those activities that you truly enjoy. It's much easier to stay with something that's fun to do. Walk, ride a bike, or dance. Even things like working in a garden and cleaning the house are good for you.

Walking is a great way to achieve overall fitness year-round. It strengthens your cardiovascular system, tones and limbers up your muscles,

and burns off unwanted calories. Walking at a brisk pace gives you the same aerobic benefits as jogging.

Walking also reduces blood pressure, improves sleeping habits, helps digestion, alleviates constipation, raises metabolism, and helps to reduce loss of bone mass in post-menopausal women.

While it is important to stay active, it's also important to play it safe. Go slow. Build up your activity level gradually. As you become fit, you can increase the sessions to every day, and if you wish, you can make each session longer. If you choose a fairly vigorous activity, begin each session slowly. Allow a 5-minute period of stretching and slow movement to give your body a chance to "warm up."

Exercise at a comfortable, steady pace that allows you to speak to someone without running out of breath. Exercising at this pace gives your muscles time to relax between each repetition.

At the end of your workout, take another 5 minutes to "cool down" with a slower exercise pace. This lets your heart rate return to normal and helps your muscles and joints remain flexible.

If you experience any shortness of breath, dizziness, cold or clammy skin, nausea or chest pains while exercising, stop exercising immediately and contact your physician.

It's never too late to increase your physical activity or start an exercise program. Get an okay and some guidelines from your physician before you start. And remember, always keep your exercise comfortable. If it's causing discomfort, slow down, you are pushing too hard.

“Better Choices, Better Health” workshop planned

Free program designed for those with chronic conditions

BEMIDJI, Minn. – A proven workshop will help area residents living with chronic conditions develop skills to improve their health in a group setting. “Better Choices, Better Health” will meet on Wednesdays for six weeks from 9 to 11:30 a.m. April 26 through May 31 at the Senior Activity Center, 216 Third St. N.W., Bemidji.

This free program is designed to arm participants with the problem-solving and decision-making abilities to take charge of their health.

People with different types of ongoing health problems, and their caregivers, take part together. Sessions are led by trained group leaders, one or both of whom live with chronic conditions themselves.

The workshop can help local individuals who are among the nearly half of all American adults living with one or more chronic conditions, such as:

- Asthma • Arthritis • Cancer • COPD • Depression and anxiety • Diabetes • Heart disease • Lung disease • Osteoporosis • Stroke • Or any other chronic condition

To deal with the difficult emotions, pain, fatigue and stress of these chronic conditions, participants will learn problem-solving, goal-setting and relaxation techniques.

The “Better Choices, Better Health” workshops are internationally recognized self-management programs and were developed and tested at the Stanford University Patient Education Center. They are sponsored by Sanford Health, Land of the Dancing Sky Area Agency on Aging, Northwoods Caregivers, Wisdom Steps and the Minnesota Chippewa Tribe.

Registration is required. To register or for more information, call Sanford Health at 877-234-4240.

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Bowling Results

04/03/2017 Week 27 of 28 **Monday Night Ladies 2016-2017**
 Monday 5:50 pm **BOWL INN** Lanes 1 - 6

