



Tri County Canary

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



Lake of the Woods, MN Chosen the Site of the 2019 World Ploughing Competition

Baudette, MN (November 29, 2017) Lake of the Woods in northern MN has been chosen as the site of the 2019 World Ploughing Competition. Competitors, judges, dignitaries and spectators from 32 different countries will attend with the event taking place August 30-31, 2019 in Lake of the Woods County, MN.

“Lake of the Woods Tourism and the entire community are very excited and honored to be hosting this international event,” explains Joe Henry, Executive Director of Lake of the Woods Tourism. “It is an honor for Minnesota and for our area to represent the U.S. to such a diverse and international group of visitors.”

The World Ploughing Organization has roots dating back to 1954. The world competition is held in a different country each year with this year’s event in Kenya, the 2018 event in Germany and 2019, the U.S. The USA and World Ploughing Organizations considered numerous U.S. locations for the 2019 competition with Lake of the Woods being chosen the host site representing to the rest of the world.

Lake of the Woods is known for its world class fishing, hunting, and other outdoor opportunities. Most people don’t recognize this region as agricultural. “Lake of the Woods County actually has over 40,000 acres of agricultural land. Farmers

in this region grow a variety of crops including rye grass, soybeans, canola, sunflowers and more. The area is a top producer of rye grass seed that is shipped worldwide and is often used at the finest golf courses in the southern U.S.”

John Gaard, President of the USA Plowing Organization says, “The USAPO is extremely excited for Lake of the Woods to host the 2019 World Ploughing Competition. The USA last hosted the World Ploughing Competition in 1988, so we look forward to our ploughing friends from around the world coming back to the USA and experience the warm hospitality and superb ploughing conditions that the Lake of the Woods area has to offer.”

Competitors utilize tractors and ploughs for the competition but are not allowed the use of modern technology such as a gps. Conventional and Reversible ploughing are scored using various criteria including straightness, weed control, crown, uniformity and finish just to name a few.

In the agricultural world, ploughing is a big deal and has strong interest. It is anticipated large crowds will attend the competition, some coming from across the world, others driving from the Midwest or Canada. Following the two day world competition, the U.S. Nationals, Antique, and other competitions will be held.



At the Honeyberry Farm in Bagley, Carla Weideman learned how to use a juicer/steamer to extract elderberry juice. Adding some cinnamon and cloves to the process produces a delicious, healthy drink which can be served hot or cold.

September at the Honeyberry Farm

By Carla Weideman

With visions of elderberries dancing in my head, I packed up my car with all my necessities and a good pair of hiking shoes and drove four plus hours northwest from Minneapolis ‘til I reached a little gravel driveway leading to The Honeyberry Farm. I was off on a great farming adventure! After graduating from college in 2014 and working for a couple of years in retail and arts administration, where I often felt an aching restlessness for kinesthetic labor, I was more than ready for a change. Ready to submerge my hands in the dirt. Ready to discover that food doesn’t originate from grocery shelves but from the labor of eager farmers and from the warm bed of the earth.

From the moment I was greeted at the door of the Honeyberry home with the invitation to join Bernis and Jim for a dinner of garden fresh potatoes and corn, I felt at home. The Honeyberry homestead is a small, thoughtfully built log cabin, nestled next to a stand of birch trees and wild berry bushes. Inside the cabin, you are engulfed in an old-fashioned sense of warmth that seems to have been preserved from Minnesota’s pioneer era. Jars of canned, dried, and dehydrated fruits and vegetables decorate the wall shelves, and bottles of homemade berry wine line the staircase to their loft. The couple moved onto their 2.5 acre homestead in 2005 and they later acquired more land a mile east where their main orchard is located. Five acres of fruit await u-pickers in the warm summer months when their honeyberry, cherry, saskatoon, raspberry and currant bushes are ripe and ready for plucking and in the autumn when the tart and bountiful elderberries ripen along with seaberrries and aronia.

How did I find this peaceful haven, you might ask? And what was I doing there? You maybe have heard of WWOOF-ing before, but you probably thought of it as just another word for a dog’s bark. WWOOF is also an acronym for an organization that draws volunteer workers from all over the world. For a modest membership fee, you can peruse more than 120 international websites of farming hosts to find the one that best fits your interests and skills, which is how I stumbled upon Bernis and Jim’s berry farm in Bagley Minnesota. Having very little farming experience other than a previous WWOOF-ing experience at a wildlife sanctuary in the Shetland Islands of Scotland, The Honeyberry Farm seemed like the perfect place to dip my toes into the great wide world of agriculture and acquire some berry knowledge.

That first day at the farm was a myriad of new experiences; from waking up in the morning to dew on the country fields,

to the sound of cows conversing, to their weekend tradition of hot rice with fresh cow’s milk, to the outdoor ramble with Bernis. Everything we saw and touched was like newfound treasure - from the astringent hawthorn berries, to the rose hips growing next to their driveway, to the wild hazelnut tree and gooseberry bush we discovered in the neighbor’s cow pasture. Bernis showed me their first rows of berry bushes: raspberries, honeyberries (which could be compared to an oblong-shaped blueberry), currant bushes, and an elderberry bush standing next to their high tunnel. There was a love and a reverence in the way Bernis wandered her land. Facts fell from her mouth like nuts from a tree, and like a little woodland creature, I was eager to gather and store them.

In the afternoon, we had our first elderberry pickers of the season. After loading up the car with picking buckets and harnesses, we drove over to the u-pick site where I beheld my first elderberries – clumps of small berries on a dark red stem. Ripe specimens are a dark blue and stain your hands a bruise hue. The bushes are a pleasure to pick from, and other than the occasional surprise visit from a curious beetle, the process is meditative and calming. The speediest method for elderberry picking is to grasp a clump of berries in one hand, and use a kitchen shears to snip off the clump (also known as the um-bel). For storage, you can freeze the stems whole and later shake off the individual frozen berries, or you can remove all the berries while still fresh. There is almost nothing as satisfying as

picking (and then consuming) food with your own two hands. With the rise of kitchen gardens and urban community garden plots, more people are discovering the singular joy of not only becoming more self-sufficient, but also of falling in love with the wonderfully edible natural world. In my time at The Honeyberry Farm, I discovered the many virtues of the elderberry!

The rest of my September in the Minnesota Northland went by in a berry and nature filled whirl; from exploring the Bagley area (including swimming in a not so secret gravel pit pond), to hiking at the nearby state parks, to attending the semi-weekly knitting group at the local senior citizen’s center, to golden rambles down the country roads, to riding my first tractor, to learning how to use a drop spindle, to peasant bread baking, to braiding hardneck garlic, to my daily elderberry-related kitchen experiments including cordial and syrup making, dehydrating (for later use in granola), canning, juicing, scone and muffin baking, and winemaking. Since elderberries typically grow on either the west or east coast of the US, most people, myself included, have never had a true introduction to the berry and its medicinal and edible uses. Due to their high Vitamin C content, the most common way to consume elderberries is in an immunity boosting syrup. A shot a day might actually keep the doctor away. Some people swear that elderberries are nature’s miraculous remedy for staving off the common cold and even the flu!

Although elderberries were

the focus of my September in the North, the following months of late October into early November are typically a much busier season for Bernis and Jim as they package and ship hundreds of berry plants throughout the United States. Their most popular plants for shipment, due to their tart but sweet blueberryish flavor, are their honeyberry bushes. You can eat the berries fresh, by the handful, or bake into your favorite recipes. They are also stellar on ice cream, in kombucha, or baked in a berry pie!

From my first day in the north country, feeling rather out of place and foreign, to my last dewy morning walk along the sun-touched roads, it was a steady adjustment. The city has the tendency to overwhelm and even numb your senses with constant stimulation so it takes time to allow your body to adapt to the gentle pace of the earth. It begins with rising with the sun for a hearty farm breakfast and tucking yourself in at night when the moon shows her glowing face. With your hands engrossed in some physical task, like shredding zucchini, shaking elderberries, or removing the skin from cloves of garlic, you begin to peel back those layers of outer fluff that daily interaction in the metropolis builds up. During my month at the Honeyberry Farm, in addition to learning valuable homesteading skills and adaptability, I also began to feel both my physical and mental selves harden a bit. Maybe I didn’t need to apologize quite

Honeyberry...
continued on page 2



Sanford volunteer knits 2,000 hats for newborns

BEMIDJI, Minn. – Kathy Burger has spent the last 15 years knitting hats for newborns at Sanford and just recently knit her 2,000th hat. As a volunteer at Sanford since April 2002, she has dedicated her time and talents to making these treasured keepsakes.

The hats are given to families after having an infant at Sanford Bemidji Medical Center.

“We are so fortunate to have

such dedicated volunteers at Sanford Bemidji, and this recent milestone Kathy has reached just shows the compassion our volunteers have for the patients at Sanford,” said Kari Knudson, volunteer services manager at Sanford Bemidji.

If interested in learning more about volunteer opportunities at Sanford Bemidji, please visit sanfordhealth.org, keyword: volunteer.



At the Honeyberry Farm at Bagley, Carla Weideman collects the black elderberries. Black elderberries are not native to northern Minnesota, but berries start to ripen in September and continue up until the first hard frost.



Paul Gaebe (left), administrator of the RiverView Care Center, receives a check from Nikki Jackman, representing Midco.

Midco Foundation Donates to RiverView Care Center Project

Crookston, MN – A recent grant from the Midco Foundation helped RiverView Health reach its goal to initiate a television replacement program for Care Center residents.

The RiverView Care Center serves a memory care specific resident population. The residents have varying degrees of dementia. The television replacement program is designed to enhance the quality of life for the residents.

"When seniors or residents with Alzheimer's disease watch a favorite movie or television show it can stir positive memories and inspire good feelings about the caregivers and loved ones in their lives," shared RiverView Care Center Administrator Paul Gaebe. "This grant from the Midco Foundation will have a significant impact in the lives of those residents. By increasing the size of the TVs, having the ability to personalize programming, along with enhancing the picture quality, the resident's lives will be touched by the improvements."

The project includes the purchase of 24 40 inch LED 1080-pixel Smart HDTVs and full motion wall mounts.

"Midco has long recognized that our Foundation, company and employees can play an important role in enhancing the quality of life in communities where we live and work," stated Midco Foundation Chairman Wynne Haakenstad. "This belief has guided our charitable giving for several decades. We are proud that hundreds of local nonprofit organizations have benefited from Midco's corporate philanthropy through event sponsorships, monetary

contributions, our matching gift program and the Midco Foundation."

Since 1987, the Midco Foundation has awarded more than \$4.7 million to causes within its service area.

The RiverView Foundation helped raise the necessary financial resources from dedicated donors interested in supporting this initiative. For more information on the Care Center Television Replacement Program or any other RiverView Foundation priority projects, contact Foundation Director Kent Bruun at 218-281-9249 or kbruun@riverviewhealth.org.

