



Tri County Canary

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

Wednesday, January 10, 2018

Essentia Health-Fosston Tree Walk raises more than \$18,000

Essentia Health-Fosston held its 16th annual Tree Walk for Hospice on Dec. 3 at Magelssen Elementary School. The event included a pancake breakfast provided by the Fosston-Lengby Lions Club, a silent auction, a visit from Santa, games for kids and a Celebration of Life ceremony.

Fresh-cut trees were donated by Mienert Electric and Larry Oppegaard. Trees were decorated in a variety of themes by individuals, businesses, and organizations for the auction. Proceeds from the trees, auction

items, donations and angels purchased in honor of loved ones raised more than \$18,000.

"We are humbled and extremely grateful for the tremendous community support of our hospice program," says Kristi Mienert, a registered nurse at Essentia Health and hospice manager.

The Tree Walk for Hospice raises money to provide hospice care for individuals with a terminal illness and their families. Insurance reimbursement does not cover the full amount

needed to provide hospice care so fundraising bridges the gap.

Special thank you to Fosston-Lengby Lions for the pancake breakfast and tree delivery; Mireault's Home Furnishing for donating a percentage of its proceeds from "Light up the Night;" Mienert Electric and Larry Oppegaard for donating the trees; Magelssen Elementary staff for their assistance with the event; and all those that decorated trees, donated silent auction items or attended the event.



Decorated trees lined the halls during the Tree Walk for Hospice/



Statement/Clarification/Reminder on Red Lake Fishing Laws

Red Lake Nation is Sovereign, a Closed Reservation All, With Exception of Only Tribal Members prohibits fishing

Story by Michael Meurers

At a special meeting of the Red Lake Tribal Council on Wednesday, January 3, 2018, Red Lake law enforcement, fisheries staff, fishermen, DNR, Red Lake members, family members of the lost fishermen, and spiritual/cultural advisors weighed in on whether the lake should be reopened to for fishing. The lake has been closed to fishers since November while searching for the two missing fishermen.

Cultural and spiritual advisors urged respect and caution as tradition and Ojibwe spirituality holds the lake sacred and alive and must be paid the utmost respect by the people to whom the lake has fed for centuries.

Among the reasons for agreeing to reopen fishing was the opportunity of fishers on the lake making it more likely to find the lost fishermen. Many members make a living or supplement their income working for Red Lake Fisheries.

After the resolution was passed, the tribe received inquiries from non-members (which includes Indian non-members) about fishing on the lakes, resulting in Chairman Seki issuing a formal statement reminding those who are not aware or may have forgotten that Red Lake is a sovereign nation and has absolute control of its lands and waters, and will exercise its sovereignty. Red Lake resides on Aboriginal Lands that were never ceded so have never belonged to the United States.



Chairman Darrell G. Seki, Sr., during past testimony in Washington, DC.

Statement from Darrell G. Seki, Sr. - 1/4/2018 Non-Members are not permitted to Fish the Waters of Upper and Lower Red Lake

The Red Lake Tribal Council recently met to address sensitive issues related to the recovery efforts of our two missing tribal fisherman from Lower Red Lake, and its impact on the opening of the Tribal Fishery. The Tribal Council ultimately decided to open fishing on Upper and Lower Red Lakes to Red Lake Tribal members only. The Tribal Council's recent resolution did not expand the individuals who are permitted to fish the waters on the Red Lake Reservation beyond Red Lake tribal members.

Red Lake is a closed Reservation, and the Red Lake Tribal Council, the governing body of the tribe controls activities

on all Reservation lands and waters. With the exception of a small corner of the northeast corner of Upper Red Lake, only Red Lake tribal members are permitted to fish in Upper and Lower Red Lake, and non-members are not permitted to fish in these waters.

Any non-member who is apprehended for fishing the waters of Upper or Lower Red Lake will be arrested; their equipment will be confiscated; and the individual(s) will be permanently banned from the Red Lake

Darrell G. Seki, Sr.
Tribal Chairman
Red Lake Band of Chippewa Indians

Family medicine nurse practitioner joins Sanford Bagley Clinic



Brian Paramore, F.N.P.-C.

BAGLEY, Minn. —Brian Paramore, F.N.P.-C., recently joined Sanford Bagley Clinic as a family medicine nurse practitioner.

Paramore received his undergraduate degree at East Tennessee State University in Johnson City. He attended graduate school at Tennessee State University in Nashville and received his doctorate of nurse practitioner from the University Tennessee Health Science Center in Memphis.

He is certified with the American Academy of Nurse Practitioners as a Family Medi-

cine Nurse Practitioner. His areas of expertise include care for all members of the family, chronic disease management, common illnesses and injuries and preventive care. He is married and has two dogs. He enjoys exercising both indoors and outdoors.

He is currently accepting new patients at Sanford Bagley Clinic. For more information or to schedule an appointment with him, please contact (218) 694-2384. Clinic hours are 8 a.m. to 5 p.m., Monday and Friday, 8 a.m. to 8 p.m. Tuesday through Thursday.



The cabin, on a lake in Erskine, Minn., started as an area for outdoor cooking.

Cabin in Erskine, Minn., is a collection of, well, a lot of things

By Linda Peterson

Driving on our half-mile cow trail of a driveway, we started developing our land as a gathering place on a lake in Erskine, Minnesota. Our first building was called Kamp Kitchen. It started as an outdoor screen area to cook and to keep the bugs off. It came together little by little of recycled materials, which began arriving after we told friends and relatives we wanted to build an outdoor cooking area.

My cousin contributed five white, vinyl-clad patio doors. My father-in-law and I took siding off his farm's ice house and chicken coup.

The steel on the roof is cover sheets from my husband Jack's pole barn-building business. The porch supports for the roof are tree trunks of iron wood from the surrounding woodland.

My husband also is a carpenter, and had leftover cedar boards for interior walls. More cover sheets surround Grandma's wood stove for cooking and ceiling.

We received tin kitchen cabinets. My cousin wanted them out of her basement laundry room. The upper cupboards are made of cedar, more material from a previous project.

With some creativity and resourcefulness, we spent \$1,000 for the foundation and floor boards. All other materials and furnishings are recycled or repurposed in what now is called The Cabin.

Grandma's old ice box now is a storage cabinet — and a conversation piece.

Jack moved a 100-year-old trunk from a barn that was in ruin, and it now sits on the

porch holding birch bark and kindling to start the cook stove. There also are deer horns from past hunts and a horse harness used on the land in the 1940s and 50s.

In retrospect, Kamp Kitchen was the result of drawing, planning and brainstorming by Jack and me. Many hours were spent crunching numbers, making listings and drawing house plans.

We have hosted family funerals, weddings and receptions, New Year's Eve parties, ice-fishing gatherings, and many birthday parties.

We are surprised at high interest in The Cabin on Airbnb. It is a blessing for us to share the property and let others build memories.

Linda Holmes
Erskine, MN

Sanford puts visitor restrictions in place to protect patients from influenza in Bemidji and Bagley

BEMIDJI, Minn. — In order to protect patients, residents, staff and the community, Sanford Bemidji Medical Center, Sanford Bagley Medical Center, Sanford Bemidji WoodsEdge (Neilson Place, Trillium, Wind-Song), Sanford Baker Park and Sanford Senior Behavioral Health will be restricting visitors to limit the spread of influenza and other illnesses.

These restrictions are:

- Visitors are limited to clergy and immediate family members, including:
 - o Patient spouse or significant other
 - o Parent or grandparent
 - o Sibling (age 14 or older, must be well)
- Only two visitors per patient at a time
- No one who is ill (has symptoms of influenza, including fever or chills, muscle or body aches, sore throat, cough, stuffy nose, headache and fatigue) will be permitted to visit

These restrictions are effective until further notice. Administration and staff at Sanford thank the public for their willingness to help avoid the spread of illnesses.

