



Tri County Canary

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

Beyond Grateful

2018 Cancer Benefit and Ride Report

Barb Geer

Friday, October 12th, marked the day that Trails to Treatments Chair Mardy Anderson announced the tally for the year. To say that the recipients of the grants are grateful is one thing, but it's yet another thing to attempt to convey the gratitude of the TTT Committee to the area communities, individuals, businesses and organizations who contribute to the cause, making the entire grant process possible!

Mardy then recounted the events of the Cancer Benefit and Ride held in Middle River over Labor Day weekend: There are so many great events throughout the weekend that you can truly say there is something for everyone! For the horse lovers (since the event is sponsored by the North Country Horsemen Saddle Club), there's the Fun Run, two trail rides (one short and one long), Play Day at the Ornuist Arena, and horse rides and games for the kids.

For music lovers, there was a Friday evening karaoke contest with fourteen great entries (1st Place went to Brennan Kirkeide, 2nd Place to Justine Johnson, 3rd Place to Marlo Lorenson and People's Choice to Arrie Klasen), Saturday afternoon music on the outdoor stage (thanks to Donovan Ruud, DJ Bernstein, Rick Wiseman, Brent Wally, Scott Kilen, Bailey Wattne, Marlo Lorenson and Nathan Bukowski), and evening dance music with Jason Rominski and Friends.

Friday evening's chili contest had many varieties to sample and, while attendees filled their bellies, judges selected the winners. The top honors went to: 1st - Dianne Anderson, 2nd - Stacy Bierman, 3rd and People's Choice - Tom Super.

A "just for fun" activity that induced much laughter and cheering was the Goat Milking Contest on Friday evening. Winners were: 1st Place, Marc and Shirley Horien; 2nd Place, Kefer Stenmark and Garret Rominski; 3rd Place, Terhya Nyegaard and Shannon Peterson. Others enjoyed wagon rides provided by Tony Reller and his team of horses.

The most poignant event, and the one that everyone waits for is the Cancer Tribute Ceremony. Marky Van de Streek, who has battled cancer for years with a positive can-do attitude, from Thief River Falls was the featured speaker. Justine Klassen and Randy Larson, a father-daughter team, provided the music. Kristi Westlund rode for Mark Peterson and carried the American flag, Rena Peterson rode and carried the Trails to Treatments flag, and Jessie Cervantes rode and carried the North Country Horsemen flag. All flag carriers are battling cancer. One of the most touching moments in the ceremony is the parade of the riderless horse, which signifies and pays tribute to those who have lost

their battle with cancer. This was followed by the wagon filled with survivors and caregivers, driven by Tony Reller and his team of horses. The Roseau County Posse and the 2018 Cancer Ride participants concluded the procession.

The Cancer Tribute Ceremony was followed by the Live Auction and drawings from the meal tickets and raffle prizes. All the prizes were donated, and it was the largest raffle to date! Winners were: The quilt made and donated by Barb Geer was won by Anthony Lorenson.

1st Prize - 2 Nights Lodging for 4 people at Sunset Lodge on Oak Island - Courtesy of Davidsons, Hettesen & Millers was won by Dolly Rasmussen.

2nd Prize - 1 Day Fishing Trip on LOW for up to four people - Donated by Ray's Guide Service 218-230-5271 was won by Sara Scheef.

3rd Prize - Tailgate Bench - Donated by M & R Triple T Ranch was won by Cookie Melby.

4th Prize - Thompson Center Arms Compass .308 caliber Rifle - Donated in Memory of Daryl Johnson & Anita Hible was won by Connie Beito.

5th Prize - Thompson Center Arms Compass .22-250 caliber Rifle - Donated by Underdahl Hardware Rank of Newfolden, Karlstad, Red Lake Falls and Thief River Falls was won by Val Shambeau.

6th Prize - Queen Size Quilt, Half Square Log Cabin - Made and donated by Adele Rosenkrans and Dana Jenkins was won by Patricia Carlson.

7th Prize - Portable Air Compressor, Iron Horse 1.5HP, 20 Gallon - Donated by Fleet Supply, Thief River Falls, MN 218-681-2850 was won by Steve Corcoran.