Thank you to everyone who supported the Oklee Lutheran Youth Group. Following are the winners of the Youth Group 2017 Raffle:

1st - \$1,000 Alli Havert
2nd - \$500 Shari Olson
3rd - \$500 Jerry Smith
4th - \$250 Janel Walter
5th - \$250 Ryan Sherman
6th - \$100 Conway Olson

7th - \$100 Tracy Hamm
8th - \$100 Ethan Klasen
9th - \$50 Nancy Gunderson
10th - \$50 Mandy Klasen
11th - \$50 Jill Kolstoe
12th - \$50 Jason Kangas

Ward Rubrecht to Perform

Farm By The Lake's Storytelling Series



Join us on Sunday, January 14th at 3:00 pm. Free and Open to the Public. Bagley Public Library Meeting Room

Ward Rubrecht is a storyteller, journalist, arts organizer, full-time bike commuter, and amateur sailor. He was on staff at City Pages (a Twin Cities newspaper) for a number of years, where he covered, among other things, real life superheroes, gun control, slam poetry, and storytelling. He still does freelance journalism when time allows.

Ward started performing as a slam storyteller in 2010. He is the 2011, 2012, and 2013 SlamMN! Story Slam Champion. He is also the 2014 and 2016

Twin Cities Moth GrandSlam champion. His slam stories blend the style and techniques of slam poetry with strong narrative and thematic arcs. Covering topics such as sailing, bird hunting, and cranky playground equipment.

Ward also tells in a longer-form, more conversational style in noncompetitive contexts, such as Cheap Theater, Two Chairs Telling, and in Paula Reed Nancarrow's 2013 Minnesota Fringe production, Gravity of Ghosts. These stories have ranged in subject from out-of-control pickup trucks to the spiritual nature of bike commuting.

Auditions Set for Twelve Angry Men on Tuesday, January 9 and Thursday, January 11 in Kiehle Auditorium at the U of M Crookston

CROOKSTON, Minn. – Audition for a role in the upcoming theater production Twelve Angry Men on Tuesday, January 9 and Thursday, January 11 from 4 to 7 p.m. at the University of Minnesota Crookston. The performances of the play are scheduled for March 22 through 25, 2018, in Kiehle Auditorium under the direction of Associate Professor George French.

The auditions, sponsored by the U of M Crookston Music and Theater Department in partnership with the Crookston Community Theater, may also

be scheduled by appointment if needed. For information, contact French at g french@umn.edu or call 218-281-8266.

Auditions are open to students, faculty, staff, and community for the three-act play by Reginald Rose adapted from his 1954 teleplay of the same title. The drama focuses on a jury's deliberations in the first-degree murder trial of an 18-year-old man accused in the stabbing death of his father. A guilty verdict means an automatic death sentence.

The University of Minne-

sota Crookston now delivers 34 bachelor's degree programs, 22 minors, and 40 areas of emphasis on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umn-crookston.edu.



New Year CD SPECIALS!

1.00% 12 months
1.50% 36 months

Annual Percentage Yield (APY)
\$1,000 Minimum Deposit
No Institutional Deposits
Expires 1/12/2018



Ultima Bank Minnesota

Bemidji | Winger | Fosston | Plummer
800-421-2588 | www.ultimabank.com

Member FDIC

Country Music

Jam on Sunday

Country Music Jam at The Embassy Community Center, 603 3rd St. NE, Fosston.

Sunday, January 7th from 1:00-5:00.

Any questions, call Russ at 435-6096

Everyone is welcome!

Northwest MN

Rabbit Breeders

Association Club

You're invited to an Organizational Meeting for the New Northwest MN Rabbit Breeders Association at the Beltrami Co. Fairgrounds, 7223 Fairgrounds RD NW, January 20, 2018 at 3:00 p.m. in the 4-H Dining Hall.

Contact Ann Illies 218-751-9254 or 218-556-0929, email dailies@paulbunyan.net; Debra Moose 218-760-1359, email platinummoose@gmail.com; Carrie Van Wert email celtic@paulbunyan.net



Sanford Bemidji

welcomes Nichole

Hassebrook, C.N.P.

BEMIDJI, Minn. –Nichole Hassebrook, C.N.P., has joined the Sanford Bemidji oncology and palliative care department.

Hassebrook received her Master of Science in Nursing in 2011 from Minnesota State University in Mankato.

She is board certified with the American Academy of Nurse Practitioners. As a certified nurse practitioner, she specializes in palliative care, medical oncology and hematology.

She is married with two children and enjoys spending time outdoors, hiking and camping. Hassebrook practices at Sanford Bemidji Clinic 1705 Anne St. For more information, please contact Sanford Bemidji at (218) 333-5407. Clinic hours are 8 a.m. through 4:30 p.m. Monday through Friday.

Honeyberry....

continued from front

as frequently. Maybe I didn't even need to be as verbally enthusiastic. Maybe it was okay to grow quiet and more methodical. To work and let nature do the talking. So I listened to the cows... I listened to the bees... and I listened to the geese honking their way south above the swiftly turning maple trees.

If you are feeling slightly lost or if you have the itch to break out of your normal routines, maybe you could find a place to WWOOF as a volunteer farmer for a week. Or, maybe you could plant your own berry bush and experience the joys of harvesting your own fruit. Or, maybe your restlessness could be remedied simply by visiting vibrant and knowledgeable Bernis and calming and wise Jim at their Honeyberry Homestead, where time seems to slow, and the birds are somehow louder and nature is more wildly entrancing.

For more information on Bernis and Jim's mail-order nursery and u-pick orchard please visit www.honeyberryusa.com and www.facebook.com/honeyberryusa

The Honeyberry Farm
19736-350th St. Bagley, MN 56621

218-694-3071
info@honeyberryusa.com



A special thank you from ICCC's local food shelf to Don and Annette LaCourse for their monetary donation and their donations of Hams to local families during the Holiday. Your donations are very much appreciated! Pictured are Executive Director Catherine Johnson and Don LaCourse.



Special thank you to Stacey Hofstad and Bell Bank for a very generous donation to ICCC's local food shelf and the Reach out for Warmth Program. The donation will be able to help many local families. Pictured are Stacey Hofstad (left) and Executive Director Catherine Johnson.

Outstanding Alumni, Young Alumni, and Alumni Service

Deadline for nominations is February 1

The Bemidji State University Alumni & Foundation is actively seeking nominations of individuals to be considered as Distinguished Alumni for 2018.

Nominate an alumnus/alumnae for one of the university's highest honors. The BSU Alumni & Foundation Board

of Directors makes selections based on the nominees' personal and professional achievement and how it has helped bring recognition to their alma mater through outstanding service and significant contributions to the community, state and nation.

To complete a nomination for one of these prestigious awards, please visit the Alumni Awards webpage.

Friends of Sanford Health scholarships available

BEMIDJI, Minn. – Ten \$1,500 Friends of Sanford Health scholarships are available to students in the Sanford Health of Northern Minnesota (SHNM) region and to current employees of SHNM. To be considered for one of these scholarships, an applicant must be pursuing a career in a health-related field and not have been a previous recipient.

This scholarship is contingent upon enrollment in an accredited school. It will be sent directly to the financial aid office of the chosen school for credit toward the student's educational expenses when a fee statement or proof of enrollment is received by the Scholarship Committee.

A complete application MUST include the following information:

- A completed application form,
- An official transcript(s) from the school's scheduling office, including ACT and/or SAT scores (ACT/SAT test scores needed for undergraduates only),

• A completed reference form by a counselor, principal or supervisor,

• Two separate letters of recommendation (if currently a student, at least one MUST be from an instructor), in addition to the reference form mentioned above,

• Postmarked by the deadline, March 15, 2018.

Applicants are responsible to see that all necessary information is received by the committee. Incomplete applications will not be considered. An application can be found online at <http://www.sanfordhealth.org/Careers/VolunteerOpportunities/Bemidji> or by contacting the volunteer office at Sanford Bemidji Medical Center.

Please send completed applications to:

The Scholarship Committee
c/o Sanford Bemidji Volunteer Office

1300 Anne St. NW
Bemidji, MN 56601
Fax: (218) 333-6054

Recipients of the scholarship will be notified by April 15, 2018.

Visit us online and click on **Image Galleries** to view photos of events in the area.



Tri County Canary

HOME | TRI COUNTY CANARY | LEADER RECORDS | OKLEE HERALD | GRIGGLA EAGLE | MCINTOSH TIMES

Image Galleries **CLICK HERE**

www.TriCoCanary.com



North Star

MUTUAL INSURANCE COMPANY

Rated "A+ Superior" by Best's

"Insuring Homes, Farms, Businesses & Autos"

www.lori.melby@ssboklee.com

Box 69 • Oklee, Minnesota 56742
PHONE 218-796-5157



"A Personable Company Keeping You on Course"



Lori Melby

Security State Agency

PO Box 69
Oklee, MN 56742

Phone 218-796-5157

Richards Publishing Co., Inc.

Gonvick, MN

Complete Printing & Mailing Service

- Business
- Personal
- Political

— PHONE —
218-487-5225
richards@gvtel.com



"Your family owned and operated store"

Phone: 218-435-1454

Store Hours
8am-8pm Mon-Sat • 9am-5pm Sunday



Store & Caribou Hours:
New Years Day, January 1
9am-3pm

PALUBICKI'S
FAMILY MARKET AND SPIRITS

Sale Dates: Monday afternoon January 1 to January 7

Come in and get your
FREE Pumps Perks Card!
Save On Gas!