Text-to-911 Available in Minnesota Statewide

A direct line to help for those with hearing loss; Alternative when the reporting party must remain quiet to stay safe

In an emergency, dialing 911 is a call for help. But people with hearing loss or those who must remain quiet in a dangerous situation aren't able to place a call safely or at all. That's why the Department of Public Safety Emergency Communication Networks (DPS-ECN) has worked with stakeholders around Minnesota to develop Text-to-911 on Minnesota's Next Generation 911 (NG911) network. DPS-ECN announced today that Minnesotans are now able to use the service throughout the state.

An Emergency Lifeline

Text-to-911 is an alternative to calling in an emergency when it would be unsafe for an individual to speak.

"Imagine having to hide from an intruder in your bedroom closet or witnessing a domestic violence situation. Text-to-911 is a lifeline for people who would put themselves in harm's way if they called 911," said DPS-ECN Director Jackie Mines. "Speaking with a dispatcher is still the fastest way to receive help, so call if you can, text if you can't."

A New Solution

The addition of Text-to-911 also means individuals who have some form of hearing loss will now be able to use text dispatchers as a first contact option. Until today, deaf Minnesotans have gone without a direct way to communicate with 911 centers.

"Twenty percent of Minnesotans have some form hearing loss. The communication barriers they experience are

frightening when seconds matter most in an emergency," said Marie Koehler, Regional Manager, Minnesota Department of Human Services Deaf and Hard of Hearing Services division. "Text-to-911 offers a solution to that overwhelming problem."

In 2014, all 104 Minnesota 911 Public Safety Answering Points (PSAPs) became connected to the next generation network that allows them to accept texts. In 2017, ECN worked with PSAPs to train dispatchers and test the equipment for the Text-to-911 system. The deployment of Text-to-911 in Minnesota is fully funded by 911 fees collected from all devices capable of originating a 911 emergency telephone call.

If there is an emergency and you cannot call 911, take these steps:

1. Enter the numbers 911 in the "To" field.
2. Text your exact address and type of emergency.
3. Send the message.
4. Use simple words, but do not include abbreviations, emoji's, pictures or slang.
5. Promptly answer questions and follow instructions.

"The physical act of texting 911 is not that difficult, but it's important that people follow these steps and provide us with the most accurate information," said Darlene Pankonie, Chair of the NG911 Committee. "If there's a delay in answering a dispatcher's questions, or if you don't tell us where you are, we can't help you. This will

lead to valuable time lost in an emergency and take dispatchers away from other calls."

Best Practices and Challenges

Text-to-911 comes with challenges. For instance, emergency response may be lengthened due to the time it takes for a text to 911 to be typed and sent. Delivery of texts and speed of delivery are also not guaranteed. Here are several reminders to ensure the best service and response from dispatchers.

- Dispatchers prefer calls so they can get cues from background noise and voice inflections. If you text 911, dispatchers will ask if they can call you.
- Location is not as accurate with texting as it is with a call. Be sure to text your exact address.
- A text or data plan is required to use Text-to-911.
- Texts to 911 will get a bounce back message if you are roaming.
- Texts to 911 have a 160 character limit, can get out of order, or may not be received.
- There is no language translation service for texts to 911.
- Do not text and drive!

The new service should only be used in emergencies. Texting 911 with a false report is a crime. If you accidentally send a text to 911, send another text, or call 911 to let the dispatcher know that there is no emergency.

Remember: Call if you can, text if you can't.



North Country Food Bank Executive Director, Susie Novak (left), with NMF Community Program Specialist, Nate Dorr, in one of Crookston's two storage facilities.

NMF Supports North Country Food Bank Mobile Produce Drop Service

CROOKSTON, MN - The Northwest Minnesota Foundation (NMF) NMF recently awarded the North Country Food Bank (NCFB) with a \$15,000 grant. This grant will fund their new mobile produce drop service. This new service is intended to strengthen partnerships throughout the region and test creative strategies to distribute produce in new and effective ways.

The high rates of poverty in northwest and west central Minnesota lead to high rates of hunger. According to Feeding America's most recent Map the Meal Gap (a nationwide study of hunger), 11 percent of the people living within NCFB's service

area are food insecure. Based on the total population of the area, that means that 37,700 people are hungry on an ongoing basis. Persons served by NCFB are also disproportionately impacted by chronic health issues including hypertension, diabetes, and heart disease. Currently, it's estimated that more than 350 million pounds of fresh fruits and vegetables go to waste in Minnesota every year.

While donations of non-perishable, shelf-stable foods have been decreasing, the availability of perishables from retailers, growers, and other sources has been increasing. Produce is a healthier and more high-quality

option, but it also requires a higher skill level, knowledge of specialized techniques and processes, and an understanding of the related safety concerns. Handling produce donations require different types of infrastructure including vehicles, equipment, and storage space.

NMF is excited to be a partner in this initiative. For more information, visit www.north-countryfoodbank.org.

The Northwest Minnesota Foundation is a public, charitable foundation serving 12 counties of Northwest Minnesota by investing resources, facilitating collaboration and promoting philanthropy.

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R42C



Red River Basin Commission (RRBC) Hires Executive Director

Ted Preister has been hired as the Executive Director of the Red River Basin Commission.

He assumed responsibility on the first of January. Prior to that, he was an intelligence officer in the U. S. Army for over 20 years, serving in twenty-three states and eighteen countries before retiring as a Lieutenant Colonel. His final position in the Army was as the Professor of Military Science at North Dakota State University.

During his time at NDSU he earned a Masters of Natural Resource Management in May of 2017. He also holds a Masters of Adult and Continuing Education from Kansas State University and a Bachelors of Science

in Chemical Engineering from the Colorado School of Mines.

Ted states that he strives to embody three values which mesh very effectively with the mission of the RRBC: Service, Integrity and Leadership. He is passionate about effective management of the Red River so that the best of all it has to offer is available to all the residents of the Basin and those future generations who will depend on the river.

He and his family are avid Bison fans and have joined several organizations in the community including 4H, Youth Hockey and are active members of their church.

"We are very excited to be

able to stay in Fargo and continue to deepen our ties in the community, we have not had that opportunity before, and are looking forward to seeing how the roots we have established grow in the rich soil of FM," Preister said.

The RRBC is a non-profit organization that works across the political boundaries of Manitoba in Canada and Minnesota, North Dakota and South Dakota in the United States to create a common vision and a unified voice for action on Red River Basin land and water issues. Ted can be reached at 701-371-3182 or go to the website at www.redriverbasincommission.org for more information.

College News

Minnesota State Community and Technical College Announces President's List for Fall 2017

FERGUS FALLS, Minn. (January 4, 2018) - Minnesota State Community and Technical College has named 690 students to its President's List for the 2017 Fall Semester. To earn this award for scholastic achievement, a student must complete 12 or more college-level credits for the semester and earn a grade point average of 3.5 or higher.

Area students named to the M State President's List are:

Bagley: Wyatt Larson.

Brooks: Caleb Novak.

Erskine: Jordyn Ose, Hunter Parenteau.

Fosston: Aaron Arneson.

Red Lake Falls: Brandon Klipping, Brett Larson, Kelly Schultz.

As a member of the Minnesota State system, M State serves more than 8,000 students in credit courses each year in more than 70 career and liberal arts programs online and at its campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. By partnering with communities, the college also provides workforce development services and other responsive training programs.

Minnesota State Community and Technical College is a member of the Minnesota State system and is an equal opportunity educator / employer. Upon request, this information is available in alternative formats.

Central Lakes College Fall Honors

BRAINERD, Minn. (January 5, 2018) - Central Lakes College, Brainerd and Staples, has announced the following local student to the 2017 fall semester honors list.