8th Prize - John Deere Trike with Pull Behind Wagon - Donated in memory of Paul Erickson was won by Amanda Tungseth.

9th Prize - John Deere 16" Boys Bicycle with training wheels - Donated by Evergreen Implement, Thief River Falls, MN was won by Ron Ketscheaur.

In just over six years, 684 grants have been to 580 recipients. Eighty-two people have received more than one grant. (Cancer patients can apply for a grant each year, providing they are still receiving treatment.) The total dollar amount for grants paid out as of October 12th, 2018, is \$352,300!

In 2017, grants given averaged 13.4 per month, and in 2018, it's just slightly higher at 13.7 grants per month so far. The majority of the grants have been given within a six-county base area consisting of Marshall, Roseau, Kittson, Pennington, Polk and Red Lake counties. 86.6% of the grants have been awarded in those areas.

None of this would have been

Grateful....

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What is a Fair Farm Rental Agreement?

Landlords, Farmers, Agri-Business Professionals should make plans to attend one of the informative meetings being held across Minnesota. These free meetings are being provided by the University of Minnesota Extension. Farm land rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is a challenge in today's economy with current significantly lower corn and soybeans prices in 2018.

Negotiating a fair rental agreement that satisfies the land owner and the farmer is a challenge. David Bau, and Nathan Hulinsky, Extension Educators in Ag Business Management, will provide several ways; by examples, factsheets and worksheets to determine a fair farm land rental rate for both parties.

Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farm land values and sales, a worksheet that will help determine a fair rental agreement. Input costs for 2018 will be presented along with current 2018 corn and soy-

bean prices. Worksheets will examine 2019 costs and what is affordable rent that a farmer will be able to pay in 2019, the rate of return to the landlord at current market values and examine flexible rental agreements.

Make plans to attend one of these meetings now. Attendees will receive several informative worksheets and factsheets that will help to determine what is a fair 2019 farm land rental rate is.

The meeting will be held in locally at:

Nov. 27, 2018 at 1 pm: Youngquist Auditorium- University of Minnesota Crookston Campus, Crookston, MN 56716

Nov. 28, 2018 at 9 am: Red Lake Falls Community Hall Meeting Room, Red Lake Falls, MN 56750

Nov. 28, 2018 at 2 pm: Clearwater County Courthouse- 3rd Floor Meeting Room, Bagley, MN 56621

Jan. 23rd, 2019 at 10:00 am: Youngquist Auditorium- University of Minnesota Crookston Campus, Crookston, MN 56716



Of the fourteen teams that raised money for Trails to Treatments, the team that came out on top, raising \$15,200 for the year, was the Gentilly Rocky Ridge Riders. For their efforts, they earned the brand new Top Dollar Traveling Trophy, which they will keep in their possession until next year. If they want to retain that honor for another year, they will have to once again earn the top dollars! A spirit of competitiveness already exists and is sure to be sparked by this new trophy! Left to right: LouAnne Olson, Ruth Bornsen, Pam Delage, Bonnie Christians, and Cathy Desrosier. Also on their team, but unable to attend the supper are Pam Maygra, Kari Trudeau and Lisa Desrosier.



The Trails to Treatments Committee. Back Row: Barb Geer, Mardy Anderson, Stacy Bierman, Steve Bierman, Marc Horien. Front Row: Tanya Peterson, Sue Helm, Ronnette Anderson, Shirley Horien and Kristi Westlund. Not pictured: Melissa Gallund.



While Mardy Anderson did the majority of the cooking for the Trails to Treatments Appreciation Supper held Friday, October 12th, he had help serving in the kitchen! Left to Right: Rena Peterson, Tanya Peterson, Mardy Anderson, Stacy Bierman and Tehrya Nyegaard.



Heather Dufault

For more information, contact: Heather Dufault, Extension Educator for Polk, Clearwater, and Red Lake Counties at pohl0024@umn.edu or on the extension cell phone at 218-280-1129.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.

Statement from Minnesotans for a Smoke-Free Generation on FDA Plans to Restrict Some E-Cigarette Sales

Federal Agency Expected to Ban Most Flavored E-Cigarette Sales in Gas Stations and Convenience Stores

Minneapolis (11/9/18) - Minnesotans for a Smoke-Free Generation, a coalition of more than 60 organizations working to reduce youth tobacco use, today issued a statement on the news that the U.S. Food and Drug Administration (FDA) may soon ban the sale of most flavored e-cigarette pods in gas stations and convenience stores.