Caribou COFFEE

Drive Through Hours:
6am-7pm Mon-Sat • 7am-5pm Sunday

BROCCOLI CUTS, PEAS, CORN OR MIXED VEGETABLES
BIRD'S EYE VEGETABLES
3/\$2
16 OZ FROZEN

STONERIDGE VANILLA, COOKIES & CREAM, MINT CHIP, ROCKY ROAD, BUTTER PECAN, VANILLA BEAN, FRENCH VANILLA OR COOKIE DOUGH
ICE CREAM
\$2.99
48 OZ

PUMPKIN, APPLE, DUTCH APPLE, PEACH, CHERRY OR VERY BERRY
MRS. SMITH'S PIES
\$3.99
30 OZ FROZEN

CASS CLAY REGULAR OR PLUS CALCIUM
ORANGE JUICE
2/\$4
1/2 GALLON

VANILLA OR NEW YORK VANILLA
CASS CLAY ICE CREAM
\$4.59
4 QT PAIL

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

ESSENTIAL EVERYDAY
SOFT & STRONG
BATH TISSUE
\$4.99
12 PK DOUBLE ROLLS

BOUNTY
PAPER TOWELS 12 PK BIG ROLLS **\$15.99**

CREAMY OR EXTRA CRUNCHY
JIF PEANUT BUTTER
\$1.99
16 OZ

BUTTER OR WHOLE GRAIN WHITE
SARA LEE
BREAD
\$1.99
20 OZ

STROGANOFF, LASAGNA OR CHEESEBURGER MACARONI
HAMBURGER HELPER
4/\$10
TWIN PACK

PEAS, WHOLE KERNEL CORN, CUT GREEN BEANS, SLICED GREEN BEANS OR CREAM STYLE CORN
BUTTER KERNEL
5/\$3
14.5 - 15.25 OZ

FAMILY PACK 85% LEAN
GROUND BEEF
\$2.99
LB

FAMILY PACK BONELESS PORK
SIRLOIN CHOPS
\$1.79
LB

GERBER "AMISH FARMS" BONELESS SKINLESS
CHICKEN BREASTS
\$3.99
LB

CLOVERDALE ORIGINAL OR WITH CHEESE SLICED SUMMER SAUSAGE OR
HAM PATTIES
2/\$5
8 - 10 OZ

ANGUS FARMS BONELESS CHUCK
BLADE ROASTLB **\$3.99**

FAMILY PACK BONE-IN PORK
COUNTRY-STYLE RIBSLB **\$1.59**

GERBER "AMISH FARMS" WHOLE CUT-UP
8 PIECE CHICKEN LB **\$1.89**

FAMILY PACK
HICKORY SMOKED BACON ..LB **\$2.99**

ANGUS FARMS BONELESS CHUCK
BLADE STEAKLB **\$4.29**

BONELESS PORK
SIRLOIN ROASTLB **\$1.69**

FAMILY PACK CHICKEN DRUMSTICKS OR
CHICKEN THIGHSLB **99¢**

ELLIOTT'S SMOKED OR POLSKA KIELBASA
SAUSAGE ROPES 16 OZ **\$2.79**

ANGUS FARMS BONELESS BEEF
STEW MEATLB **\$3.99**

HORMEL PORK
BBQ BACK RIBSLB **\$2.99**

ARCTIC SHORES
FLOUNDER FILLETS..... 16 OZ **\$4.99**

JOHN MORRELL "OFF THE BONE"
LUNCH MEAT ASST. VARIETY 7 OZ **2/\$5**

ANGUS FARMS BONELESS
RIBEYE STEAKLB **\$10.49**

CARANDO ITALIAN STYLE FRESH
MEATBALLS ASST. VARIETY 16 OZ **2/\$6**

ARCTIC SHORES 90 - 120 CT TAIL-OFF
COOKED SHRIMP..... 12 OZ **\$5.99**

SMITHFIELD FULLY COOKED PATTIES OR LINKS
PORK SAUSAGE24 OZ **\$3.99**

2%, 1% OR SKIM
COUNTRY FRESH MILK
\$2.59
GALLON

HONEYCOMB (12.5 OZ); GOLDEN CRISP (14.75 OZ); COCOA OR FRUITY PEBBLES (11 OZ)
POST CEREAL
3/\$9

PALUBICKI'S PHARMACY
218-435-1000
ASK PALUBICKI'S PHARMACY HOW TO GET...
\$50 IN FREE GAS & GROCERIES

CHUNK WHITE ALBACORE TUNA
CHICKEN OF THE SEA
\$2.99
4 PK - 5 OZ CANS

AQUAFINA
WATER
\$4.39
24 PK - 1/2 LITER BOTTLES

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

ESSENTIAL EVERYDAY
APPLE CIDER
3/\$4
64 OZ

STARBURST, SKITTLES, SNICKERS CRISPER, M&M'S CARAMEL CHOCOLATE, SNICKERS ALMOND, MILKY WAY, 3 MUSKETEERS, TWIX, M&M'S CHOCOLATE, OR M&M'S PEANUT
SNICKERS
5/\$3
SINGLE SERVE

ESSENTIAL EVERYDAY
CHICKEN BROTH
3/\$2
14 OZ

ASSORTED - 25% MORE
LIQUID TIDE LAUNDRY
\$11.99
115 OZ

LAND O' LAKES OR CASS CLAY
HALF & HALF
5/\$4.50
PINT

DICED PEACHES, MANDARIN ORANGES OR CHERRY MIXED FRUIT
DEL MONTE
\$1.89
6 PK - 4 OZ CUPS

ASSORTED RIPPLES OR APPETIZERS ON THE GO
OLD DUTCH
2/\$4
8 - 8.5 OZ

DICED, PETITE DICED OR DICED WITH BASIL, GARLIC & OREGANO
HUNT'S
TOMATOES
99¢
14.5 OZ

SUPREME HIGH PROTEIN
DOG FOOD
\$5.99
15 LB

WHOLE, 1% OR SKIM
LAND O' LAKES
CHOCOLATE TRUMOO
\$1.99
1/2 GAL

ESSENTIAL EVERYDAY
CHOCOLATE CHIPS
\$1.29
12 OZ

FRESH, CRISP
HEAD LETTUCE
99¢
EACH

ASSORTED NABISCO
SALTINE CRACKERS
\$1.99
16 OZ

SUNSOFT SOFTENER SALT (40 LBS)
EXTRA COARSE.....**\$4.39**
PELLETS..... **\$4.79**
RUST REMOVER..... **\$5.59**

ESSENTIAL EVERYDAY
BUTTER
\$2.99
1 LB QUARTERED

ASSORTED
FRESCHETTA PIZZA
2/\$9

ULTIMATE CAESAR, CREAMY BALSAMIC, COUNTRY RANCH OR SOUTHWEST
DOLE SALAD KITS **2/\$5**
NATURE'S SWEET GLORY'S TOMATOES 10.5 OZ **\$2.59**
HYDRO CUCUMBERS **2/\$3**
A TASTE OF SPRING! FRESH ASPARAGUS... LB **\$3.99**
RUSSET POTATOES 10 LB **\$2.39**
SWEET CLEMENTINES.. 3 LB BAG **\$4.99**
JUICY GRAPEFRUIT 5 LB BAG **\$3.99**
FRESH BLUEBERRIES PINT **\$4.99**
RED RIPE STRAWBERRIES.... 16 OZ **\$3.29**
SWEET D'ANJOU PEARS **5/\$3**

24 PK - 12 OZ CANS
BUSCH OR BUSCH LIGHT
BEER..... **\$16.99**

BAREFOOT WINTER BLEND
WINE..... 750 ML **\$3.99**

COLBY JACK, MILD CHEDDAR, MOZZARELLA, PIZZA OR SHARP CHEDDAR
ESSENTIAL EVERYDAY SHREDDED CHEESE
2/\$3
8 OZ

ASSORTED
CULINARY CIRCLE
PIZZA
2/\$9
12 - 33 OZ

24 PK - 12 OZ CANS
COORS LIGHT
BEER..... **\$19.49**

RIESLING, MOSCATO OR MOSCATO D'ASTI
CUPCAKE
WINE 750 ML **\$10.99**

CASS CLAY 1%
COTTAGE CHEESE..... 22 OZ **\$1.99**

BELLATORI ULTRA THIN CRUST
CHEESE PIZZA 16.03 OZ **\$3.99**

WINDSOR CANADIAN
WHISKEY .. 1.75 L **\$18.99**

LAMARCA
PROSECO.. 750 ML **\$11.99**

TITO'S
VODKA..... 1 L **\$21.99**

RUM
CHATA..... 1 LT **\$19.99**

CLASSIFIED ADS

LPN & NURSING ASSISTANT POSITIONS



CORNERSTONE NURSING AND REHAB CENTER, Bagley, is accepting applications for full and part time LPNs and Nursing Assistants.

Great starting wage, shift differential, and a full benefit package. Applications available at www.cornerstoneshc.com or call Nicole 218-694-6552. E.O.E.

416 7th Street NE • Bagley, MN 56621

R41-43C

Bus Driver Positions Available

Do you like working with children, but not sure you want the responsibility of driving a full size bus packed with students? Looking for shorter hours, but want to make a difference in your community? Inter-County Community Council is accepting applications for a bus driver to drive our Head Start bus. The position is part time, 9 month positions. Buses have a maximum capacity of 20 children and all children wear seat belts.

Preference for drivers with a CDL (commercial drivers license with school bus endorsement), but are willing to train those eligible to obtain their CDL / school bus endorsement.

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountyycc.org. Applications must be received by 12:00PM on Friday, January 12th. Send completed application and resume to Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountyycc.org. Call 218-796-5144 x. 28 for more information about the position. ICC is an equal opportunity employer.

R41-42C

Job Posting/Position Available

Clearwater County Nursing Service is accepting applications for the part/full time position of Registered Nurse and/or Public Health Nurse. The applicant should have a minimum of 1 to 3 years experience in the areas of homecare/hospice and or medical-surgical nursing.

Applications are available at the Clearwater County Nursing Service office in Bagley 212 Main Ave. N., Bagley or online at <http://co.clearwater.mn.us/> Call 694-6581 for more information. We are an equal opportunity employer.

R40-41C

Loader Operator I – Polk County Incinerator

The Polk County Incinerator in Fosston, MN has an opening for a full-time **Loader Operator I** position. This position operates heavy equipment to stock and feed municipal solid waste to the Materials Recovery Facility and the Incinerators; rotating shifts. Applicants must possess a high school diploma or equivalent. Knowledge of and experience operating heavy equipment and high pressure steam systems is preferred. A valid MN driver's license is required. A pre-employment physical exam is required. Wage range is \$17.09-21.73/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. Open until filled. EEO

M38C - TFC



MENTOR, MINNESOTA

OPERATOR ASSISTANT -- Scoular Special Crops is seeking motivated individuals to work in their sunflower processing facility in Mentor, MN. Scoular offers competitive wages and a comprehensive benefits package including medical and dental insurance, a retirement program, and vacation and holiday pay. For more information, call us at 218-637-8204.

R28 - 1/mo-tfc-C



Come Join our Team!

CNH Industrial Openings: Benson, MN

Through its people and brands, CNH Industrial delivers power, technology and innovation to farmers, builders and drivers all around the world. Each of its brands, including Case IH, New Holland Agriculture, Case and New Holland Construction, FPT Industrial, Capital, and Parts & Service, is a major international force in its specific sector.

1st Shift Hours: Monday-Thursday, 6:00 am-4:30 pm
2nd Shift Hours: Monday-Thursday, 4:30 pm-3:00 am

- Assembly, 1st Shift; Starting pay \$16.74
- Material Handler, 1st & 2nd Shift; Starting pay \$16.74

Night shift differential is an additional \$1.50/hr.

\$1500 sign on bonus for these positions!