Newfalden: Peyton Boe, Dean's List

The President's List includes 214 students who earned a grade-point average of 3.75 to 4.0 while enrolled for at least 12 credits.

The Dean's List includes 265 students who earned a grade-point average of 3.25 to 3.74.

The released honors list does not include students who have requested no release of information.

Local student named to Dean's List at UW-Superior

SUPERIOR, Wis. (January 5, 2018) - The University of Wisconsin-Superior has named the following local student to the Dean's List for academic achievement during the Fall 2017 semester.

Fertile: Alyssa Jordan Ellegaard

Fosston: Luke Douglas Juve

To be named to the Dean's List, students must have completed 12 degree-seeking semester credits and achieved at least a 3.50 grade point average (on a 4.0 scale).

Founded in 1893 as a teacher's college, UW-Superior now has more than 50 program offerings, select graduate programs, competitive Division III athletics programs and research and scholarship programs that support the community and region.

The University of Wisconsin-Superior is a nationally recognized public liberal arts institution of more than 2,400 students in the Superior-Duluth, Minn., metropolitan area. UW-Superior has more than 50 program offerings, select online and graduate programs, competitive Division III athletics programs, continuing education, research and scholarship programs that support the community and region.

Fall Semester 2017 Dean's List

Bart Johnson, Provost at Itasca Community College, Grand Rapids, MN has named 267 students to the 2017 Fall Semester Dean's List. Students qualified for this honor by com-

pleting a minimum of 12 credits and attaining a grade point average between 3.25 and 4.0.

The following Gonvick, Clearbrook area students were placed on the Spring Semester Dean's List: **Clearbrook:** Sam Lavin, 3.5-3.99 G.P.A.; Austin Petterson 3.25-3.49 G.P.A.

University of Minnesota Duluth (UMD) Announces Dean's List for Fall Semester 2017

DULUTH, Minn. (January 5, 2018) - The University of Minnesota Duluth (UMD) has announced its Dean's List for Fall Semester 2017. Students on the Dean's List have achieved a grade point average of 3.5 or higher.

The five colleges within UMD are: College of Education and Human Service Professions (CEHSP); College of Liberal Arts (CLA); Swenson College of Science and Engineering (SCSE); Labovitz School of Business and Economics (LSBE); School of Fine Arts (SFA)

Bagley: Rayna C Corning, Junior, College of Liberal Arts, Geographic Info Science B A; Amber M Danielson, Senior, Education & Human Service Pro, Exercise Science B A Sc; Olivia Gerbracht, Sophomore, UMD-Sci & Eng. Swenson Coll of, Biology B S

Clearbrook: Benjamin M Anderson, Sophomore, Education & Human Service Pro, Psychology B A Sc

Erskine: Austin D Parenteau, Junior, College of Liberal Arts, Environment Sustainability B A

Fertile: Tyler J Ellegaard, Senior, UMD-Sci & Eng. Swenson Coll of, Chemical Engineering BS Ch E

Fosston: Shania A Fischer, Senior, Education & Human Service Pro, Psychology B A Sc; Chelsey A Mienert, Senior, UMD-Sci & Eng. Swenson Coll of, Environmental Science B S

Greenbush: Mr Joseph W Hlucny, Sophomore, UMD-Sci & Eng. Swenson Coll of, Computer Science B A; Steven D Hlucny, Senior, UMD-Sci & Eng. Swenson Coll of, Electrical Engr B S E E; John Langaas, Freshman, UMD-Sci & Eng. Swenson Coll of, Mechanical Engineering

Plummer: Sarah L Quick, Freshman, Education & Human Service Pro, Communication Sci/Disorders

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RAMEN
NOODLES
5/\$1 3 OZ

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HUNT'S PASTA
SAUCE
10/\$10 24 OZ

SMALL
SHELLS OR RINGS
CREAMETTE
5/\$2 7 OZ

 FAMILY PACK 85% LEAN
GROUND
BEEF
\$2.99 LB

ANGUS FARMS BONELESS BEEF
EYE OF ROUND ROAST LB **\$3.89**

ANGUS FARMS BONELESS BEEF
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NEW YORK STRIP STEAK LB **\$7.99**

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

FAMILY PACK BONELESS PORK
COUNTRY-STYLE RIBS LB **\$1.99**

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

MIDWEST PRIDE PORK
SAUSAGE LINKS LB **\$2.89**

PURE PAC WILD CAUGHT CANADIAN
WALLEYE FILLETS 16 OZ **\$9.99**

 MIKEY'S I.O.F. BONELESS, SKINLESS
CHICKEN BREASTS
\$3.99 2.5 LB

FAMILY PACK BONE-IN
SPLIT CHICKEN BREASTS..... LB **\$1.29**

GERBER AMISH FARMS
WHOLE CHICKENS LB **\$1.69**

BONELESS, SKINLESS CHICKEN BREASTS OR
CHICKEN THIGHS LB **\$1.79**

FAMILY PACK
CHICKEN WINGS LB **\$1.89**

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SLICED BACON
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CHUNKY SOUP
2/\$3 18.6 - 18.8 OZ

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SALTINES..... 16 OZ **\$1.99**

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HALF &
HALF
5/\$4.50 PINT

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

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ESSENTIAL EVERYDAY
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\$1.99 8.5 - 12.5 OZ

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TOMATOES LB **\$3.29**

SUGAR SNAP
PEAS 8 OZ **\$2.39**

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MUSHROOMS 8 OZ **2/\$3**

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PASTA & VEGETABLES IN ALFREDO SAUCE
GREEN GIANT
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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

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R42C

Red River Valley Celebration of Dr. Martin Luther King, Jr.

CROOKSTON, Minn. – The annual community-wide Red River Valley Celebration of Dr. Martin Luther King, Jr., will be held at the University of Minnesota Crookston on Monday, January 15, 2018. The day's events commence at 10:30 a.m. with a Unity Walk beginning at the Crookston Inn and ending on campus at the Kiehle Auditorium with a celebration program. Everyone is invited to join the walk and the celebration and lunch that follow.

The celebration program includes speeches, performances, and the announcement of the Spirit of Dr. Martin Luther King, Jr., Award. The award is a special honor that was first presented in 2013. It recognizes a Red River Valley native or resident who has actively

impacted their community by promoting diversity, multiculturalism, equality, and human rights through demonstrated leadership, service, and advocacy on behalf of underrepresented populations and diverse individuals.

A free lunch social follows the celebration program in Brown Dining Room.

The Red River Valley Celebration of Dr. Martin Luther King, Jr., is sponsored by the University of Minnesota Crookston Office of Diversity and Multicultural Programs, Crookston campus academic departments, and student clubs in collaboration with regional community partners.

For more information, contact Lorna Hollowell, U of M Crookston director of Diversity

and Multicultural Programs at lhollowe@umn.edu or 218-281-8580.

The University of Minnesota 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.um-crookston.edu.



Theology in the Trenches

By Kathleen Kjolhaug

Without a Shadow-of-a-Doubt

The midnight oil was burning. Literally, the lamps were lit in the sanctuary. I'd sat within it many a time, but tonight, I nestled my arm into the crook of my husband's. All was calm; all was bright. It was a silent night, a holy night.

Eager I was to point out the candles to the right that are lit from time to time. Over there, his grandchild often sits while her little voice echoes in the quiet of the day to the tune of "Jesus Loves Me."

And the cross...the one suspended mid-air takes on the mood of the light reflecting upon it from the stained glass windows above. Sometimes the blue hues hit it just so...adding melancholy to the atmosphere. Serene reds splash across as a reminder of the blood stained sacrifice made upon it. Other times, the golden hues bring hope to light. All of these shadows cast their glory on His glory as the sun dials round each day.