Molly Moilanen, Director of Public Affairs at ClearWay MinnesotaSM and Co-Chair of Minnesotans for a Smoke-Free Generation, said, "The FDA can and should use its full legal authority without delay in regulating tobacco products - especially in light of what they are rightly calling a youth e-cigarette epidemic."

Moilanen continued, "We look forward to seeing the full details of the FDA's plan and hope they will move quickly and decisively. Removing flavored e-cigarette pods, which are extremely popular among

teens, from places youth frequent is a welcome first step toward curbing youth addiction. We also urge the FDA to take swift action to restrict menthol tobacco products, which would help reduce tobacco-related disparities."

She added, "We urge policymakers across Minnesota to lead the way with strong local and statewide policies that protect our youth from lifetime tobacco addiction - including raising the tobacco age to 21, restricting the sale of all flavored tobacco products, adding e-cigarettes to clean indoor air policies and investing in proven tobacco prevention and cessation programs."

Background:

In addition to federal action, state and local governments can also combat commercial tobacco use. To date, 15 Minnesota cities have passed Tobacco 21 policies, nine have passed tobacco flavor restrictions and five have

passed menthol restrictions.

The tobacco industry blatantly continues to use menthol, candy and fruit flavors to attract the next generation of smokers. In 2009, the FDA banned the use of most flavoring agents, except menthol, in cigarettes. However, that ban does not include other tobacco products such as little cigars and cigarillos, or emerging products like e-cigarettes. Internal documents from the tobacco industry show that tobacco companies know that young people are attracted to flavors in tobacco products. Research also has found that most kids start smoking by using flavored tobacco products.

Menthol tobacco flavoring makes it easier for kids to start smoking and harder for adults to quit. The tobacco industry has a long history of targeting youth, African Americans,

...Smoke-Free
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Taylor Moen playing one of many games at the Oklee Halloween Party in Oklee on October 31st.

Light up the Night & Lefse Fest

Friday, Nov. 16 • Fosston, Minnesota

5:00-7:00 p.m.

At the Fosston Civic Center



Come get your
homemade
lelse!

Register to win
Fosston Bucks!

Free Rides to Lefse Fest on the City Bus from 5-7 PM

Admission: \$1 per person or \$2 per family

Or bring a non-perishable food item!

(Families, please bring multiple non-perishable food items)

Book Signing
by local author
Erin Green!

Special Deals
all around
town!

R34C



Kendra Christianson was the winner of the Guessing game of candy in a jar at the Oklee Halloween Party on October 31st.

We have rates you will be thankful for!

2.00%
(APY) Annual Percentage Yield
12 Month CD

2.75%
(APY) Annual Percentage Yield
30 Month CD

Ultima Bank
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\$1,000 minimum deposit. No institutional deposits. Ask us for further information regarding account terms and fees. Expires 11/30/2018

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

Member **FDIC**

Music

Jamboree

Country & Country-Gospel Music at Cornerstone Residence, 30 Sunset Ave. NW., Bagley on Sunday Nov. 18th from 1:00-4:30.

Everyone is welcome!



One of the Lambert children enjoying a dart game at the Halloween Party held in Oklee on October 31.

All
LINDFORS
Insurance Agency
OFFICES

will be **CLOSED**
on November 22 & 23
for Thanksgiving

R34C

Sanford Bemidji Parent Connection

A support group for parents of kids with special health needs

BEMIDJI, Minn. — For a parent of a child with special health needs, it can be isolating. Many feel that no one else understands their struggles. But that is not the case, and Sanford Bemidji wants to bring those parents together in a support group called Parent Connection.

The group meets the last Tuesday of every month from 5 to 6 p.m. in the 1611 Anne St., Clinic Conference Room. Free childcare is provided. An upcoming gathering takes place Nov. 27.

No registration is required. Visit sanfordhealth.org, keyword: Parent Connection for more information or contact Sanford Bemidji Children's Clinic, at (218) 333-4710.