- Welding, 1st & 2nd Shift; Starting pay \$21.09
- Press Brake I, 2nd Shift; Starting pay \$21.09
- CNC Operator, 2nd Shift; Starting pay \$21.60
- CNC Laser, 2nd Shift; Starting pay \$21.60

Benefits: All positions are eligible for the following:

After 30 days of employment: Medical Insurance: Cost \$3.69 to \$69.00 a week depending on the plan chosen • Dental Insurance: Cost \$.92 to \$4.85 a week depending on the plan chosen • Vision Insurance: Cost \$.92 to 2.08 a week depending on the plan chosen • Life Insurance Plans • 11 paid Holidays
After 1 year of employment: CNH Industrial provide a 401K match • Tuition Reimbursement • 1-5 years of service employees receive 80 hours of vacation

Apply online: www.cnh.com

EOE

Poplar Meadows Senior Living in McIntosh

is looking to fill their housing manager position. Candidate should have medical experience, but it is not necessary for the right candidate.

If interested submit resume and cover letter to: Poplar Meadows, Attn: MEDA Board, 325 Scots Ave. SE, McIntosh, MN 56556.

M39-41C

HELP WANTED

FULL TIME COUNTER SALES PERSON

Experience helpful but not required. Wage depends on experience/ability.

Apply in person.



Bagley, MN

R40-41C



PT/FT Delivery Driver PT/FT Counter Sales Store Manager Wanted

Auto Value Parts Stores is now hiring in Fosston, MN. View various position details & apply at www.autopartshq.com/careers – select a Fosston position. Applications also accepted at Fosston Auto Value, 102 Kaiser Ave. S., Fosston, MN.

R39-42C

Help Wanted: Manager

Manager at Poplar Meadows Assisted Living in McIntosh. LPN or RN license preferred but not required. Responsibilities include but not limited to building operation management and billing (including medical billing). Salary negotiable. Send resume to City of McIntosh, 115 Broadway St. NW, McIntosh, MN 56556 or macclerk@gvtel.com by January 19, 2018. For additional information call 218-563-3043.

M41-42C



seeking Customer Service Representative for Winger location. Full time position with benefits.

To apply, email resume to saram@ultimabank.com

R40-41C

HELP WANTED

CONVENIENCE STORE Deli and Clerk Positions

McIntosh Cenex has part-time day, evening and weekend shifts available. Competitive pay and flexible scheduling available. Stop by the store for an application.



O40-41C

FULL-TIME HOUSEKEEPING POSITION



CORNERSTONE
A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE NURSING AND REHAB CENTER, Bagley, is accepting applications for our housekeeping department.

Questions about the position may be directed to John Renner at 218-694-6552. E.O.E.

416 7th Street NE • Bagley, MN 56621

R41-43C

GVTel | Internet | 4G LTE Cellular | Security & Smart Home Business Phones | Local & Long Distance



Garden Valley
Your Technology Leader

800-448-8260 | gvtel.com | f

R30TFC

We do Passport Photos at Richards Publishing. Please call for an appointment. 218-487-5225

Items for Sale

FOR SALE

Beretta A391-X-Treme 2, 12 gauge, up to 3.5" shells, 28" barrel, black synthetic stock, like new, \$1000 firm. Call 218-368-6879

R40-43C

FOR SALE:

Suzuki 4-stroke, 20 hsp long shaft, electronic fuel injection, clean burn. New this year. First \$2,000 takes it home. Call 218-368-6879

R40-43C

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.

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

R45tfc-NC

FOR SALE:

Custom built ice house skid shacks: I have 2 of these sizes ready for pick up, 57" wide by 8 ft. with 12 ft. skids, insulated windows, insulated door, spray foam insulated, green metal siding with white trim, \$2800. These are 2-man shacks. We will custom build them to your size. Call 218-368-6879 for more information.

R40-43C

RUMMAGE SALE

EMBASSY BASEMENT, 3RD/EATON, FOSSTON
FRI., JAN. 5th (most items 50¢); SAT., JAN. 6th (\$2 bag day). 9 am–noon both days.

R41C

NEW MATTRESS WITH BOX-SPRING, PILLOWTOP Set, Queen \$279, Full Size \$249. All sizes Available Today For Pickup Or Delivery - Brother's Discount Furniture, 218-766-0064. Family Business Since 2011.

R41-45tfc-C

Oklee Mini Storage

Downtown Main Street

Units Available

10 x 12 ft - \$45

12 x 22 ft - \$75

218-779-3005

218-796-5120

O33-6C

CARLSON ELECTRICAL SERVICES

- Free Estimates
- Service Calls • Bucket Truck • Commercial & Residential Wiring

Full-line of electrical products available

Call us: 218-687-AMPS (2677) or Email: cesi@gvtel.com

EXPERIENCED, QUALITY INSTALLS & GREAT CUSTOMER SERVICE

R41C

NEW LISTING!

#4271 - No Worries Here! Wouldn't it be great to move into your new home with no hassles and nothing to do inside or out. Get ready, because this is that property. With maintenance-free siding and windows, fenced-in backyard, two bedrooms, 2-1/2 baths, main-floor laundry, H.E. natural gas furnace, central air and the list just keeps going. Call today to set up a time to see this fabulous gem of a home!

SOLLIE REALTY

Fosston, MN

218-435-1525

www.sollie.net

Real Estate

HOUSE FOR SALE by owner: Location: 225 Oak St. SE, Clearbrook, MN 56634. 4 beds, 3 baths, 2,452 sq. ft. Asking price: \$74,900. Contact #: 612-810-2366.

R37-41C

For Rent

FOR RENT: 2-bedroom apartment available. 218-435-6874.

R37tfc

Start the new year in a new apartment at Summerfield!

Clean, comfortable apartments now available. Heat, Water, Sewer, Trash included in rent. Washer & Dryer, Microwave, Dishwasher included in unit.

CLEARBROOK – Summerfield 55+ - Safe!
Secure entrance, Spacious, Newly Carpeted
1 bedroom + den, 1 bathroom
Apartment available NOW!

ERSKINE – Cottages - Serene surroundings!
1 bedroom, newly carpeted, READY for move in.
2 bedroom, 2 bathroom apartment available Now!

FOSSTON – Summerfield 55+Safe!
Secure entrance, Spacious, 1 bedroom, 1 bath Apartment available NOW!

Professionally managed by Greater Minnesota Management. Call for your personal tour (800) 504-6093.

R41C

OKLEE LUMBER INC

Quality Construction Materials

- Building Materials Sales
- Windows & Window Treatments
- Paints & Painting Supplies

ASK ABOUT OUR COMPLETE BUILDING PLANS SERVICES!

We're glad to help you with any building problem you may have.

301 Lambert St

Oklee, MN 56742

www.okleelumber.com

218-796-5131

O2TFC

Yes! We Do Banners!

- Vinyl - Outdoor Quality
- Paper - Cover Stock
- Foam Core Mounting Available

2 feet by any length needed!

218-487-5225

Email richards@gvtel.com

BAR BINGO! AND PADDLE WHEEL

SATURDAY • 6:30 PM

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

SPONSORED BY:
The Mentor Firefighters Relief Association
Lawful gambling license #05817-003

CAROL'S COZY BAR & GRILL

Brooks, MN • 218-698-4608

JAN. 6, 2018

CAROL'S COZY BAR & GRILL

Brooks, MN • 218-698-4608

WED., JAN. 10 7:00 pm

STARTING **WINTER SMEAR TOURNNEY**

FRI., JAN. 19

Kickin' Up Kountry KARAOKE

MUSIC 8:00-12:00 pm by **"WILD WES"**

WEDNESDAY NIGHTS

\$5.00 Burgers & Fries

SAT., JAN. 6 6:30 pm 50 #'s

THURS., JAN. 4

- * Potato Klub & Side Pork
- * Broasted Pork Chops

LUNCH & DINNER

SUN., FEB. 4

FOOTBALL PARTY

Raffle Drawing:

- ★ 50" Big Screen TV
- ★ and more

TICKETS AVAILABLE at the COZY

HOURS: M-SAT: 8 A.M. - 1 A.M. ☉ SUNDAY: 11:00 A.M. - MIDNIGHT

Kitchen winter hours closes 9:00 p.m.

BAR BINGO & PADDLE WHEEL MEAT RAFFLE

BAR BINGO & PADDLE WHEEL MEAT RAFFLE

PROGRESSIVE - BLACKOUT 61 #'s for \$1,000

SATURDAY, JAN. 6

License: #32290-001 — at — **6:00 pm**

BAR BINGO & PADDLE WHEEL MEAT RAFFLE

FRI. & SAT. SPECIAL

WALLEYE

— 5:00-10:00 pm —

BAR BINGO & PADDLE WHEEL MEAT RAFFLE

SMEAR TOURNNEY

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

Fosston Theatre

105 1st St. W. in Fosston, MN

For showtimes, please visit our website at: www.FosstonTheatre.com or call (218) 435-1700

\$3 TUESDAY'S!!!
Every Tues. all day!

NOW SHOWING

FALLS FC CINEMA

UPCOMING MOVIES

1/5/2018 FRIDAY
Star Wars The Last Jedi
Coco

1/12/18 FRIDAY
Pitch Perfect 3
Jordinand

1/19/18 FRIDAY
Downsizing
Father Figures

SUBJECT TO CHANGE, PLEASE CHECK WEBSITE

Hwy. 59 South, Thief River Falls
Box Office Hotline: 681-9945
www.fallscinema.com

WE DO PASSPORT PICTURES

CONTACT DICK AT 487-5225

Word Search Answers

Theology in the Trenches

By Kathleen Kjolhaug

The Vacuum Cleaner Needed a Haircut

I gave a haircut to the vacuum cleaner. It came to a grounding halt upon the carpet one afternoon as it was supposedly picking up the crumbs that had been dropped. I soon noted, it was not picking them up, but rather, the same flecks appeared to be jumping from one spot to another upon the floor. Becoming suspect that something wasn't working as it should, I began looking into the problem.

Turning the beast upside down for inspection, the basics looked to be in order. As this wasn't my first rodeo, so to speak, something didn't look quite right. Sooner than later, I noted that the roller was nowhere to be found. It was camouflaged as one big brown furry sweater of sorts. As I dug a little deeper, sure enough, the brushes on the roller which were supposed to help with the clean-up were deeply embedded within this mask of stuff.

Grabbing the nearest scissors, I clipped away until I found the metal beneath and cleared out that which was clogging the system.

Returning the vacuum to its upright position, it was ready to go. It functioned like brand new once the hidden debris was removed. Little did anyone know that there was anything wrong. It stood looking fine on the outside, but something within was definitely not okay. A simple little check up brought to light that which needed fixing and it made a miraculous difference.

Initially, my thoughts were to totally replace the machine. Or, I thought, perhaps parts needed to be purchased and replaced. And the worst case scene plummeted to the depths of my thoughts that perhaps the real culprit was the carpet, and that maybe there was just too much stuff upon it.