* FARMCHEK WINS FIRST QUARTER *
 ** THE CLINIC WINS SECOND QUARTER **
 *** THE BOWLIN' BABES WIN THE THIRD QUARTER ***

Team Standings												
Place	#	Team Name	%Won	Points Won	Points Lost	UnEarned Points	%WON	Year-To-Date WON	Year-To-Date LOST	Games Won	Scratch Pins	Pins + HDPC
1	2	KNUTSON BRUSHING	60.8	109½	70½	3	56.3	453	351	12½	49575	77452
2	4	BOWLIN' BABES	60.0	108	72	4	56.5	449	346	11	51554	75575
3	1	THE CLINIC	57.8	104	76	3	59.8	475½	319½	11	51331	78670
4	6	FARMCHEK	56.4	101½	78½	5	59.6	483	327	10½	52110	78531
5	3	OTTERTAIL	54.4	98	82	4	53.3	428½	375½	9	50698	77764
6	5	BYE		0	0			0	0		0	0
Season High Scores												
Scratch Game	799	BOWLIN' BABES			757	THE CLINIC			734	OTTERTAIL		
Scratch Series	2311	BOWLIN' BABES			2121	FARMCHEK			2088	THE CLINIC		
Handicap Game	1097	BOWLIN' BABES			1092	THE CLINIC			1064	OTTERTAIL		
Handicap Series	3125	BOWLIN' BABES			3075	FARMCHEK			3072	THE CLINIC		
Scratch Game	212	BRIDGET LANDSVERK			212	JENNIFER GODTLAND			209	JANET LANDSVERK		
Scratch Series	570	BRIDGET LANDSVERK			556	JENNIFER GODTLAND			530	JANET LANDSVERK		
Handicap Game	276	KRISCHELLE BRUA			270	JENNIFER HOWARD			265	CONNIE SHEGRUD		
Handicap Series	703	JENNIFER GODTLAND			697	CONNIE SHEGRUD			680	CORY TOLLEFSON		
Last Week's Top Scores												
Scratch Game	698	FARMCHEK			678	BOWLIN' BABES			664	KNUTSON BRUSHING		
Scratch Series	2022	FARMCHEK			1895	KNUTSON BRUSHING			1863	OTTERTAIL		
Handicap Game	1010	FARMCHEK			992	KNUTSON BRUSHING			963	THE CLINIC		
Handicap Series	2958	FARMCHEK			2879	KNUTSON BRUSHING			2835	OTTERTAIL		
Scratch Game	209	JANET LANDSVERK			178	CONNIE SHEGRUD			168	SUE KNUTSON		
Scratch Series	511	JANET LANDSVERK			466	CONNIE SHEGRUD			446	FAY BJERKE		
Handicap Game	245	JANET LANDSVERK			226	CONNIE SHEGRUD			225	FAY BJERKE		
Handicap Series	626	FAY BJERKE			621	ROBERTA BRAATEN			619	JANET LANDSVERK		
Individual High Averages												
164.63	BRIDGET LANDSVERK	159.51	JANET LANDSVERK	147.92	JENNIFER GODTLAND							
High Individual Match Points												
55.5	JANET LANDSVERK	55	CONNIE LAFRIMIERE	52	SUE KNUTSON							

04/04/2017 Week 27 of 29 **TUESDAY TRIO'S 2016-17**
 Tuesday 6:30 pm **BOWL INN** Lanes 3 - 8

* MAIN STREET WINS THE FIRST QUARTER *
 ** FARMCHEK WINS THE SECOND QUARTER **
 *** GULLY TRI-COOP WINS THE THIRD QUARTER ***

Team Standings												
Place	#	Team Name	%Won	Points Won	Points Lost	UnEarned Points	%WON	Year-To-Date WON	Year-To-Date LOST	Games Won	Scratch Pins	Pins + HDPC
1	1	GULLY TRI CO-OP	82.3	121	26		78.7	562	152	10	40703	49829
2	4	FARMCHEK	77.1	101	30		78.2	557	155	12	40486	49771
3	3	FABULOUS BAKERY	75.8	97	31		73.5	501	181	9	39338	49649
4	5	DAN'S STANDARD SE	68.7	90	41		66.7	429	214	5	36802	48262
5	2	MAINSTREET	68.2	88	41		77.4	558	163	8	40010	48131
6	6	BYE		0	0			0	0	1	0	0
Season High Scores												
Scratch Game	627	GULLY TRI CO-OP			607	MAINSTREET			595	FABULOUS BAKERY BOY		
Scratch Series	1666	FABULOUS BAKERY BOY			1661	MAINSTREET			1658	GULLY TRI CO-OP		
Handicap Game	737	GULLY TRI CO-OP			717	FABULOUS BAKERY BOY			704	FARMCHEK		
Handicap Series	1993	FABULOUS BAKERY BOY			1986	FARMCHEK			1950	GULLY TRI CO-OP		
Men	Scratch Game	255	DEAN EVJE		255	PAT ARLAUD			247	JORDAN WILLIAMS		
	Scratch Series	642	DEAN EVJE		634	DOUGLAS ANDERSON			623	RICK INGAMELLS		
	Handicap Game	297	PAT ARLAUD		285	JORDAN WILLIAMS			280	HARVEY CARLSON		
	Handicap Series	741	RUEBEN NETLAND		725	RICK INGAMELLS			280	ROBERT LANDSVERK		
Women	Scratch Game	212	DARLENE ROUE		203	JANET LANDSVERK			152	SAMANTH MCDUGALL		
	Scratch Series	571	DARLENE ROUE		542	JANET LANDSVERK			411	SAMANTH MCDUGALL		
	Handicap Game	245	DARLENE ROUE		243	JANET LANDSVERK			212	SAMANTH MCDUGALL		
	Handicap Series	679	DARLENE ROUE		653	JANET LANDSVERK			591	SAMANTH MCDUGALL		
Last Week's Top Scores												
Scratch Game	590	GULLY TRI CO-OP			552	MAINSTREET			551	FABULOUS BAKERY BOY		
Scratch Series	1612	FARMCHEK			1570	FABULOUS BAKERY BOY			1568	GULLY TRI CO-OP		
Handicap Game	684	GULLY TRI CO-OP			641	FABULOUS BAKERY BOY			640	MAINSTREET		
Handicap Series	1876	FARMCHEK			1850	GULLY TRI CO-OP			1840	FABULOUS BAKERY BOY		
Men	Scratch Game	255	DEAN EVJE		251	BRYAN LANDSVERK			209	BEN CHRISTENSEN		
	Scratch Series	642	DEAN EVJE		594	BEN CHRISTENSEN			560	BRYAN LANDSVERK		
	Handicap Game	277	DEAN EVJE		233	KEVIN JOHNSON			232	BRYAN LANDSVERK		
	Handicap Series	708	DEAN EVJE		648	BEN CHRISTENSEN			623	PERRY GRUNDYSON		
Women	Scratch Game	195	JANET LANDSVERK		179	DARLENE ROUE						
	Scratch Series	542	JANET LANDSVERK		512	DARLENE ROUE						
	Handicap Game	232	JANET LANDSVERK		208	DARLENE ROUE						
	Handicap Series	653	JANET LANDSVERK		593	DARLENE ROUE						
High Individual Match Points												
Men	50	ROBERT LANDSVERK			49	HARVEY CARLSON			47	TONY VEBRAATEN		
Women	41	DARLENE ROUE			41	JANET LANDSVERK			6	SAMANTH MCDUGALL		
Individual High Averages												
Men	179.77	BRYAN LANDSVERK			179.75	BEN CHRISTENSEN			177.28	DEAN EVJE		
Women	170.72	DARLENE ROUE			159.19	JANET LANDSVERK						