Peanut Butter Lovers' Month

Thanksgiving Services

Ecumenical Thanksgiving Service
at Saint Francis Xavier Church in Oklee

Sunday, November 18th at 6:30 p.m.
with fellowship and refreshments to follow.

Join us, and please consider bringing a donation for our local food shelf!

R34C

SOUP'S ON!

Soup day at
United Lutheran

November 18, 2018
4:30 to 6:30

United Lutheran WNALC
Seven miles North of Gonvick

Split Pea and Ham soup
Bean and Ham soup
Potato and Ham soup
Garlic toast
Soda crackers
Homemade Wild Rice Craisin Bread
Coffee
Strawberry shortcake

FREE WILL OFFERING

R33-34C

Thank you

to everyone who came to celebrate my birthday with me at Kandi's Kitchen last week!

Les Berg

College News

NDSCS Announces Spring and Summer 2018 Graduates

Wahpeton, N.D. — November 8, 2018 — The North Dakota State College of Science in Wahpeton, N.D., awarded degrees, diplomas and certificates to Wahpeton, Fargo, N.D., and online spring and summer 2018 graduates. The graduates include:

Spring 2018 Graduates

Bagley: Bailey Gerbracht, A.A., Liberal Arts

Bemidji: Carson Olson, Certificate, Welding Technology

Clearbrook: Riley Thoma, A.A.S., Dental Hygiene

Crookston: Khristopher Johnson, A.S.N., Associate in Science in Nursing

Leonard: Andrew Gebhardt, A.A.S., Welding Technology

Plummer: Alan Nemec, A.A.S., John Deere Tech; Asia Davis, A.A.S., Practical Nursing

Trail: Seth Johnson, A.A.S., Diesel Technology

Summer 2018 Graduates

Thief River Falls: Meribeth Burch, Certificate, Emergency Medical Services

Polk County Sheriff

Unattended death, rural Fertile

On 11/06/2018 at 2022 hours, the Polk County Sheriff's Office responded to 11524 390th St SE in rural Fertile for a report of a body found in a field. The deceased male was identified as Timothy Leon Berhow, 66, of Grand Forks, ND. Timothy Berhow was hunting on the property and was found by a friend who came to check on him.

Deputies responded and investigated the scene. Timothy's body was later transported by the Polk County Sheriff's Office to the UND Forensic Medical Examiner for an autopsy. At this time no foul play is suspected.

Other responding agencies include the Polk County EMS and Fertile Fire Department.

Lottery scam

The Polk County Sheriff's Office has received complaints regarding a lottery scam. The caller claims to be from the Florida Lottery and states that you have won 8 million dollars. The caller then asks for a \$1400 process fee prior to obtaining the winnings. Please do not give out any personal information or bank information.

Structure Fire

On 11-10-18 at 1632 hrs the Sheriff's Office, Fertile Fire Dept and County EMS responded to a structure fire located at Christian Brother Racing, 42738 US Hwy 32 Fertile, MN.

A trailer started on fire in the building. The trailer was removed from the building although was a total loss. The building had some damage. The total property damage is unknown at this time.

One employee went to the hospital in a private vehicle to be checked for smoke inhalation.

The MN Fire Marshall's office was notified.

The cause of the fire is under investigation. No further information at this time as it is an active investigation.

Wednesday, November 14, 2018

Galli 79
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6 DAYS ONLY! NOVEMBER 15TH THROUGH 21ST

PRE-BLACK FRIDAY SAVINGS EVENT

SAVE UP TO 50% OFF

18 MONTHS SPECIAL FINANCING*

on purchases of \$699 or more with your Synchrony Bank credit card between 11/15/18 - 11/21/18.

PORTABLE WATER-RESISTANT BLUETOOTH SPEAKER WITH PURCHASE

FREE!

SEE STORE FOR DETAILS. AVAILABLE WHILE SUPPLIES LAST.

FRIGIDAIRE
 Speed Queen
 GE APPLIANCES

COASTER
Fine Furniture

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Furniture, Appliance, Flooring & Mattresses

PO Box 160 • Bagley, MN 56621
218-694-6266 • www.gallifurniture.com
M-F: 8am - 5:30pm • Sat: 9am - 4pm • Sun: Closed

*Subject to credit approval. Minimum monthly payments required. See store for details. †Applies only to refurbished, reconditioned, damaged or scratch and dent products. Scratch & dent has limited functional warranty. Excludes GE, GE Profile & Cafe models.