My mind raced from one thing to the next until the simple solution surfaced.

Most often, the solution is closer than we think not to mention much easier than we could have ever imagined.

Perhaps it's time to do an inspection? It can't be that painful as the price of it has been already paid in full.

What do you do once you've found what needs fixing? Confess it, lay it down, and He vacuums it all right up...vertically. And with outstretched arms...awaits as we continue to lay the debris down which we seem to so readily collect this side of Heaven. He knew long ago that His broken would be there to cover our broken.

"For it was while we were yet sinners, Christ died for us" (Rom. 5:8).

"Vacuum" that up. Amen.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: With the recent temperatures below zero in the area, can you give some tips on what should be in your vehicle and what to do if your car stalls or gets stuck.

Answer: When the temperatures are well below zero, it can result in a life threatening situation if you are not prepared. Having a safety plan and emergency kit in your vehicle can save your life.

If stranded, stay in the vehicle, call 911. Provide the Dispatcher with the following information:

- Problem you're experiencing
- Your location (Get in the habit of looking for mile markers and cross streets/roadways)
- Any injuries to yourself or passengers
- Preferred tow company, otherwise the closest approved tow company will be dispatched

At night, keep your dome light on and activate the vehicle's emergency flashers.

Be aware that snow can plug your vehicle's exhaust system and cause deadly carbon monoxide gas to enter your car so make sure the exhaust pipe is free of snow and keep a window slightly open while the engine is running.

Make sure your vehicle is properly maintained and that you have at least a half of a tank of fuel.

Slow down and use winter driving skills to avoid crashing or going off the road.

Be patient, as law enforcement and the towing companies may be busy with other calls. We will get there as soon as possible.

We recommend the following items be in your vehicle, especially in the winter:

- Cell Phone and car charger
- Snow shovel
- Flashlight with extra batteries

- Window washer solvent
- Ice scraper with brush
- Jumper cables
- Tow chain or rope
- Extra warm clothing (gloves, hats, scarves) and blankets
- Warning devices (flares or triangles)
- Drinking water
- Non-perishable snacks for both human and pet passengers
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench)
- Bag of abrasive material (sand, salt, cat litter) or traction mats

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 @MSPPPIO_NW or reach him at, jesse.grabow@state.mn.us).

Twin City

by Auctioneer Eric W. Mickelson

Three companies provided the start of one of my favorite companies. The Moline Plow Co., Minneapolis Threshing Machine Co., and the Minneapolis Steel and Machinery Co. merged in 1929, to form a single company that could find success. The Minneapolis-Moline Power Implement Co. was the result. As they moved to the future the continued the Twin City tractors that had been produced by the Minneapolis Steel and Machinery Co. The "gray" tractors were now called Minneapolis-Moline Twin City tractors.

John Deere, Massey Harris, Case, International Harvester, and Allis Chalmers all produced a full line of equipment and were part of very competitive industry at this time. The new merger hoped that using each companies strengths could catapult Minneapolis-Moline into a spot of leadership in this market.

Although they were trying to develop their own tractor, Minneapolis-Moline kept the Twin City name and gray paint job. The Twin City models FT, KT, and MT were updated. In 1934 the new model JT was released, and sported the "new" pneumatic rubber tires. Eventually the new tractor the ZT was introduced. It was a big change with stylish sheet metal and a new yellow paint scheme! The gray model J sort of disappeared. The J was the Minneapolis Molines first gray tractor, and it's last gray tractor!

Many years ago I attended a sale and there was an old KTA Twin City tractor on it. It had been literally drug out of the woods. The tires were rotten and several parts were missing and I think it sold for \$40! I don't know why I didn't bid!!

How about a little tractor trivia:

1. One of Minneapolis Moline/Twin City's advertising slogans was, "Dependability of cylinder economy."
 - A) 2 cylinder B) 4 cylinder
 - C) 6 cylinder D) 8 cylinder
2. The model J tractor initially used a _____ F-head engine, which proved unsatisfactory.
 - A) Hercules B) Waukesha
 - C) Twin City D) Briggs/Stratton
3. The model JT tractor was tested at Nebraska to _____ drawbar HP.
 - A) 18hp B) 22hp C) 25 hp D) 29 hp
4. The model JT tractor had rubber tires. This was a good addition because of its _____ speed transmission capable of speeds of 12 mph.
 - A) 3 speed B) 4 speed C) 5 speed D) 6 speed
5. The model ZT has a new paint job. The yellow paint was called _____.
 - A) Mustard Seed B) Honey Bee Yellow C) Prairie Gold D) Flambeau Red

Answers: 1. B) 4 cyl. 2. B) Waukesha 3. A) 18hp 4. C) 5 speed 5. C) Prairie Gold

www.TriCoCanary.com is supported by these advertisers

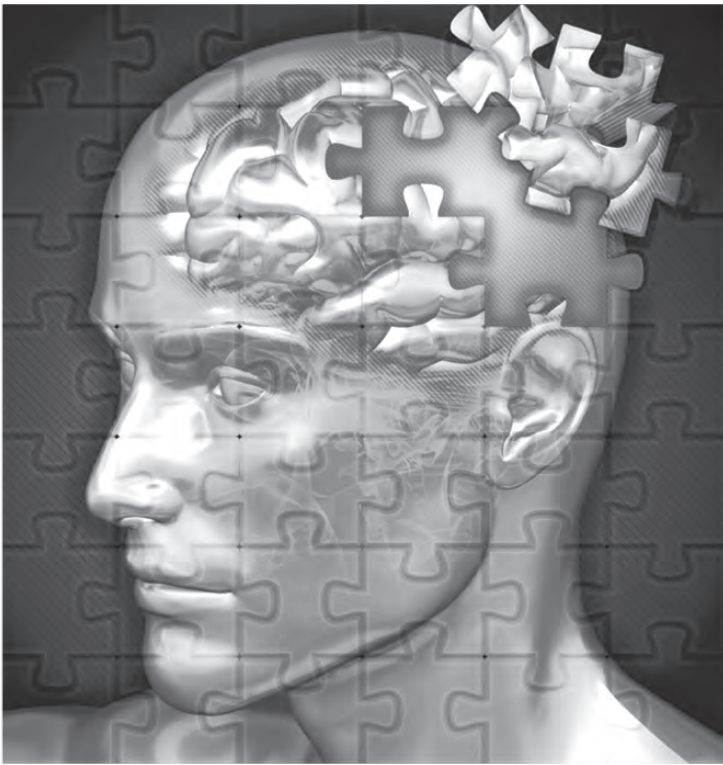
Visit our website www.TriCoCanary.com and click on the advertiser to learn more about their business.

If you are a business and would like to advertise on our website, contact Dick at Richards Publishing 487-5225

ANDERSON WELL DRILLING & REPAIR Home: 218-776-2486 Cell: 218-688-1400 Clearbrook, MN 56634	BAKKEN'S MARKET GROCERY & DELI 218-776-3812 BAKERY • FRESH MEATS • PRODUCE • LOTTO 33 Main St S, Clearbrook • 218-776-3812	Bemidji MARINE bemidjimarine.com (218) 444-BOAT 3611 Laurel Drive NW, Bemidji, MN 56601	Carol's Cozy Bar & Grill On Main in Brooks 218-698-4608	CHS NORTHLAND GRAIN Badger • Greenbush • Grygla • Stephen Red Lake Falls • Roseau • St. Hilaire • Hazel • Oklee • Warren www.chsnorthwestgrain.com	Clearbrook Collision Center (218) 776-3144
1st First State Bank of Clearbrook PO Box 27, 123 Main St S Clearbrook 218-776-3151	CEASE FAMILY FUNERAL HOMES Bagley - (218) 694-6600 Blackduck - (218) 835-3300 Bemidji - (218) 751-9700 Cass Lake - (218) 335-6969 Park Rapids - (218) 732-7264 Nevis - (218) 652-3105	Home at Heart Care In-Home Personal Care & Homemaking Serving North-Western Minnesota 3rd Ave., Clearbrook ~ 218-776-3508	LINDFORS Insurance Agency Clearbrook (218) 776-3161 Fosston (218) 435-6585 Bagley (218) 694-6848	The Northern State Bank Gonvick, MN 56644 218-487-5244	Northdale Oil Inc. 249 1st Ave, Gonvick 218-487-5816
OKLEE LUMBER INC. 301 Lambert St, Oklee 218-796-5131	OKLEE QUILTING SUPPLY 128 S Main Street, Oklee 218-796-5151	SOLLIE REALTY (218) 435-1525 Fosston • www.sollie.net	Security STATE BANK P.O. Box 69, 201 Main Street Oklee, MN 56742 218-796-5157	Thibert Chevrolet & Buick 301 South Main Avenue Red Lake Falls, MN 56750 800-247-2438	Y92 Convenience 28 Tower St SW Clearbrook (218) 776-3375

Understanding dementia
a key to compassionate care

Alzheimer's disease is one of the more prominent forms of dementia, but there are many additional types of dementia that also can cause both physical and cognitive alterations. Understanding the complexity of dementia can be beneficial to both dementia sufferers and their caregivers.
Dementia is a general term used to define a decline in mental ability severe enough that it can interfere with daily life, offers the Alzheimer's Association. Alzheimer's disease is the most common type of dementia.
Dementia is not a disease but a term used to describe a wide range of symptoms. The words "senility" and "dementia" often are incorrectly used interchangeably. However, serious mental decline is not a normal part of aging.
Dementia presents itself through various symptoms, and memory loss alone is not enough to lead to a dementia diagnosis. Dementia can affect thinking and social abilities, but the Mayo Clinic notes that some dementias may be reversible.



The following are some common symptoms of dementia:
· Trouble communicating or finding words.
· Difficulty completing complex tasks.
· Challenges with planning and organization.
· Episodes of confusion and disorientation.
· Memory loss, which is often noticed by a third party.
· Personality changes that can include agitation, anxiety, inappropriate behavior and even hallucinations.
Apart from Alzheimer's disease, which is a progressive disorder most common in people age 65 and older, there are other types of dementia. The second most common is called "vascular dementia." This results from damage to vessels that supply blood to the brain. This damage can be the result of stroke, smoking and other blood vessel conditions. Brain imaging can often detect blood vessel problems implicated in vascular dementia.
Dementia with Lewy bodies, or DLB, is another dementia that laymen may mistake for Alzheimer's disease. The Alzheimer's Association notes that people with DLB often have not only memory loss and cognitive problems common in Alzheimer's, but they also display initial or early symptoms such as sleep disturbances, well-formed visual hallucinations, slowness, gait imbalance or other Parkinsonian movement features, which can lead to misdiagnosis.
If physicians suspect dementia was caused by various factors, a person may be diagnosed with mixed dementia.
Unfortunately, there are no cures for progressive dementias that are linked to plaque tangles in the brain and changes in the way the brain processes the protein alpha-synuclein. Patience and various medications may be needed to help those with dementia live fuller lives. Cholinesterase inhibitors are mainstays in dementia treatment. These medications prevent the breakdown of acetylcholine, a chemical messenger important for learning and memory. Acetylcholine supports communication among nerve cells by keeping acetylcholine levels high. Physical therapy and cognitive therapy may be used in conjunction with medication to assist those with various dementias.
Helping individuals with dementia remain comfortable is a priority for caregivers, and understanding the symptoms and treatments can help caregivers make patients and loved ones as comfortable as possible.