Catch-and-release summer walleye season announced for Mille Lacs Lake

21-day walleye closure in July expected to help extend fishing season through Labor Day

Catch-and-release only regulations needed to rebuild Mille Lacs Lake's walleye population will again be in effect when anglers hit the water on Saturday, May 13. The 2017 walleye season on Mille Lacs is scheduled to run through Monday, Sept. 4.

"Our goal is to have the longest fishing season possible while ensuring the conservation of the lake's future walleye spawning stock," said DNR Commissioner Tom Landwehr. "We understand catch and release is a difficult option for anglers who enjoy a fish meal, but we are using everything in our management toolbox to ensure a healthy and plentiful walleye population for future fishing seasons."

In addition to the catch-and-release regulation, and to help keep the walleye season open on Mille Lacs through Labor Day, the lake will have a 21-day walleye fishing closure from Friday, July 7 to July 27. During that 21-day period, anglers can fish for all other species in Mille Lacs Lake including bass, muskies and northerns but only with artificial bait and lures.

An exception exists for anglers targeting northern pike and muskellunge only, and who don't possess walleye gear. Those anglers may possess and use live sucker minnows longer than 8 inches when fishing.

The decision to have a 21-day closure period during the walleye season was made after a successful winter season on Mille Lacs drove walleye harvest higher than expected.

"Ice anglers fished more on Mille Lacs in 2017 and caught more and larger walleye than expected," said Don Pereira, DNR fisheries section chief. "As a result, ice fishing this winter accounted for about one-third of the total amount of walleye state anglers can harvest from Mille Lacs in 2017."

Regulation decisions also were aided by several meetings and consultations with the

Mille Lacs Fisheries Advisory Committee. Topics discussed between DNR staff and committee members included catch-and-release only restrictions, season dates, live bait restrictions, and the reason and timing of a temporary summer closure.

"The plan is for this closure to coincide with the hottest part of the summer when released fish are vulnerable to stress," Pereira explained. "Warm water combined with July's higher fishing pressure means that more fish die—even those that are caught and returned to the water."

The tendency for caught fish to die after being released is called hooking mortality, which increases as water temperatures warm. During the last two weeks of July 2016 alone, hooking mortality accounted for more than half of the state's walleye harvest allocation for the entire open water season.

"These measures will extend the Mille Lacs walleye season as long as possible this summer and protect the younger walleye the lake needs to rebuild its population," Pereira said.

The state's 2017 walleye allocation is 44,800 pounds. However, during discussions, state and Ojibwe tribal leadership established that the 2017 walleye season will remain open through 12:01 a.m., Sept. 5, provided the state harvest doesn't exceed a conservation cap of 55,800.

Additionally, state and tribal leadership agreed to return to an overage system, through which each party will be required to deduct any harvest above its allocation from a future year's allocation.

"Our next milestone for success is to observe another abundant year class of walleye," Pereira said. "We need more than one year when a lot of walleye hatch. What we need to see is large numbers of walleyes surviving beyond the first year to add more spawning fish to the population. We've not seen that yet."

Pereira said the DNR is committed to maintaining the Mille Lacs area as a premier fishing destination. He said the agency is conducting a comprehensive review of its data-collecting methods in order to ensure the most accurate information possible is being used. For example, Michigan State University fisheries experts are now reviewing the agency's creel survey methods.