But tonight, the hand hewn cross gives witness. It's a testimony in art form. For, high above it and just behind it, reflecting upon the ceiling is a shadow, the shadow of a cross. Vertically and horizontally it reaches out...providing coverage over all.

The bells ring, the people sing and there is simply no way an architect could have drawn up such perfect plans for such a time as this. Some lights were off, others were on while candles strategically placed added to the cause and effect that could have never been foreseen.

Drawing up the plans was man. Orchestrating them was and is the everlasting Father, the Prince of Peace. Keeping the midnight watch is our Heavenly Father. Behold your King people. Behold the Son of God come down for both the seen and the unseen...for that which is, was, and is and is to come.

As the pastor speaks, He

speaks wisdom and truth. "Fear transformed to faith leads to surrender to the will of Christ. Surrender leads to obedience. Obedience calls us to do the will of the Lord."

The pastor explains, "Joseph, Mary, and the Shepherds all feared. God sent the angels to console them. As Paul spoke to Titus, we know that 'The God who never lies, promised before the ages began' that God is a God who consoles."

And the pastor continues, "Allow Him to be the Lord and Savior of your fears. The Lord looks to rest in the manger of your heart."

The Lord looks to rest in the manger of our heart...desiring a place in the Inn. Is there room?

There can only be two responses. Yes or no.

You just can't go wrong with a God who never lies...with a God who always consoles...and a God who desires to be within the manger of your heart. Amen.

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S N M E C T H G I E W E C N A R U D N E

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

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- ABDOMINAL
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AGONIST
ANAEROBIC
ATROPHY
BALANCE
BAR
BENCHES
BODYBUILDING
BULK
BURN
CALORIES
CHINNING
CLEAN
COMPOSITION
CRUNCHES
DEFINITION
DELTOIDS
- ENDURANCE
EXTENSION
GLUTEALS
HYDRATE
INTENSITY
ISOLATION
ISOMETRIC
MUSCLES
OBLIQUES
REPETITIONS
RESISTANCE
SETS
SPOTTER
TRAINER
TRAINING
WEIGHT
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Answers on page 5

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How to keep pets safe in winter weather

The arrival of cooler temperatures sparks various changes. Chilly air and precipitation can be dangerous, especially to pets that are unaccustomed to extreme changes in temperature.

Pet owners may be well aware of the hazards of warm weather, including the threat of leaving pets in hot cars. But cold weather also has its share of risks. Heed these tips to keep pets safe and secure.

· Schedule a well visit. The American Veterinary Medical Association suggests scheduling a visit with a veterinarian to check for any medical issues. Cold weather can aggravate symptoms of certain conditions, such as arthritis. A thorough examination can shed light on potential problems.

· Keep homes humidified. Going in and out of the house and moving from cold air to dry indoor heat can affect pets' skin. Itching and flaking may result, causing pets to scratch at such areas. Maintain humidity in the home for comfort. The ASPCA also says to reduce bathing to help preserve essential oils on the skin.

· Protect paws outdoors. Pet paws are sensitive to sand, ice, snow, and chemical ice melts. Massage petroleum jelly or an-

other protectant onto paw pads, or consider the use of pet booties.

· Keep pets indoors more often. Pets should not remain outdoors for long stretches of time in frigid temperatures, even if they are accustomed to roaming during other seasons, advises The Humane Society of the United States.

· Provide options for sleeping. Come the winter, cats and dogs may need new sleep spaces to avoid drafts and stay warm. Give them other spots they can call their own.

· Consider a sweater or vest. Some pets are more tolerant to the cold than others. However, some dogs and cats may benefit from a sweater, vest or coat designed for pets to offer a little more insulation.

· Update identification and contact information. Snow and ice can mask scent cues that help pets find their way home. Update contact information and



A warm coat, a cozy spot to sleep and limited time spent outdoors can keep pets safe during winter.

make sure pets' collars are on tightly.

· Keep coolant and antifreeze locked away. Coolant and antifreeze are lethal to dogs and cats and should be kept out of reach. Clean up any spills from vehicles promptly.

· Provide fresh food and water. Pets may burn more calories trying to stay warm. Be sure the animal has a little extra food and plenty of water to stay sated and hydrated.

Winter weather requires pets owners to make changes so pets can remain happy and safe.



I haven't been bragging too much about being from Minnesota this last week! Frigid temperatures have made life not much fun! Cars that don't start, water pipes that freeze up, and just the general discomfort of being cold are not selling points for "Move to Minnesota!" But, I take a lot of pride in my Minnesota roots. Born and raised in Red Lake County, Minnesota, I am pretty proud of my state! I love to read stories about towns and people across the state. Oh, and of course I love to read about tractors. I have written about several Minnesota tractor companies, in fact, since 1905 there have been about 112 Minnesota tractor manufacturers!

One of my favorites has always been Minneapolis Moline. There was also the Flour City and the Bull Tractor. When I was young I asked my grandfather, Ames Mickelson, what was the biggest tractor that you ever drove. He answered, "A Pioneer." He said they pulled 14 bottoms with it. Wow! We were probably pulling 4-14s behind our G John Deere at this time, so fourteen seemed huge. I didn't know what a Pioneer was at that time, I couldn't Google it! When I got older I was watching a tractor video put out by Dupont advertising tractors painted with their paint, and low and behold there was a huge antique Pioneer tractor. The tractor in the video had 8 foot tall rear drive wheels. This must be like the tractor grandpa drove!

The Pioneer company actually started in Minneapolis, MN, in 1909. Then in 1910 they moved to Winona, MN. The first

Where are we from, Minnesota!

by Auctioneer Eric W. Mickelson



tractor they built was the 30-60, weighing over 20,000 pounds. It was manufactured to break up the Dakota prairie sod (which is where my grandfather drove one). More models were made but along with other companies the agricultural depression of the 1920s put an end to Pioneer tractors, although they did continue to make some road construction equipment. One problem was the price. Henry Ford was working to reduce the price of his tractors, but the Pioneer was selling for \$2700 in 1911.

I enjoy reading books by Laura Ingalls Wilder since she at one time lived in Minnesota. I like the movie "The Wizard of Oz" partly because Judy Garland is from Minnesota. I am kind of partial to the Pioneer tractors since they were made in Minnesota.....but, mostly because grandpa drove one!

How about a little tractor trivia!!

1. When the Pioneer Tractor Manufacturing Co. began producing tractors in Winona, MN, in 1910 they produced

- _____tractors per week.
A) 1 B) 2 C) 3 4) 4
2. The Pioneer 30-60 had a _____cylinder opposed engine.
A) 2 B) 4 C) 6 D) 8
3. The 30-60 engine had a _____in. bore and an _____in. stroke.
A) 4/6 B) 5/6 C) 6/7 D) 7/8
4. Were Pioneer tractors ever exported outside of the United States?
5. At the 1910 Minnesota State Fair the Pioneer tractors were praised for having enclosed gears. The leading selling tractor of the time The _____ did not do this until three years later.
- Answers:** 1. A) One tractor per week 2. B) 4 cylinders 3. D) 7 in. bore, 8 in. stroke 4. yes, they were popular in Romania, Austria-Hungary, and Russia 5. Little Bull, made by the Bull Tractor Company.

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OBITUARIES



Services for Geraldine Agnes

Geraldine Agnes, age 78, of Gully, MN, passed away on Friday, January 5th, at Essentia Living Center in Fosston. A Mass of Christian Burial will be held at 11:00 a.m. on Friday, January 12th, at St. Francis Xavier Catholic Church in Oklee, MN with Father Adam Hammes presiding. Interment will be in St. Charles Catholic Cemetery, rural Trail, MN. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Thursday, January 11th and for one hour prior to the funeral Mass on Friday. All visitation will be held at St. Francis Xavier Catholic Church in Oklee. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be sent to www.carlin-funeral.com.