MEOW.
The Classifieds Are the Cat's Meow.
Area shoppers know the Classifieds are the purr-fect place to find a bargain. In the Classifieds, you can track down deals on everything from collectibles to cuddly kittens. It's easy to place an ad or find the items you want and it's used by hundreds of area shoppers every day.
Just \$5.00 for 20 words and \$1.00 for each 4 words thereafter.
Go with your instincts and use the Classifieds today.
Richards Publishing Co.
PO Box 159, Gonvick, MN 56644
richards@gvtel.com
218-487-5225

WEBSITE ADVERTISING
Promote Your Business!
Call Today! 218-487-5225

NWMAC Individual Artist \$1,500 GRANTS – DEADLINE JANUARY 15!

The application deadline for Individual Artist Grants for \$1,500 from the Northwest Minnesota Arts Council (NWMAC) is January 15, 2018. This is the only deadline each year. Applications are being accepted in our seven county service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties in Minnesota. Individual artist grants are awarded to individuals in our region in performing, visual, media and creative writing arts. To be eligible you must be out of high school and at least 18 years of age. College tuition is not an eligible expense.
What is a typical project? Often, grant proposals are to buy items that directly relate to your art like upgrading an instrument or replacing worn out visual art equipment. Sometimes proposals are to attend a workshop that is important for your artistic growth then create a new body of work as a result of that learning. Some grants are to allow artists to create a new body of work, then promote and showcase the result.
What is hard to get funded? It is difficult to receive funding for items that are part of daily life like computers, printers, cameras, cell phones, etc. It is also difficult to receive funding to travel to destinations for art training that have the appearance of a vacation. It is difficult to receive funds to start a new arts medium since your current work sample is important to the application process and must show work within the medium you are applying.
Can I pay myself while I work on my project? Yes, the McKnight Foundation encourages established artists to be able to use grant funds to pay themselves to work on the project. If awarded a grant, however, careful tracking needs to occur on the form provided. If awarded, all receipts for expenses need to accompany the final report or full or partial funding will be returned including the completed time tracking form.
Support for our Individual Artist Grant program comes from the McKnight Foundation. The McKnight Foundation in Minneapolis awards the Northwest Minnesota Arts Council \$70,000 annually to provide grants and services to artists. Please see the McKnight page on our website under About Us that provides a summary and links to this programming. To see if you qualify for this grant visit the grants link at www.NorthwestMinnesotaArtsCouncil.org/grants or call 218-745-9111 or email mara@nwrdc.org.

Minnesota Dental Association Recommends Making a New Year's Resolution for a Healthier Mouth
Tips for improving your oral health in 2018

MINNEAPOLIS – January 2, 2018 – The Minnesota Dental Association is urging all Minnesotans to make a resolution to improve their oral health in 2018. Eliminating bad habits, starting new good habits and prevention are all key to maintaining good oral health and avoiding the risk of gum disease and other possible systemic conditions.
Mouth-healthy Resolutions Start...
1. Brushing your teeth two times a day for two minutes for healthier teeth, good breath, fewer cavities, and to avoid painful dental problems
2. Flossing daily
3. Chewing sugarless gum. Chewing sugarless gum for 20 minutes following meals can help prevent tooth decay.
4. Drinking fluoridated water. Fluoride helps prevent cavities by making teeth more resistant to the acid attacks that cause cavities.
5. Seeing your dentist regularly (every six months)
Stop...
1. Smoking. If you smoke, seek help with quitting. Smoking can worsen gum problems.
2. Drinking soda. A steady diet of soft drinks can lead to tooth decay.
3. Stop eating sour candies. Sour candies are very acidic, and can weaken tooth enamel.
4. Biting your nails. Nail biting can chip teeth and harm your jaw.
5. Brushing too hard. Brushing with a hard toothbrush, or brushing too hard, can damage teeth and irritate gums.
For more resources and information about oral health visit www.mndental.org/public.

St. Charles resident wins turkey stamp contest

St. Charles artist Micah Hanson won the 2019 turkey stamp contest. The painting was selected by judges from among 12 submissions for the annual contest sponsored by the Minnesota Department of Natural Resources.
Hanson's painting will be featured on the 2019 turkey stamp. His artwork was previously featured on the 2011 and 2015 turkey stamps, and he also has won Minnesota contests for the 2000 and 2003 trout and salmon stamp, both with a brown trout.
Six entries advanced as finalists and were selected Dec. 21 at DNR headquarters in St. Paul. Other finalists were Bradley Hadrava, Nathan Hager and Stephen Hamrick in a three-way tie for second place; Dean Kegler, third place; and Anges Coudron, fourth place. The DNR offers no prizes for the stamp contest winner, but the winning artist retains the right to reproduce the work. The 2019 turkey stamp will be available for sale March 1, 2019.
The turkey stamp was authorized by the 1996 Minnesota Legislature at the request of turkey hunters. Stamp revenue is used for wild turkey management and research. The cost of a turkey stamp is incorporated into the price of the hunting license – no additional purchase is required. However, a pictorial turkey stamp costs 75 cents and can be purchased with or without a turkey hunting license.
Turkey hunting licenses are free for youth 12 years old and younger; \$5 for ages 13 through 17; and \$26 for hunters 18 and older. More information on turkey hunting is available at mndnr.gov/hunting/turkey.



We are Online! www.TriCoCanary.com
You now have the option to view the news online or in print or both! Subscribe online, or give us a call today!
If you receive the paper in the mail, you can view the E-Edition for free! We just need your email address to get you started!
Richards Publishing Company
218-487-5225
The Tri County Canary E-edition is included in your subscription to the Leader-Record, McIntosh Times, Oklee Herald or Grygla Eagle!

ORGANIZATION WORD SEARCH
D S K H B L F H V O O U T H Y L S K R G
R U B L Y E D N R F Y N S R O W A E L Y
N P A N T B I S T A C K O H H O C C R A
N P O K Y A S U K A G G N P E Y K O Y C
O L E T E L C C N S E A I G C L T S S H
I I D E Z A A G T T C A N L P N V F Y Z
T E I N W N R V A S A I E V E U Y I E H
A S V I G B D C B S H C Y V Y D E G N D
N K I B N K U T S T O H N Y E G A E L G
O S D A A O O I O O K I N Z A B N O O B
D B T C H K S L R Z Z R I R R T F F R N
G H U V W T C D A S E N O A P A D I D Z
N S A D A H I G O A A T G W Z S U L E C
I T T N R N O R V G S Y O T R K H E R N
N R C E A A T W O C I F V K G N P O Y A
A E P T S D W G R V S E L I P E T S L I
E S E Y T O P E D D I G I T A L S A F S
L S U W T L L F R G A U Z N D R C C P S
C P I T R G C C P S E H K N B K E N C C
Y Z F I V D U R A V E R T I C A L I R T
Find the words hidden vertically, horizontally & diagonally throughout the puzzle.
Word Search Answers on page 5

WORDS
ASSISTANCE
CABINET
CATEGORY
CLEANING
CLOSETS
CLOTHING
COORDINATE
DIGITAL
DISCARD
DIVIDE
DONATION
DRAWERS
FILES
FOLD
GARBAGE
HANG
HOOKS
INVENTORY
LABEL
ORDERLY
ORGANIZED
PAPERWORK
PILES
RECYCLE
SCAN
SHELVING
SORT
STACK
STORAGE
STRESS
SUPPLIES
TASK
VERTICAL

Give Your Walls Personality!
We can enlarge your prints here!
• Color or black & white prints
• Enlarge up to 24" tall
• Mount on foam board
• Bring in your disc, camera or email to richards@gvtel.com
Richards Publishing Co., Inc.
PO Box 159, 239 2nd Ave.
Gonvick, MN 56644
Questions? Call us at 218-487-5225
Wednesday, January 3, 2018

BUY THIS MONUMENT

\$895.00

Order Now For Delivery Before Memorial Day.

ANDERSON

PETER B. MARCH 21 1925 APRIL 20 2009

NORMA P. JULY 26 1928 APRIL 22 2008

Buy Factory Direct! Avoid Funeral Home & Salesman Commission!

NESS GRANITE WORKS

3 miles N. on Hwy 59, Detroit Lakes, MN
800-309-5191 • www.nessgraniteworks.com

OBITUARIES

Services for Elvera Just

Elvera Just, age 98, of McIntosh, MN, passed away on Friday, December 15th, at McIntosh Senior Living. Memorial services will be held at 10:30 a.m. on Tuesday, January 9th, at Immanuel Lutheran Church in McIntosh with the Rev. John Anderson officiating. Interment will be in St. John's Cemetery in Wood Lake, MN at a later date. Family will greet friends for one hour prior to the service on Tuesday at the church. Arrangements are with the Carlin Funeral Home, serving McIntosh. Memorials may be directed to Essentia Health Hospice. Messages of condolence may be sent at www.carlinfuneral.com.

Elvera E. Just was born on November 15, 1919 at Wood Lake, Minnesota to Emil and Marie (Plath) Just. She was baptized and confirmed in the Lutheran faith and had remained in that true faith all her life. She attended

St. John's Lutheran School and Wood Lake High School, graduating in 1939. She worked as a waitress in Granite Falls prior to moving to Seattle to work in an aircraft factory during World War II. After the war, she returned to Minnesota and was employed by the Bell family (founders of General Mills) as a house maid. She moved briefly to McIntosh and clerked in the Warford Drug Store in the late 1940s. Elvera then returned to Minneapolis where she enjoyed a long career as an employee of Honeywell, Inc., retiring in 1984. After retirement, Elvera lived in Minneapolis until her move to McIntosh in 2002 to be near her sister, Alice Warford. She was a member of Immanuel Lutheran Church during her years in McIntosh. Her later years were spent at Poplar Meadows and for the last few months at McIntosh Senior Living until her death on Friday, December 15, 2017 at the age of 98 years and one month.

Elvera Just never married but was a special aunt to the children of her five brothers and sisters. She is survived by one brother, Vernon Just and his wife Gloria of Sioux Falls, South Dakota, and sister-in-law Ruth (Leslie) Just of West Bend, Wisconsin. She was preceded in death by her parents, brothers Harold and Leslie, and sisters Leona (Just) Hanson and Alice (Just) Warford.