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

Double Coupons
Sunday through Wednesday

R34C

PALUBICKI'S
FAMILY MARKET AND SPIRITS

Sale Dates: Monday afternoon November 12 to November 18

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



Caribou COFFEE

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

CHOICE OF 4
KEMP'S DIAMOND DELIGHTS
ICE CREAM
3/\$5
48 OZ SCROUND

ESSENTIAL EVERYDAY
BUTTER
\$2.99
1 LB QUARTERED

MRS OLSON'S
LEFSE
\$2.39
9.6 OZ

LAND O' LAKES REGULAR OR CALCIUM PLUS
ORANGE JUICE
2/\$4
1/2 GAL

POZZERIA 3/4 CRUST
Tony's
ASSORTED
TONY'S PIZZA
5/\$10
ESSENTIAL EVERYDAY COLBY JACK, MILD CHEDDAR, MOZZARELLA, PIZZA OR SHARP CHEDDAR
REG. SHREDDED CHEESE 8 OZ **3/\$4**

PEACH CHUNKS IN HEAVY SYRUP, HARVEST SPICE PEACHES IN LIGHT SYRUP, LITE PEACH HALVES, CHUNKY MIXED FRUIT IN JUICE, VERY CHERRY MIXED FRUIT IN LIGHT SYRUP
DEL MONTE FRUIT
79¢
15-15.25 OZ
DEL MONTE JUICE PACK - SLICED, CHUNKS OR CRUSHED
PINEAPPLE 20 OZ **3/\$2**

ESSENTIAL EVERYDAY
SOFT & STRONG
BATH TISSUE
\$4.99
12 PK DOUBLE ROLLS
ESSENTIAL EVERYDAY FULL SIZE SHEET AWESOME STRENGTH
PAPER TOWELS 8 PK **\$5.39**

ASSORTED
COCA COLA PRODUCTS
3/\$10
12 PK - 12 OZ CANS
DASANI
WATER 24 PK-1/2 LITER BOTTLES **\$4.59**

CLASSIC ROAST, HALF CAFF, BREAKFAST BLEND, COLOMBIAN, FRENCH ROAST, GOURMET SUPREME, HOUSE BLEND, BLACK SILK OR SPECIAL ROAST
FOLGER'S COFFEE
\$6.99
24.2-30.5 OZ

ESSENTIAL EVERYDAY
APPLE JUICE OR APPLE CIDER
\$1.59
64 OZ

CREAM OF MUSHROOM SOUP
CAMPBELL'S
10/\$10
10.5 OZ

CUT GREEN BEANS, FRENCH CUT GREEN BEANS, SWEET PEAS, CREAM STYLE CORN OR WHOLE KERNEL CORN
ESSENTIAL EVERYDAY
10/\$5
14.5-15.25 OZ

FAMILY PACK 85% LEAN
GROUND ANGUS BEEF
\$2.99 LB
CERTIFIED ANGUS BEEF BONELESS
BOTTOM ROUND ROAST LB **\$3.69**
CERTIFIED ANGUS BEEF BONELESS
BOTTOM ROUND STEAK LB **\$3.89**
CERTIFIED ANGUS BEEF BONELESS
TOP SIRLOIN STEAK LB **\$4.99**
CERTIFIED ANGUS BEEF BONELESS
RIBEYE STEAK LB **\$9.99**

SEABOARD PORK
BAKY BACK RIBS
\$3.49 LB
FAMILY PACK BONELESS CENTER CUT
PORK LOIN CHOPS LB **\$1.99**
PORK
SHOULDER ROAST LB **\$1.59**
JOHN MORRELL
SMOKED HALF HAM LB **\$1.99**
JOHN MORRELL
SMOKED WHOLE HAM LB **\$1.89**