Geraldine Mae Pladsen Agnes was born on April 18, 1939 in Gully, Minnesota to parents Leonard and Barbara Schneider Pladsen. She grew up north of Gully and graduated from Gonvick High

School in 1957.

Geraldine was united in marriage to Vincent Agnes on August 31, 1957. Together they had seven children that they raised on Geraldine's home place. Geraldine helped with farming, as well as working at Northern Pride in Thief River Falls, Minnesota for 18 years. After retirement, she worked at Peatland Reds and North Star Enterprises.

Geraldine had many things that she was passionate about. She baked, gardened, crocheted, cooked, made lefse, and had the best donuts. She loved polka music and even played the accordion in a band in her younger years. She had numerous trophies from her champion bowling days. The thing she loved most though, was her family and her pets. She was most known as being everybody's "ma".

Geraldine is survived by her children, Brian (Kelly) of Cotton, MN, Jerry of Gully, MN, Kevin of Gully, MN, Connie (Greg) Eck of Trail, MN, and Heidi (Noel) Wagner of Gully, MN; grandchildren, Sara (Branden) Hoeft, Amber (Randy) Agnes, Tyler (Katelyn) Agnes, Tianna Agnes, Tannen Agnes, Dustin (Melissa) Agnes, Josh (Jacquelyn) Agnes, Chase Agnes, Lexi and Laci Wagner, and Brianna (Dan) Aakre; great grandchildren, Haven, Morgan, Olivia, Camden, Bentley, Kade, Avery, Carson, Vincent, Emma, Oliver, Liam, and Ryder. Nieces, nephews and cousins also survive.

She was preceded in death by her parents; husband, Vincent on January 27, 2015; two sons, Dale and Jimmy; sisters, Marian and Sharon; and great granddaughter, Hallie.



Services for Donna Watne

Donna Watne, 91, of Gonvick, MN died on Thursday, January 4, 2018 at her home in Gonvick, MN.

Funeral services will be held on Saturday, January 13, 2018 at Samhold Lutheran Church in Gonvick, MN at 2:00 p.m. with the Reverend Tim Lundeen officiating. Visitation will be one hour prior to the service at the church. Interment will be at the Samhold Lutheran Cemetery in Gonvick, MN. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Donna was born on June 25, 1926 at Trail, Minnesota the daughter of Leonard and Freda (Lee) Eck. She was baptized and confirmed at Valle Lutheran Church near Oklee, MN. Donna grew up and attended school in Trail. She married Lewis Watne on June 20, 1945 at Trail and together they had 12 children. They owned Outlaw Implement in Gonvick, which later became Watne Implement. After she raised her children, she went to work at the Good Samaritan Center for 26 years as a therapy assistant. She was a member

of Samhold Lutheran Church in Gonvick, where she was active with the Ladies Aid and her Circle. Donna enjoyed gardening, reading, outdoors, music and hot black coffee. She was an awesome cook and baker and even made cinnamon rolls and washed the dishes the evening before she died. She was often making buns or rolls and always trying to offer up something to eat. Donna continually thought of others and put them before herself. Donna was very proud of her family. She thought it was an honor and a privilege to be a wife and mother in which she was very thankful for the opportunity.

She is survived by her Daughter – LaVonne (Paul) Brunsberg of Moorhead, MN; Daughter – Bonnie (Jim) Fischer of Bagley, MN; Daughter – Carol Swanson of Grand Forks, ND; Son – Gary (Deb) Watne of Moorhead, MN; Daughter – Kathy (Don) DuCote of Clearbrook, MN; Son – Les Watne of Gonvick, MN; Son – Bill Watne of Kingman, AZ; Son – Tory (Gretchen) Watne of Grand Rapids, MN; Son – Jon Watne of Gonvick, MN; Sister – DeLores Strommen of Crookston, MN; Sister – Lois Peterson of Crookston, MN; Daughter-in-law – Sandy Charpentier of Clearbrook, MN; Son-in-law – Bruce Brunsberg; Sister-in-law – Pearl Watne of Gully, MN

17 grandchildren and 23 great grandchildren.

She was preceded in death by her parents, her husband, Twins – Diane Brunsberg and Dean Watne and son Dick; brother – Lorenzo and Ronald Eck; son-in-law Larry Swanson.

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Services for Helene Thomas

Helene Thomas, age 76, of Fosston, MN, passed away on Wednesday, January 3rd, at her home. Memorial services will be held at 2:00 p.m. on Wednesday, January 10th, at Vernes Lutheran Church, rural McIntosh, with the Rev. Jill Torgerson officiating. Interment will be in the church cemetery at a later date. Family will greet friends for one hour prior to the service on Wednesday at the church. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be sent to www.carlinfuneral.com.

Helene Terese "Rene" Wycoskie was born on August 22, 1941 in Minneapolis, Minnesota to parents Peter and Marie Mingo Wycoskie. She grew up in Robbinsdale, Minnesota and graduated from Robbinsdale High School.

She was united in marriage to Richard Thomas on June 1, 1960 in Denver, Colo-

rado. After their marriage, they lived for a short time in Denver before being transferred back to Minneapolis. In 1971, they moved to San Antonio, Texas and, in 1982, they moved to Fosston.

In addition to raising her family, Helene worked at Dayton's in downtown Minneapolis and as a "grandma" at Win-E-Mac School, which she really enjoyed. Together Helene and Dick owned and operated "Dick and Helene's Restaurant" in McIntosh for 12 years.

Helene was an amazing baker; loved birds, squirrels, and enjoying nature. She also enjoyed doing crossword puzzles. Most of all, she enjoyed spending time with her family.

Survivors include her husband of 57 years, Richard, of Fosston; four daughters, Lori (Robert) LeCuyer of Duluth, MN, Deborah (Arlen) Halvorson of McIntosh, Erin (Ryan) Solberg of Goodridge, MN, and Ashley Tofsky of McIntosh; 10 grandchildren, Amanda LeCuyer (Dallas), Stephanie Westall, Rebecca (Mitch) Johnson, Ben Halvorson, Nicole Halvorson (Kameron), Ashlynn Solberg (Kent), Casey Solberg, Sydney Solberg, Jacquelyn Tofsky and Christopher Tofsky; 11 great grandchildren; three siblings, Arlene Schneider, Susan (Jack) Hill, and David (Janet) Wycoskie; her dog, Muffin; and many nieces, nephews and cousins.

She was preceded in death by her parents; and two sisters, Gail Wycoskie and Janet Alexander.



Death Notice for Pastor Virgil I. Rasmussen

Pastor Virgil I. Rasmussen, 91 of Cloquet passed away on Friday, December 22, 2017 in Community Memorial Hospital after suffering a stroke earlier that day. He was born May 11, 1926 in Marshall County, Minnesota to George and Olga Rasmussen.

He grew up on the family farm and attended school in Strandquist, MN. Virgil served his country on Guam in the U.S. Army Medical Corps during World War II. He graduated from North Central University in Minneapolis in 1949 and began his career in ministry that same year. He married Ruth Olson on May 30, 1949 in Duluth. Virgil pastored several congregations in northern Minnesota prior to serving at the Cloquet Gospel Tabernacle (now Journey Christian Church) for 24

years before retiring in 1988. Following retirement, Virgil served as an interim pastor at several churches in the Midwest. Virgil and Ruth were full partners and served side by side throughout his career.

Pastor Rasmussen was a master conversationalist who cared passionately about his faith, ministry, all people, our planet, his family, having fun and laughing, building, gardening, and so much more. At 91 and a half years of age, he was still curious, learning and evolving. He leaves behind a legacy of integrity, sincere humility, selfless compassion, ingenuity and tireless hard work. He and Ruth prayed together daily for each family member by name, as well as for countless friends around the world.