She was loved and will be missed by her family and many friends. Blessed be her memory.

Services held for Harriet Kiesow

Harriet Kiesow, age 88, passed away on Tuesday, December 26, 2017 at Thief River Care Center in Thief River Falls with her loving family at her bedside.

Funeral service was held on Friday, December 29, 2017 at 11:00 AM at Johnson Funeral Service in Thief River Falls, MN with Reverend Kristin Ostercamp Officiating. Burial was held at Jerusalem Cemetery. Visitation held one hour prior to the service.

Harriet Arlene Bakke was born on December 7, 1929 in International Falls, MN the second child of Alfred C. and Hattie (Holmestad) Bakke.

She grew up in International Falls, Spruce Grove Township in Beltrami County northeast of Grygla, and in Thief River Falls, MN and attended school in the Grygla area.

On January 13, 1948 she married August Henry Kiesow in the parsonage at Mavie in Pennington County, MN by Pastor M.A. Uhlig. Harriet and August raised two sons to manhood on the family farm in Moylan and Espelie Townships, Gary August and Ricky Dale.

Harriet worked as an aid at the Mercy Hospital in Thief River Falls. While working as a waitress at the Rex Café she was introduced to her future husband by her co-worker and friend Theresa Mutnansky, August's cousin. Later on she worked in the kitchen at The Steak Knife II in Grygla.

Her married life was spent working side by side with August on the family farm in Moylan and Espelie Townships, Marshall County where she preferred spending time

outdoors with the animals and driving tractor to cooking and housework. Harriet was taught to make the traditional German foods, at the Kiesow homestead, by her mentor and dear friend Grace Kiesow.

Harriet and August loved to go square dancing and visiting with neighbors. She also enjoyed going snowmobiling with the Wilkens, Erickson, and Hanson families where they would have winter picnics in the woods.

She was a member of the Bethel German Lutheran Church and later the Grace Lutheran Church in Grygla, MN.

In May 2004 Harriet moved to the Mar-Bel apartments in Grygla. Later she moved to Greenleaf Assisted Living and then in 2016 to Valley Home Memory Care in Thief River Falls. In August of 2017 she moved to the Thief River Care Center. New friendships were made with residents and staff at each of these places.

Survivors include son Gary (Julie) Kiesow, grandson Trevor (Keri) Kiesow, Great-grandsons Jaden and Levi Kiesow all of Moylan Township in Marshall County, brothers Robert of Westminster, CO, Arlen (Bernice) of Yukon, OK, Byron of Faribault, MN, sisters Donna (Hank Bach) Martinson, Mercedes, TX, Patricia (Ronald) Braaten of Thief River Falls, MN, and several nieces and nephews.

She was proceeded in death by her husband August in March of 1987, son Ricky Dale in January of 1987, parents Alfred and Hattie, August's parents Otto and Emma, brother Charles, sisters Marion Bakke and Jean Andress, brothers-in-law Donald Martinson, Richard Jorgenson, Snarie Tvedten, Lawrence Benson, Hjelmner Hanson, sisters-in-law Kinko Bakke, Vivian Bakke, Alice Bakke, Gladys Kiesow Tvedten, Florence Kiesow Benson, Edna Kiesow Hanson and special friend Melvin Hagen.

Harriet's family would like to thank all of her caregivers who have touched her life the past few years.

Memorials are suggested to Jerusalem Poplar Grove Cemetery or Hospice of the Red River Valley.

Services held for Orlyn Anderson

Orlyn E. Anderson, age 88, of Minneapolis, MN, formerly of Red Lake County, MN, passed away December 26, 2017.

Orlyn is preceded in death by parents, Edward and Clara (Skallet) Anderson; wife, Myrt Anderson; siblings, Evelyn, Arnold, Palmer, Alice and Johnny.

He is survived by son,

Kevin (Laura) Anderson; siblings, Kenneth and Ida; and many other nieces, nephews, relatives and friends.

Funeral service was held at 11:00 AM on Tuesday, January 2 at St. Joseph of the Lakes Catholic Church, 171 Elm St., Lino Lakes. Interment at Oak Lake Lutheran Cemetery, Kerrick, MN. Visitation was held from 10-11 AM Tuesday at the church. In lieu of flowers, memorials preferred.

Services held for Bjarne Kvasager

Bjarne Kvasager, 88 of Oklee, MN died peacefully on Wednesday, December 27, 2017 at the Thief River Care Center in Thief River Falls, MN.

Funeral service was held at 10:30 AM on Tuesday, January 2, 2018 at Salem Lutheran Church rural Oklee, MN with Pastor Christy Kl-emz officiating. Burial at Salem Lutheran Church Cemetery. Visitation was held one hour prior to the funeral service on Tuesday at Salem Lutheran Church.

Bjarne Kvasager was born on June 3, 1929 in Eidsborg, Norway the son of Ole and Kathrine (Mandt) Kvasaker. He was baptized on August 4, 1929 at the Eidsborg Stave Church. The family moved to the United States when Bjarne was a very young child and they changed the family name to Kvasager. They settled on a farm in Equality Township, Red Lake County, MN. Bjarne graduated from Oklee High School with the class of 1947 and then attended trade school.

Bjarne entered into service with the United States Army from 1951-1953 and served in Korea during the Korean War.

Bjarne met his future wife,

Viola Klein while she was attending school in Thief River Falls. The couple married on March 24, 1962 at Immanuel Lutheran Church in Plummer, MN. They lived in St. Paul, MN for the first year following their marriage and then purchased the Kvasager farm in Equality Township, Red Lake County, MN from Bjarne's parents where they continued to reside.

He farmed his entire life, worked as an electrician and also operated heavy equipment. After Bjarne retired, he enjoyed tinkering around the farm, welding, building contraptions and tractor attachments. He enjoyed deer hunting season with his sons & grandsons, loved when new babies came into the family and liked teasing people especially if he got teased back.

Bjarne was a member of Salem Lutheran Church, Plummer American Legion Post and the VFW Post in Lengby.

Survivors include children, Steven (Cynthia) Kvasager of Oklee, Julie (Brad) Ydstie of Hillsboro, ND, Jeff (Kerri) Kvasager of Cottage Grove, MN, Rachel Salberg (Randy Whittall) of East Grand Forks, MN; grandchildren, Rex Kvasager, Isaac (Danielle) Kvasager, Tera (Christopher) Christian, Brendan (fiancé Chelsie Hoag) Ydstie, Luke, Jack and Toby Kvasager, Oliver Whittall; great-grandsons, Sam and Simon Kvasager; siblings, Goodwin (Lucille) Kvasager, Anne Manthei, Einar (Carol) Kvasager, Gerda (Arlan) Koskela, Helga Nissen; and many nieces, nephews, relatives and friends.

He is preceded in death by his wife; parents; siblings, Ole Kvasager Jr., Otto and wife Donna (Langved) Kvasager, Arne and an infant Annie; brothers-in-law, Maurice Nissen and Milton Manthei.

Condolences may be sent at www.johnsonfuneralservice.com

Services held for Glenn Solberg

Glenn Solberg, age 84, of Gully, MN, passed away on Monday, December 25th, at Essentia First Care Living Center in Fosston.

Funeral services were at 2:00 p.m. on Friday, December 29th, at Hope Lutheran Church in Fosston with the Rev. Gordon Syverson officiating. Interment in Zion Lutheran Cemetery, rural Gully. Visitation was held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Thursday, December 28th, at the Carlin Funeral Home in Fosston. There was also review for one hour prior to the service on Friday at the church. Military honors were provided by the National Guard Honors Team and arrangements are with the Carlin Funeral Home of Fosston. Messages of condolence may be sent at www.carlinfuneral.com.

Glenn Orlando Solberg was born on June 7, 1933 in Fosston, Minnesota to parents Otto and Gyda Strand Solberg. He was baptized and confirmed at Zion Lutheran Church, rural Fosston. Glenn graduated from Fosston High School in 1951. He entered the United States Army in June of 1953 during the Korean War era and received his honorable discharge in July of 1955. He returned home where he farmed and hauled freight.

Glenn was united in mar-

riage to Bernice Roof on May 9, 1959 at Zion Lutheran Church. After their marriage, they lived and raised their family on the farm in Eden Township. In addition to farming, Glenn worked as State Gas Inspector from 1963-1964, drove truck for Arctic Cat from 1964-1968, and then at Land O' Lakes in Fosston from 1968 until his retirement in 1993. He and Bernie continued to live on their farm until September of 2016 when Glenn became a resident of Essentia First Care Living Center in Fosston.

Glenn was active in the community and the area. He was a member of Zion Lutheran Church where he served on church boards, the Sons of Norway (Past President), East Polk County Heritage Center (First President), Eden Township Board (Clerk/Treasurer for several years), Union Steward for the Teamsters, and received Fosston's Person of the Year Award in 1988.

He enjoyed farming, walking sticks, polka music and history.

Glenn passed away on Monday, December 25, 2017, surrounded by his family, at Essentia First Care Living Center at the age of 84 years.

Survivors include his wife of 58 years, Bernice, of Gully, MN; five children, Greg (Janean) Solberg of Boonsboro, MD, Connie (Greg) Brickell of Covington, GA, James (Susie) Solberg of Bemidji, MN, Donna (Dave) Marshall of Gully, and Jon (Kerry) Solberg of Bloomington, MN; 13 grandchildren, Otto, Ana, Haley, Heath, Colton, Kade, Kenna, Callyn, Clarinda, Katie (Alex), Sam, Anika, and Maia; two great grandchildren, Derek and Ryder; sister-in-law, Dorothy Roof; and several nieces and nephews.

He was preceded in death by his parents; Brother, Arvid and his wife, Grace; sister, Mildred and her husband, Carl; nieces Carol (and her husband, Dick) and Linda Rossini.

COMPLETE HEARING AID CARE

*Richard Wakefield
Gary Chwialkowski
ND, MN Licensed

39 Years Serving the Area

Walk-ins Welcome

2514 South Washington St.
Grand Forks, ND 58201

Essentia Health Hospital Entrance Fosston

THURSDAY, JAN. 11TH
THURSDAY, JAN. 25TH
9 a.m.-5 p.m.

* Fit & Service Major Brands
* Complimentary Hearing Evaluation
* 60 Day Digital Hearing Aid Trial

Insurance/Medicaid

0%

Call for more info. or an appt.
1-701-746-7000

Distinctions between Crohn's disease and ulcerative colitis

Inflammatory bowel conditions affect millions of people. Some of these conditions share symptoms, but may have certain distinctions that set them apart from one another.

Ulcerative colitis and Crohn's disease are two conditions that are similar but not one and the same. As a result, only a doctor can properly diagnose each condition.