JENNIE-O TURKEYS
79¢ LB WITH ADDITIONAL \$150.00 GROCERY PURCHASE. LIMIT 1 - ADDITIONAL TURKEYS AT \$1.09/LB
WITH ADDITIONAL \$100.00 GROCERY PURCHASE
JENNIE-O TURKEYS LB **89¢**
WITH ADDITIONAL \$50.00 GROCERY PURCHASE
JENNIE-O TURKEYS LB **99¢**
FESTIVE
WHOLE TURKEY BREASTS LB **\$1.39**
FAMILY PACK
CHICKEN WINGS LB **\$1.29**

FAMILY PACK HICKORY
SMOKED BACON
\$2.49 LB
PORK SAUSAGE ROLLS
JIMMY DEAN .. ASSORTED VARIETY 12-16 OZ **2/\$6**
HILLSHIRE FARMS ORIGINAL, BEEF OR CHEDDAR
LIT'L SMOKIES 12-14 OZ **2/\$6**
LAND O' FROST PREMIUM
LUNCH MEAT .. ASSORTED VARIETY 10-16 OZ **\$3.99**
ARCTIC SHORES 61 TO 70 COUNT
COOKED SHRIMP 12 OZ **\$4.49**

2%, 1% OR SKIM
DAIRY FRESH MILK
\$2.59 GALLON
WHOLE, 2%, 1% OR SKIM
LAND O' LAKES MILK.. GALLON **\$2.99**

COUNTRY HEARTH
100% WHEAT BREAD,
COUNTRY HEARTH
MULTIGRAIN BREAD OR
MASTER LARGE WHITE BREAD
\$2.99 24 OZ

ORIGINAL, WHITE CHEDDAR, SHARP WHITE CHEDDAR GROOVES OR CLASSIC SNACK MIX
CHEEZ-ITS
\$1.89 9-12.4 OZ
SHOPPERS VALUE
SALTINES 16 OZ **3/\$2**

FESTAL PUMPKIN
99¢ 15 OZ
DIAMOND SHELLED
WALNUTS 16 OZ **\$5.99**

CRYSTAL SUGAR
\$5.99 10 LB
ESSENTIAL EVERYDAY LIGHT BROWN OR POWDERED
SUGAR 2 LB **3/\$5**

CASS CLAY 2% OR SKIM
CHOCOLATE MILK
\$1.99 1/2 GALLON
KEMP'S OR LAND O' LAKES
CHIP DIP 16 OZ **\$1.59**

DEL MONTE SPINACH
59¢ 13.5 OZ
BRUCE'S CUT
SWEET YAMS 40 OZ **\$2.39**

ASSORTED POPPABLES OR POTATO CHIPS
LAY'S
5/\$10 5-8 OZ
LAY'S ASSORTED KETTLE COOKED
POTATO CHIPS 8 OZ **2/\$5**

GENERAL MILLS
WHEAT, RICE OR CORN
CHEX CEREAL
\$2.79 12-14 OZ
CINNAMON OR BROWN SUGAR OAT SQUARES
QUAKER CEREAL..... 14.5 OZ **\$2.59**

ESSENTIAL EVERYDAY APPLE CINNAMON TOASTED OATS, HONEY NUT TOASTED OATS OR COCOA CRUNCHIES
CEREAL
5/\$6 11.8-12.9 OZ
APPLE JACKS, FROOT LOOPS, FR. FLAKES OR CORN POPS
KELLOGG'S CEREAL .. 19.4-24 OZ **\$3.79**

LAND O' LAKES
HALF & HALF
5/\$4.50 PINT
ORIGINAL MINIS ICE CREAM
KLONDIKE 12 CT **\$2.79**

ORIGINAL OR 33% LESS SODIUM
SWANSON'S CHICKEN BROTH
4/\$3 14.5 OZ
FRENCH'S CRISPY
FRIED ONIONS 6 OZ **\$3.39**

ASSORTED REGULAR OR RIP-L
OLD DUTCH POTATO CHIPS
2/\$5 9.5-10 OZ
OLD DUTCH ASSORTED
PRETZELS 12-15 OZ **2/\$5**

PLAIN OR KOSHER
GEDNEY BABY DILLS
\$2.79 32 OZ
EARLY CALIFORNIA JUMBO, LARGE OR MEDIUM
RIPE OLIVES 6 OZ **\$1.19**

COLGATE SPONGE BOB TOOTHPASTE
\$1.29 4.6 OZ
BABY BASICS JR CLUB SIZE 4 (92 CT); SIZE 5 (78 CT) OR SIZE 6 (64 CT)
DIAPERS **\$11.99**