Virgil was preceded in death by his brother, Glenn; granddaughter, Esther Hope Rasmussen; sons-in-law, Robert Hilton and Kirby Smith.

He is survived and will be sadly missed by his wife of 68 years, Ruth; his six children, LeAnn (Paul) Nelson of Rochester, NY, Arlen Rasmussen of Cloquet, Linda Smith of Seattle, WA, Nathan (Karen) Rasmussen of Kigoma, Tanzania, East Africa, Lynette (Alan) Rasmussen of Seattle, WA, and Steven (Janice) Rasmussen of St. Paul; sisters, LouAnn Grandstrand of Cloquet, Carol (Don) Gossenberger of Mission Viejo, CA; brothers, Vern (Sharon) of Frazee, MN and Allen (Gail) of International Falls; 15 grandchildren; 9 great-grandchildren; and many nieces and nephews.

Submit Obituaries & Memorials

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Services for Henriette Stich

Henriette "Pete" Stich, Red Lake Falls, MN formerly South Milwaukee WI (89), passed away on Saturday, January 06, 2018 at Pioneer Memorial Care Center in Erskine, MN.

Mass of Christian Burial will be 10:30 AM at St Joseph Catholic Church, Red Lake Falls, MN Wednesday January 10, 2018 with Father Bob

Schreiner officiating and Deacon John Bruggeman. Visitation will be one hour prior to the service. Burial will be held in the spring at St. Joseph Catholic Cemetery in Brooks, MN.

Henriette M. Paradis was born November 22, 1928 in Terrebonne, MN, the daughter of Ernest and Dora (Laundry) Paradis.

She graduated from Red Lake Falls High School in 1948. She went to Portland Oregon for a short while, but returned to Terrebonne and married Onezime Champagne on October 2, 1950. They moved to South Milwaukee where they lived for 34 years and raised their four children. Henriette worked many years at Kroger's Grocery Store and Kohl's. They retired and returned to Brooks in 1985. Onezime passed away suddenly on August 24, 1985, but Henriette remained in Brooks. She married Jim Stich on September 18, 1993 and moved to Red Lake Falls.

Henriette was known to many as Grandma Pete. A lot of people didn't know her real



Services for Roald Josephson

Roald Emil Josephson, 94, of Ada, MN, died on January 4, 2018.

Roald was born on October 14, 1923, on the family homestead in Hickory Township, Pennington Co., MN. He was the sixth of seven children born to Anna (Bakke) and Arne Josephson. Roald and his family belonged to Nazareth Lutheran Church and he attended Pleasant View Country School, both in Trail, MN.

Roald and his family had hardships during the Depression. They lost their investment in a cattle stockyard in West Fargo. Roald contracted sleeping sickness in his early teens and struggled to pass the eighth grade state test required to graduate. His father died when Roald was fifteen years old and Roald, his mother, and his siblings worked together on the farm.

While WWII was ongoing, the County Draft Board came to draft Roald's 18-year-old brother Obert, but Roald volunteered to go in his place. He enlisted in the U.S. Army at Fort Snelling, MN, on February 24, 1945.

In June 1945 Roald departed from Los Angeles on the army troop ship Sea Bass. He was assigned to the Signal Corps since he knew Morse Code (thanks to his sister Aasta). He was shipped to the Philippines and spent July and August of 1945 traveling to Okinawa on the General Sheridan, where they experienced a typhoon with 157-mph winds. Roald felt very fortunate to be present for the formal Japanese surrender on September 2, 1945, in Tokyo Bay aboard the USS Missouri. He shipped to Incheon, Korea, and was a Staff Sergeant in charge of the motor pool. In 1946 he was discharged after two years in the Army.

Roald came home from the Army to live with his mother and two brothers. He bought a gravel truck and hauled sand in the area. He saved enough to purchase 160 acres of land adjacent to his parents' homestead.

Roald married Edna Bertine Larson on July 5, 1953, at the Salem Lutheran Parsonage in Oklee, MN. Witnesses were Roald's sister and her husband, Aasta and Harold Peterson.

Roald's mother passed away in November 1953, and his first child, Debra Ann, was born in January 1954. Roald worked at the Minneapolis Moline Plant as a machinist but was laid off later that year. He and Edna moved back to the Hickory Township homestead when his brothers Ed and Obert told him they wanted to quit farming and find work in the Twin Cities. Roald and Edna farmed for seven years. During this time they welcomed two more children, Denise Beverly and Randal Lee.

The family moved to the

Leo Baker farm in Ada in 1962 where Roald started working for the Minnesota State Highway Department. Their fourth and last child, Lisa Estelle, was born in 1964. They bought the Wambach house in Ada in 1965 and Roald spent the winter doing drywall, electrical work, plumbing, and painting before the family moved in.

Roald loved to drive around on Sundays after church with his family and take them to eat at cafes in Halstad, Twin Valley, Winger, and even Towner, ND. He said Sundays were Mom's day off cooking. He took us on road trips to Yellowstone, Mackinac, Duluth, and Bemidji. He loved to take us visiting his sisters, Alice, Evelyn, Laura, and Aasta. He drove the family to Oklee, MN, most weekends to stay with our grandmother, Bertha Larson, and Uncle Gerhard Larson.

Roald retired at the age of 62. Roald enjoyed playing cards and socializing with friends at the Ada Senior Center and fishing in Minnesota at Lake of the Woods, Red Lake, the Lost River, and Lake Lizzie. He and Edna enjoyed square dancing, delivering Meals on Wheels, and driving around the country visiting siblings, cousins, and friends. Edna passed away in 1997.

Roald married Jean Hubbel Ness on January 15, 1999. Jean retired from her occupation as church secretary at Grace Lutheran Church, Ada, MN.

Roald is preceded in death by his parents, his wife Edna, his stepdaughter Marilee (Steve) Purrington, his siblings Alice Thorine (Walter) Johnson Luchi Wakefield, Edward Olai (Bonita), Evelyn Olivia (Henry) Branden, Laura Vivian (Emil) Johnson (Miller) Gregerson, Aasta Ruth (Harold) Peterson, and Obert Jerome.

Roald leaves his wife, Jean, his children Debra (Jeffrey) Baer, Fargo, ND, Denise (Al) Cameron, Horace, ND, Randal (Kathy), LaCrosse, WI, Lisa (Steve) Berkner, Ortonville, MN, his grandchildren Jacob (Becky) Baer, Denver, CO, Jared Baer, Wyatt Cameron, Scott Cameron, Fargo, ND., and great grandchildren Morgan Baer and another expected soon.

Roald leaves his stepchildren Pam (Bill) Thompson, Dent, MN, Dan (Kim) Ness, Julie (Brian) Borge, Ada, MN, and Wendy (Jim) Cox, Sarasota, FL, step-grandchildren Ryan (Amber) Thompson, West Fargo, ND, Alicia Thompson, Heather Thompson (Phil) Rodeman, Carver, MN., Bobbie (Tony) Kucera, Matt (Kirsten) Huovinen, Matt (Theresa) Purrington, Cottage Grove, MN., Patrick (Kristen) Purrington, Bemidji, MN, Dustin (Karen), Northfield, MN, Kirs Ness, Minneapolis, MN, Blair (Katie) Ness, Nederland, CO, Jessica Borge (Jarrett) Heiting, Sarasota, FL., and Jon Borge, Ada, MN. Roald leaves step-great grandchildren Michael, Andrew, Dylan, and Logan Purrington, Elliot, Flynn, Ferris Ness, Danny and Grace Rodeman, Ethan, Alex, Caitlyn, Isaac Kucera, Jack, Sawyer, and Charlie Huovinen.

Funeral: 11:00 AM Friday, January 12, 2018 at Grace Lutheran Church, Ada, MN.

Visitation: Friday from 9:00 AM to 11:00 AM at the church.