The UCLA Center for Inflammatory Bowel Diseases says both colitis and Crohn's are characterized by inflammation of the digestive tract. Both diseases can develop at any age, but often occur in teenagers and young adults. They also affect men and women equally. Another similarity is that the causes of UC and Crohn's disease are unknown, although environmental, genetic and an inappropriate response by the body's immune system can be factors.

To the average person, it may be difficult to figure out if they are suffering from UC or Crohn's disease because of these startling similarities. Yet, Healthline says there are important differences as well, which include the location of the illness in the gastrointestinal tract and the way each disease responds to treatment. Here's a look at what sets UC and Crohn's apart.

Crohn's disease

Crohn's disease may affect any part of the GI tract (mouth to anus). However, Crohn's is most often to blame for symptoms at the end of the small intestine, called the small bowel, and the beginning of the colon, or the large bowel.

WebMD says Crohn's disease can affect all layers of the bowel

Ulcerative Colitis

Contrary to Crohn's disease, UC is confined to the colon and only affects the inner lining of the colon. Those with UC will have much more continuance to their inflamed areas with no interruption. Also, UC is more likely to produce blood in stools because it appears at the lower end of the large intestine.

UCLA Health also says approximately 10 percent of cases of inflammatory bowel diseases exhibit the features of both Crohn's disease and ulcerative colitis. These are typically known as indeterminate colitis.

Shared symptoms

People with UC or Crohn's disease can expect to encounter one or more of these symptoms:

- cramps and pain
- diarrhea
- urgent need to visit the bathroom
- diminished appetite
- weight loss
- fatigue
- night sweats

Symptoms may flare up and then go into remission. Doctors will use testing such as a colonoscopy or a CT scan to diagnose the right form of IBD. Even though there is no cure for these conditions, medication and lifestyle changes can help minimize symptoms.

Flu-fighting tips to keep you and others healthy

a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

Flu shot and medications

Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications - which are usually prescribed to treat the flu and lessen symptoms - can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

Stop germ proliferation

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

Rest and restore

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.

People of all ages should take steps to protect themselves from the flu.

Wednesday, January 3, 2018

TRI COUNTY CANARY 7

Tri County Canary Area SPORTS



He did it again! Zach Herfindahl from Eagle River, Wisconsin took home his third Gerald Dyrda Memorial win, and \$10,000.00 in total winnings yesterday on his Christian Brothers Racing Arctic Cat. He now joins Bryan Dyrda as the only three time winners of this race. It was a great race with three different lead changes. Zach won by a mere 4.1 seconds over mid race leader Taylor Bunke and was 8 seconds ahead of third place finisher, Taylor's dad, Gabe Bunke. Talk about close racing!



His dad drove all the way from Colorado to watch his son, Wes Selby win Pro Open on Saturday. Wes pocketed over \$4000.00 with this win! Oh, and it is his third Pro Open win in a row at Pine Lake. You could say he has his mod figured out, congrats Wes!

RAMSRUD REPAIR LLC

Powersport/Small Engine/Automotive
Pickup and Delivery Available

36425 225th Ave., Bagley
CALL WESTON: (218) 785-2062 • (218) 358-1088

Cheer on Your Favorite Sports Team with a Banner!

Can go 2 feet wide by 98 feet long... Yes 98 feet Call for information - Gonvick

218-487-5225

Clearwater Trail Blazers Snowmobile Club to meet

The Clearwater Trail Blazers Snowmobile Club will be meeting on January 8, 2018 at the clubhouse on Leonard at 7:30 pm. Trails, Fun Run and Landowners Dinner will be discussed. Nominations for officers will take place with elections in February.

We welcome any new interested people in the club.

"Tips to Profitable Corn Production in Marshall County" to be presented on January 18th, prior to the Small Grains Update in Argyle

Prior to the Small Grains Update on Thursday, January 18th, Dr. Joel Ransom, NDSU agronomist, will discuss ways to improve corn production and profitability in our county. Dr. Ransom's presentation, sponsored by the Marshall County Soybean/Corn Growers Association, will be held at the Argyle American Legion beginning at 11:00 am followed by a noon lunch. Following lunch, the Small Grains Update program will begin and will be followed by the Marshall County Crop Improvement Association annual meeting. Contact Bill Craig, Marshall County Corn Growers Chairman, for additional information at 218-201-1686.

Explore the history and facts of crossword puzzles

Even though a type of word puzzle was found inscribed on the wall of an ancient Egyptian tomb, the first known crossword puzzles are credited to journalist Arthur Wynne, who designed his "word-cross" in 1913. Wynne's puzzle appeared in a Sunday newspaper called New York World.

Since its inception, the crossword puzzle has become one of the world's most recognizable puzzles, attracting enthusiasts from all over the world, and now appearing in virtually all newspapers.

Crossword puzzles are word games in which the answers correspond to numbered clues. The words are put into a grid of horizontal and vertical squares to form completed, intersecting words. When all of the words are supplied correctly, the puzzle is complete. In North America and Great Britain, crossword grids traditionally have 180-degree rotational symmetry. The diagram, or placement of black squares within the grid, must be symmetric diagonally. This means that the pattern of the puzzle will appear the same if the puzzle is turned upside down.

American crossword puzzles conform to a set of established rules made popular by publisher Simon & Schuster, the original crossword puzzle publisher. The standard puzzle grid size is 15x15. However, 17x17, 19x19 and 21x21 also are used. Smaller 13x13 also are accepted. Many crossword puzzles do not use two-letter words, and three-letter words are kept to a minimum. In addition, every letter

square must be part of both an Across and a Down word. Crossword rules are different in other parts of the world. For example, in Japan, the corner squares of a crossword puzzle must be white.

Despite once publishing a statement describing crosswords as a "sinful waste in the utterly futile finding of words the letters of which will fit into a prearranged pattern" in 1924, The New York Times routinely produces what many consider to be the world's most challenging crossword puzzles. Stanley Newman is credited with completing a New York Times crossword faster than anyone in history. In 1996, Newman completed a crossword in two minutes, 14 seconds.

Crossword puzzles appear in newspapers, magazines and kids' activity books and are even used in school lessons to supplement vocabulary lessons. Doing these puzzles also may be good for one's health. According to a University of California at Berkeley study, crossword puzzles may help in the fight against Alzheimer's disease. Researchers found that the more often someone engaged in mentally stimulating activities such as crosswords, the less buildup of beta-amyloid plaques in the brain, which are hallmarks of the disease. Doing crossword puzzles also may offer a distraction that helps people reduce stress.

Crossword puzzles have a storied history. They are completed recreationally and in competitions, and cruciverbalists look forward to new puzzles in their newspapers every week.

Weighing in on exercise vs. dieting for better weight loss results

Statistics indicate more and more men, women and children are overweight or obese. The National Institutes of Health state that more than 35 percent of adults in the United States are obese and more than 34 percent are overweight, while 17 percent of children and adolescents in the United States are obese. Obesity rates are three times as high among today's children than they were among youngsters just one generation ago.

As individuals attempt to lose weight, they may wonder what is the most effective way to accomplish that objective. Some argue that the secret to weight loss is lots of exercise, while others insist that calorie control is the key. When it comes to slimming down, some may be surprised by what the experts have to say.

The Mayo Clinic advises that cutting calories through dietary changes appears to promote weight loss more effectively than physical exercise alone. According to Shawn M. Talbott, Ph.D., a nutritional biochemist and former director of the University of Utah Nutrition Clinic, weight loss is about 75 percent diet and 25 percent exercise. People generally see the largest short-term results when they eat healthy foods and healthy portions.

Poor diets can be difficult to overcome, as it takes a lot of exercise to spur dramatic weight loss, whereas a low-calorie, healthy diet can be a

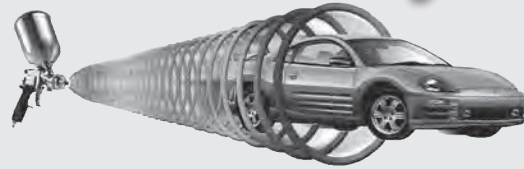
simple and effective means to losing weight. Nutritionists often point to a balanced diet that focuses on fruits and vegetables, lean proteins and whole-grain carbohydrates over fad diets or ones that require the adherence to strict guidelines that are difficult to follow for lengthy periods of time.

But exercise should not be abandoned in favor of a low-calorie diet. Dr. Yoni Freedhoff, who runs one of the largest obesity clinics in Canada, says that weight loss occurs from what's created in the kitchen, but health is gained in the gym. Dr. Freedhoff often advises his clients to make smart changes to the foods they eat to spur weight loss, and then incorporate exercise into their lifestyles as a way to keep the body in top form. Regular physical exercise is necessary to maintain strong bones, build muscle, improve flexibility, and keep the cardiovascular system working efficiently. Exercise also releases endorphins, which can improve mental alertness and feelings of well-being.

The Mayo Clinic notes that studies have shown that people who lose weight and keep it off over the long haul are those who get regular physical activity.

When it comes to losing weight, the foods a person eats play a bigger role than exercise. But it is the combination of both diet and exercise that can lead to greater overall health and sustained weight loss.

John's Cross Lake Auto Body



- Repair • Refinish • Glass
- Replace • Insurance • Frame

39473 365th St SE, Fosston, MN 56542
Phone/Fax: 218-435-1365

RT-eww-4fn

Hale Honeybells

The once a year citrus sensation!

ONLY
\$27.99*
Special limited time offer!

Buy 12 get 12 more pieces FREE!

Call 1-844-296-0498 to Order Item 2693X

or Visit HaleGroves.com/J19132

Only \$27.99 plus \$5.99 shipping & processing

Satisfaction completely guaranteed. IC: 8SW-J932

Hale
GROVES

FDA Registered Hearing Aid!

ONLY \$299!

FREE TRIAL

Try our Apollo-6200 hearing aid risk-free for 45 days.

- Hearing aids by mail for 38 years
- Over 650,000 satisfied customers

High-quality American-made electronics

BBB A+ RATING

SEND NO MONEY!
If you like it then pay only \$299!
Comfort fit • Crisp clear sound

- ✓ 100% Risk-FREE
- ✓ 45-day home trial
- ✓ FREE shipping
- ✓ Payment plans Call for details!
- ✓ Licensed hearing aid dispensers on staff

100% digital • Discreet size • Customer favorite

HEARING HELP EXPRESS[®]
Since 1979

By Phone (Mon-Fri • 8 am - 5 pm CT)

1-855-819-8628

More Info

www.HHEnow.com/minnesota

Promo code: 88-120

MB17-NM004Gc

HANG UP ON FRAUD.

Stop fraud before it starts. Get a FREE fraud prevention toolkit for older adults.

EMAIL: consumer.protection@state.mn.us

CALL: 651-539-1600 / 800-657-3602

(toll-free outside the Twin Cities)

m COMMERCE DEPARTMENT