CASS CLAY
WHIPPING CREAM
\$1.99 PINT
CASS CLAY OR LAND O' LAKES ASSORTED
SOUR CREAM 16 OZ **\$1.39**

CHOCOLATE, VANILLA, TAPIOCA OR BUTTERSCOTCH
HUNT'S SNACK PACK PUDDING
99¢ 4 PK
ANDES
MINT BAKING CHIPS 10 OZ **\$2.59**

BROCCOLI FLORETS (12 OZ); BROCCOLI MEDLEY (12 OZ); STIR FRY (12 OZ); BROCCOLI/CAULIFLOWER (12 OZ) OR CAULIFLOWER FLORETS (10 OZ)
GREEN GIANT
\$1.59
BABY PEELED
CARROTS 16 OZ **99¢**
CELERY EA **\$1.39**
SWEET
POTATOES LB **89¢**
GREEN
BEANS 12 OZ **\$1.99**
50/50 BLEND (5 OZ); BUTTER BLISS (6 OZ); FIELD GREENS (7 OZ); PREMIUM ROMAINE (9.5 OZ); HEARTS OF ROMAINE (9 OZ); VERY VEGGIE (10 OZ) OR BABY SPINACH (6 OZ)
DOLE **2/\$4**
FRESH
CRANBERRIES 12 OZ **\$1.79**
CLEMENTINES 3 LB **\$4.99**
GRANNY SMITH
APPLES LB **\$1.39**
JONAGOLD
APPLES LB **\$1.19**
RED
POTATOES 10 LB **\$2.59**

BLUEBERRY, APPLE CIDER OR PUMPKIN SPICE
MARTHA WHITE MUFFIN MIX
99¢ 7 OZ
SUGAR, PEANUT BUTTER OR CHOCOLATE CHIP COOKIE MIX
BETTY CROCKER.. 17.5 OZ **\$2.19**

CHERRY OR HONEY LEMON
EQUALINE COUGH DROPS
99¢ 30 CT
HALL'S HONEY-LEMON, MENTHO-LYPTUS OR CHERRY
COUGH DROPS 80 CT **\$3.89**

CASS CLAY 4% OR 2%
COTTAGE CHEESE
\$1.59 16 OZ
ESSENTIAL EVERYDAY GRATED
PARMESAN CHEESE 3 OZ **\$1.39**

VELVEETA
SHELLS & CHEESE BITES
\$1.19 6 OZ FROZEN
ESSENTIAL EVERYDAY COMBINATION
PIZZA BITES 45 OZ FROZEN **\$5.99**

COLBY JACK, SHARP CHEDDAR OR MEDIUM CHEDDAR
KRAFT CHUNK CHEESE
\$3.99 16 OZ
KRAFT 4 CHEESE MEXICAN (FINE); MOZZARELLA, SHARP CHEDDAR OR MILD CHEDDAR (REG)
SHREDDED CHEESE 16 OZ **\$3.99**

BROCCOLI CUTS, SUPER SWEET CORN, SWEET PEAS, CUT GREEN BEANS OR MIXED
BIRD'S EYE STEAMFRESH VEGETABLES
99¢ 10 OZ FROZEN
PUMPKIN, DUTCH APPLE, APPLE, PEACH OR CHERRY PIE
MRS. SMITH'S .. 35-37 OZ FROZEN **\$4.59**

AISLE 23
wine, spirits and beer
24 PK-16 OZ CANS BUD, BUD LIGHT OR MICHELOB GOLDEN LIGHT
BEER..... **\$20** ⁹⁹
12 PK- 12 OZ BOTTLES
CORONA OR CORONA LIGHT.. **\$16** ⁹⁹
12 PK - 12 OZ CANS
SPIKED SELTZER..... **\$14** ⁹⁹
1.75 LITER ORIGINAL OR TWISTED LIME
SEAGRAM'S GIN..... **\$16** ⁹⁹
750 ML CABERNET SAVIGNON, CHARDONNAY, PINOT GRIGIO OR SAVIGNON BLANC CHATEAU ST. MICHELLE
WINE **\$9** ⁹⁹
750 ML CABERNET SAVIGNON, CHARDONNAY, MERLOT OR RAPIDS RED SEVEN FALLS
WINE **\$9** ⁹⁹
750 ML
RED OR WHITE APOTHC WINE..... **\$7** ⁹⁹
1.75 LITER
RYAN'S CREAM LIQUEUR **\$19** ⁹⁹

CLASSIFIED ADS



Housekeeper

Part time Housekeeper for Cornerstone Nursing and Rehab Center. Hours are 8-4:30pm or 6-2:30pm, weekdays and every other weekend.