Burial: Ada Municipal Cemetery, Ada, MN.

Arrangements with Fredrikson-Ganje Funeral Home, Ada, MN. 218-784-4600 www.fredriksonfh.com

name, and you'd better never call her Henrietta! She loved playing cards, going to the casino, crocheting, and traveling. She spent many winters in Florida with Ron and Deltas Paradis and after marrying Jim, they would spend the winters in Pine Bluff, Arkansas. She loved being with people and spending time with family and friends. She taught many of the grandkids how to play cards, and was known to make their beds if they'd play a couple of hands before catching the bus!

Due to her declining health, Henriette moved to the Oklee Assisted Living, and then to Pioneer Memorial Care Center where Jim visited her daily.

Survivors include her husband, Jim, Red Lake Falls, MN; Children: David and Alice Champagne, Leesburg, FL, Robert and Melanie Champagne, Hagerstown MD, Susan and Mark Berberich, Brooks, MN, Lori and Dennis Pendzich, South Milwaukee, WI, stepdaughter: Toni and Terry Peterson, Roseau, MN. 4 sisters: Ruth Carriere, South Milwaukee, WI,

Irene Miller, Terrebonne, MN, Grace Stacy, Pound, WI, and Patricia Brower, Las Vegas, NV. Ten grandchildren, 14 great grandchildren, and many nieces and nephews.

Henriette gained another family when marrying Jim. Along with a new daughter, Toni, and family were many brother and sister in laws: Leo (deceased), Edward, John, Barbara, Mary, Paulette, Catherine, Phyllis, and Peter.

She was preceded in death by her first husband, Onezime, parents, sister, Betty Paquin and all of her brothers: Ronald, Robert, Mark, Donald, and Thomas.

Henriette was a wife, mother, grandmother, great-grandmother, sister, aunt, and friend. She will be missed. We know she is watching over us and will forever be in our hearts.

In Lieu of flowers memorials are suggested to St. Joseph Catholic Church in Red Lake Falls, MN and also St. Joseph Catholic Cemetery in Brooks, MN.

Minnesotans age 16 or older fish free with kids January 13-15

Take a Kid Ice Fishing Weekend is this Saturday, Jan. 13, through Monday, Jan. 15.

During the weekend, Minnesota residents age 16 or older can fish or dark-house spear without an angling or spearing license if they take a child younger than 16 fishing or spearing.

"Ice fishing is a fun way to get outdoors in the winter," said Jeff Ledermann, angler recruitment and retention supervisor with the Minnesota Department of Natural Resources. "This weekend is a way to encourage anglers to get out and take a kid fishing."

Before heading out, anglers or spearers should check ice conditions locally. Visit <http://bit.ly/TakeaKidIceFishingWeekend> for ice thickness guidelines and more information about taking kids fishing.



Birds need extra assistance during winter

Cold weather can be particularly taxing on many of the birds individuals discover in their backyards throughout the year. Although some species migrate to warmer climates each winter, many stay put and attempt to ride out winter in their normal habitats. Birds that tend to stay put include finches, sparrows, titmice, jays, woodpeckers, chickadees, and cardinals.

The Cornell Lab of Ornithology says that, in much of North America, winter days can be windy and cold for birds, and nights are even more challenging. In winter, birds no longer have berries and lush vegetation to consume and insects have died or gone underground. Since finding food can be especially difficult, and shelter may be scarce, many birds can benefit from a little help from their human friends.

Shelter

Wild Birds Unlimited says shelter for birds is hard to come by in winter. Trees have shed their leaves, and evergreens may not be as abundant or protective. As a result, birds frequently seek man-made structures that can provide refuge from the elements.

People can provide shelters for birds, which may include traditional birdhouses, wind-breaks and snow shields. Even a brush pile can simulate the natural shelters of trees and shrubs that birds prefer. Roost boxes are another option and one that can accommodate small flocks that will group together and share their body heat.

Use leaves and branches to provide natural camouflage and help attract birds to the shelter. Offer yarn, fabric scraps, cotton, and other insulating materials that birds can use to help make their shelters more comfortable.



Suet is a high-fat meal for birds who need food in winter.

Food

Birds require high-calorie and high-fat foods in the winter so they can keep up their metabolism to generate warmth. Also, since birds' feeding habits vary depending on the type of bird, it may be necessary to place feeders at varying heights to maximize access.

Feeders should be located out of the wind and in an area that offers safe refuge from predators. The National Wildlife Federation also says individuals should put out sizable feeders and/or use multiple feeders to provide ample food during snow and ice storms. Feeders should be checked regularly and kept full.

Consistency is also important because birds will grow accustomed to being supplemented with food and may depend on such supplements to survive.

Bird Watcher's Digest suggests a variety of foods for birds. Black-oil sunflower seeds, peanuts, suet, cracked corn, mil-

let, thistle seed, safflower, and various fruits can help many birds thrive. It's also suggested to include mealworms, which can be purchased at bait stores or pet stores. These larvae of beetles can be presented in a shallow dish with slippery sides so the worms cannot crawl out.

Birds typically need extra support to survive harsh winters. Offering food and shelter during these bleak months can help.

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Red Cross Swimming Lessons at Bemidji State University Begin Jan. 23

Bemidji State University's Gillett Wellness Center is offering winter youth swimming lessons with the Red Cross Learn to Swim Program beginning Jan. 23.

Lessons cost \$60 per child for eight sessions, held on Tuesday and Thursday evenings each week. All lessons will be held at the Gillett Wellness Center Pool on the BSU campus.

Lesson times vary depending on skill level. Level One is held 4-4:35 p.m.; Level Two is held from 4:45-5:20 p.m.; Level Three is held 5:25-6 p.m.; and Levels Four and Five are held from 6:05-6:35 p.m.

Skill levels follow criteria set by the American Red Cross. Level One is an introduction to water skills designed to help students feel comfortable in the water; Level Two provides fundamental aquatic skills; Level Three focuses on stroke development; Level Four on stroke improvement; and Level Five on stroke refinement.

The American Red Cross program features swim instruction with emphasis on drowning prevention and water safety.

Future sessions will be held in late March and this summer.

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Cabela's National Walleye Tour Now Open for Registration

Lake of the Woods to host championship event

NEW SMYRNA BEACH, Fla. (January 3, 2018) - The Cabela's National Walleye Tour (NWT) announces registration for the 2018 season is now open for competitive walleye anglers. The 2018 season will include three regular-season events and a championship, all nationally televised and taking place on some of the country's premier walleye fisheries at peak times.

The regular season kicks off May 10-11, 2018, on the Mississippi River at Red Wing, Minnesota. NWT anglers will probe the walleye-rich waters of pools 3, 4 and 5, which are known to produce big fish. The NWT will move on to Saginaw Bay at Bay City, Michigan, on June 14-15. This is the NWT's first stop at Saginaw Bay and is timed to coincide with walleye staging in the Inner Bay and should make for heavy tournament limits.

The NWT will finish the regular season by returning to Devils Lake in North Dakota on July 26-27. The 200,000-acre lake is renowned for its numbers and versatility. NWT anglers will be tested on this ever-changing and interesting body of water. The NWT will wrap the season on September 5-7 with the NWT 2018 Tour Championship on Lake of the

Woods at Baudette, Minnesota. The huge body of water is affectionately known as the Walleye Capital of the Word and will also determine the Pro- and Co-Anglers of the Year.

The Cabela's National Walleye Tour includes unmatched television and media coverage, allowing a national audience to watch the action unfold from each event throughout the season. Airing on multiple networks, the NWT will be seen on the Pursuit Channel, CBS Sports Network, Fox Sports Net North, NBC SportsNet Chicago and the World Fishing Network.