Mille Lacs continues to make headlines for its nationally recognized smallmouth bass and muskie fisheries. For example, the Toyota Bassmaster Angler of the Year Championship is returning to Mille Lacs this fall for the second consecutive year. Last year, some of the nation's top competitive anglers referred to the lake as a "world-class smallmouth bass factory."

In addition to fishing, Mille Lacs offers numerous recreational activities including: boating,

waterskiing, swimming, canoeing, kayaking, paddleboarding and public beaches.

"Mille Lacs is a premier tourism destination with diverse fishing and a whole lot more," said John Edman, director of Explore Minnesota, the state's tourism arm. "The area additionally offers lots of ways outdoor enthusiasts can enjoy the area's natural beauty on hiking, biking and ATV trails, watching wildlife, golfing or visiting a Minnesota state park."

In June 2016, Gov. Mark Dayton signed a supplemental budget bill which included \$3.6 million for local grants and loans in Mille Lacs County and \$300,000 for the Mille Lacs Tourism Council to bolster area tourism marketing efforts.



Sound Off, combat veterans support group at Sanford Bemidji

BEMIDJI, Minn. — Sanford Bemidji offers a support group, Sound Off, for combat veterans. It is held from 5 to 7 p.m. the first and third Tuesday each month at Sanford Bemidji Medical Center's Conference Room A, located immediately to the right through the hospital's main east entrance. The group will meet next on April 4 and April 18.

The group is free and open to men and women from all branches of service, regardless of conflict or disaster. It is facilitated by Billy Benso, United States Marine Corps (USMC) combat veteran, and Mike Sletta, behavioral health triage therapist at Sanford Bemidji.

The group provides members with a safe and confidential place to openly discuss personal issues and how their combat experience impacts their daily life.

"Post-traumatic stress disorder, or PTSD, is a condition many veterans struggle with after traumatic experiences such as combat or disaster," said Sletta. "What we want our vets to know is that it's real, you are not alone, and help is out there with groups like ours."

The support group can help veterans learn that:

- Combat did change them
- No matter what they do, they can't change what they've experienced
- Drugs, alcohol, isolation and denial don't work as coping behaviors
- With support of other combat vets, they can learn to live with PTSD

Any veteran interested in attending can simply show up at the scheduled meeting time.

Call 218-333-5165 or 218-333-2582 to learn more.

Avoid aches and pains when gardening

People who have not spent much time in a garden may not consider this rewarding hobby much of a threat to their health. But as veteran gardeners can attest, gardening can contribute to nagging aches and pains that can force even the most ardent green-thumbers indoors.

Gardening is a physical activity that, despite its peaceful nature, can be demanding on the body. Thankfully, there are several ways that gardening enthusiasts can prevent the aches and pains that can sometimes pop up after long days in the garden.

• **Use ergonomic gardening tools.** Ergonomic gardening tools are designed to prevent the types of aches, pains and injuries that can cut gardeners' seasons short. Gardening injuries can affect any area of the body, but injuries or aches and pains affecting the back, wrists and hands are among the most common physical problems gardeners endure. Look for ergonomic tools that reduce the strain on these areas of the body. Even arthritis sufferers who love to garden may find that ergonomic tools make it possible for them to spend more time in their gardens without increasing their risk for injury.

• **Alternate tasks.** Repetitive-strain injuries can affect gardeners who spend long periods of time performing the



same activity in their gardens.

By alternating tasks during gardening sessions, gardeners can reduce their risk of suffering repetitive strain injuries. Alternate tasks not just on muscle groups worked, but also level of difficulty. Remember to include some simple jobs even on busy gardening days so the body gets a break.

• **Take frequent breaks.** Frequent breaks can help combat the stiffness and muscle aches that may not appear until gardeners finish their gardening sessions. Breaks help to alleviate muscles or joints that can become overtaxed when gardening for long, uninterrupted periods of time. When leaning down or working on your hands and knees, stand up to take breaks every 20 minutes or the moment

aches and pains start to make their presence felt.

• **Maintain good posture.** Back injuries have a tendency to linger, which can keep gardeners indoors and out of their gardens. When gardening, maintain good posture to prevent back injuries. Gardening back braces can protect the back by providing support and making it easier for gardeners to maintain their posture. Tool pouches attached to gardening stools or chairs also can be less taxing on the back than gardening belts tied around the waist.

Gardening might not be a contact sport, but it can cause pain if gardeners do not take steps to prevent the onset of muscle aches and strains when spending time in their gardens.

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Cornerstone Residence of Fosston announces:

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Applications for HUD reimbursement can be picked up at Cornerstone Residence, 115 1st St. East, Fosston or at the HUD office in Mentor, MN.

Other payment sources for Assisted living apartments and services include: assistance through the County, Long term care Insurance and Private pay.

For more information to see if you qualify for financial assistance for assisted living apartments and services, call Nicole Harmon, Housing Manager, at **218-435-6333**.

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