For more details, anglers are encouraged to call 612-424-0708 or check out the website at www.nationalwalleyetour.com. From here, site visitors can learn more about the NWT, view the TV schedule and learn more about what's in store for 2018 season.

2018 NWT scheduled events:

May 10-11 - Mississippi River (Red Wing, Minn.)

June 14-15 - Saginaw Bay (Bay City, Mich.)

July 26-27 - Devils Lake (Devils Lake, N.D.)

Championship - September 5-7 - Lake of the Woods (Baudette, Minn.)



Carbon monoxide remediation

Carbon monoxide is a colorless, odorless gas that can be deadly. Because carbon monoxide is found in the fumes produced when fuel is burned, it is present in and around homes. As a result, homeowners should be aware of carbon monoxide and make every effort to detect its presence.

CO forms most readily when there is insufficient oxygen to complete combustion and produce carbon dioxide. Hot water closets, furnaces in crawlspaces, heating appliances in attics, and other contained areas are common areas where CO can form.

The U.S. Centers for Disease Control and Prevention says that thousands of people visit emergency rooms and are hospitalized because of CO poisoning every year. While CO is a risk for just about anyone, infants, the elderly, those with breathing problems or chronic heart disease, and people with anemia are most likely to get sick from CO.

CO has earned the moniker "the silent killer" because it cannot be identified without the presence of a carbon monoxide detector. If a person believes he or she is smelling carbon monoxide, that person is probably mistaking the odor for other combustion byproducts that the human nose can sense.

CO is a byproduct of vehicle exhaust, boat engines, stoves, lanterns, grills, furnaces, and

fireplaces. CO is produced anytime something is burning. That is why it is essential that products designed to be used outdoors are used exclusively outside, and that indoor appliances are properly vented to the outdoors. CO can build up indoors and poison people and pets who breathe it in.

Some people may not recognize that CO is problematic in a home until multiple residents start complaining of similar symptoms. Common CO poisoning symptoms include nausea and vomiting, dizziness, chest pain, confusion, headache, and other flu-like symptoms, advises the consumer advocacy group Carbon Monoxide Kills. Those with repeated exposure to high levels of CO may eventually develop cerebral edema, which is a swelling of the brain. CO can compress brain cells and destroy them, leading to neurological issues and death. CO poisoning is actually the result of the head and heart not receiving sufficient oxygen.

CO detectors can save lives and should be installed in all homes and apartments. The National Fire Protection Association says CO detectors "shall be centrally located outside of each separate sleeping area in the immediate vicinity of the bedrooms." Individuals should follow the manufacturer instructions regarding where on the wall or ceiling the CO detectors should be mounted. As an added safety precaution, CO detectors should be placed on every floor of the home.

Gas sensors in CO alarms have limited life spans, so they should be replaced generally every five to six years, because calibrating and testing for CO is more difficult than simply replacing the alarms.

Installing or replacing carbon monoxide detectors is an easy improvement that can help save lives.

Local Basketball Results

Boy's Basketball
Thursday, Jan. 4

Fosston 59, Bagley 38

Goodridge-Grygla 72, Red Lake Co. 58
G-G 32 40-72
RLC 21 37-58

Goodridge-Grygla—Dylan Wold 1, Jake Tharaldson 11, Brandon Stanley 6, Hudson McMillin 2, Dylan Manderud 16, Kaleb Sjulestad 14, Ben Groven 22

Red Lake County—Derek Peterson 7, Ben Cardinal 2, Matt Vettleson 7, Ethan Vettleson 26, Brandon Wiskow 5, Isaiah Olson 7, Jordan Johnson 4

Girl's Basketball
Thursday, Jan. 4

Walker-H-A 79, Bagley 30

Win-E-Mac 46, Fertile-Beltrami 43
F-B 20 23-43
WEM 23 23-46

Fertile-Beltrami—Bailey Mulcahy 9, Marlee Steffes 14, Lauren Harstad 7, Anne Sykes 5, Emily Motteberg 6, Shelby Dunbar 2

Win-E-Mac—Kylie Brekke 13, Sydney Tadmam 8, Lindsey Espeseth 8, Elliana Lindberg 5, Tyra Wilson 10, Carlie Sander 2

Red Lake 80, Red Lake Co. Central 29
R-L 54 26-80
RLC 15 14-29

Red Lake—Kaylynn Chaboyea 5, Marlene Blue 2, Alexis Desjarlait 22, Angel McClain 21, Gerika Kingbird 18, Autumnn Holthusen 6, Alysha Beaulieu 4, Kelanna McClain 2

Red Lake County Central—Kia Bachand 6, Sarah Christensen 1, Zoe Russillo 2, Brandie DeHate 2, Hannah Kolstoe 2, Calyssa Eskeli 8, Julia Bernstein 3, Billie Jo Gryskiewicz 3, Jenna Pahlen 2

Boy's Basketball
Friday, Jan. 5

Goodridge-Grygla 55, Warren-A-Oslo 42
G-G 23 32-55
WAO 24 18-42

Warren-Alvarado-Oslo—Mason Wang 18, Connor Narlock 11, Jackson Steer 10, Jordan Anderson 3

Goodridge-Grygla—Ben Groven 18, Dylan Manderud 14, Jake Tharaldson 10, Kaleb Sjulestad 5, Brandon Stanley 5, Jaden Kiesow 3

Fertile-Beltrami 52, Win-E-Mac 31

F-B 27 35-52
WEM 15 16-31

Fertile-Beltrami—Wadsworth 2, McCullum 2, Benesh 1, At. McCullum 19, Pearce 6, Sannes 11, Van Den Einde 7, Horgeshimer 4

Win-E-Mac—Olson 2, Hanson 2, Spry 2, Glass 2, Lindberg 6, Walker 13

Girl's Basketball
Friday, Jan. 5

Warren-A-Oslo 57, Goodridge-Grygla 38

WAO 25 32-57
G-G 19 19-38

Warren-Alvarado-Oslo—Rylee Mortimer 12, Holly Steer 19, Shelby Durand 12, Makenzie Roller 2, Jessica Olson 6, Sarah Haugvedt 6

Goodridge-Grygla—Daria Waletzki 4, Amy Wiskow 3, Morgan Burns 2, Maci Bakken 10, Madi Race 2, Vivian Coan 7, Mercedes Coan 6, Brooke Limesand 2, Carlye Kiesow 2

Fosston 64, Bagley 24
FOS 36 28-64
BAG 15 9-24

Fosston—Jenn Non 12, Rebecca Olson 2, Jac Hubbard 9, Brianna Vig 7, Lillie Manecke 12, Kora Norland 5, Kendra Eckman 3, Callie Theis 1, Jaime Carlin 7, Jenna Manecke 6

Bagley—Cassidy Draeger 2, Alex Syverson 8, Kara Bowman 4, Carly Lewis 4, Rylee Aufferth 6

Girl's Basketball
Saturday, Jan. 6

Stephen-Argyle 67, Red Lake CC 20
RLC 10 10-20
S-A 41 26-67

Red Lake Co. Central—Kia Bachand 4, Sarah Christensen 3, Julia Bernstein 1, Billie Jo Gryskiewicz 1, Jenna Pahlen 11

Stephen-Argyle—Annika Carlson 4, Brooke Clausen 4, Ali McGlynn 22, Savannah Riopelle 4, Madalynn Weberg 4, Autumnn Thompson 16, Matty Urbaniak 4, Abbey Johnson 9

Wednesday, January 10, 2018



SCHOOL OF NURSING
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Do you have a family member with memory loss who lives in a care facility?

The University of Minnesota is examining the effects of an educational program to support family members with a loved one in a care facility. It will be led by a trained coach. Learn more about participating in this free study by contacting Professor Joe Gaugler at **612.626.2485** or **gaug0015@umn.edu**.

Visit <http://z.umn.edu/transitionmodule> to learn more



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