Applications available at www.cornerstoneshc.com or 416 7th St. NE, or call 218-694-6552. EOE.

R34-35C



First National Bank is looking to hire a full time teller/customer service position.

Experience is helpful, but not required. Interested parties can apply in person to Philip Lee or via e-mail at philip.lee@fnbmcmintosh.com

First National Bank
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McIntosh, MN 56556
EOE & Member FDIC

R34-35C



RN and LPN Positions

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Applications are available at www.cornerstoneshc.com or call Nicole at 218-694-6552.

E.O.E.

R34-35C



Cook Position

Cornerstone Nursing and Rehab Center, Bagley, is accepting applications for a part-time cook.

Questions about the position may be directed to Kari at 694-6552.

Applications are available at www.cornerstoneshc.com. E.O.E.

R33-34C

DEADLINE NOON FRIDAYS



RLCC High School has hours available for a paraprofessional and an evening cleaner. Positions open until filled. Please contact the school for an application or with questions at 218-796-5136. ISD 2906 is an equal opportunity provider and employer.

O34-35C

Clearwater County Nursing Service

is accepting applications for the part time/full time Account Clerk/Secretary. The applicant must have strong computer skills and be willing to learn various software applications. Previous experience working in the healthcare setting is preferred. Applications are available at the Clearwater County Nursing Service office in Bagley at 211 Main Ave. N., Bagley or online at <http://co.clearwater.mn.us>. E.O.E.

R33-34C

Call 694-6582 for more information.



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R32TFC

Red Lake County - Heavy Equipment Operator

Red Lake County Highway Department is accepting applications for a full-time **Heavy Equipment Operator** based at Red Lake Falls shop. Duties include, but not limited to, operating a tandem truck (with pup in summer months) for graveling and snowplowing assigned roadways, operating tractor with mower in summer months, and repair and maintain all operating equipment. Starting pay is \$19.72/hr. with a benefits package. This is a Union position with the I.U.O.E. Local No. 49.

Applicants must have a valid Minnesota CDL, Class A combination, be able to hear audio alarms and warning devices, lift 50 lbs., and be available for overtime in winter months with long hours and a short notice for reporting to work.

More information and applications are available at www.co.red-lake.mn.us/employment, email: hr@co.red-lake.mn.us, or at the Highway Department, 204 7th St SE Red Lake Falls, MN. For more information call (218) 253-2697. Deadline for applications is **November 15, 2018**.

EOE

O33-34C



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R34C



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R34-37P

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R34C

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R33-36C

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R33-34C

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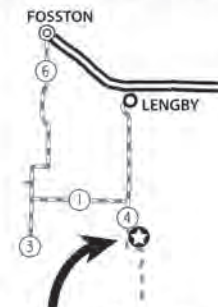
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R34C

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R32-36P

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NO BINGO THIS WEEK

Will Resume
Nov. 24TH

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

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SHRIMP

— 5:00–10:00 pm —

SMEAR TOURNAY

every **TUESDAY**
at 7 pm

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Fri., Nov. 16th

BINGO

at 6:30 pm!

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\$1000!

Friday

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after Bingo

Sunday

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Indoor Corn Hole Tournay
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BINGO

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SAT., Nov. 17th

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— FRIDAY & SATURDAY —

Walleye, Steak, Shrimp & Broasted Chicken Dinner & BBQ Ribs

EVERY THURSDAY

* Broasted Pork Chops
LUNCH & DINNER WITH DESSERT
NOVEMBER 15th
Potato Klub

Closed on Thanksgiving Day

Book your Christmas parties now!

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LUNCH & DINNER

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Hours: M-SAT.: 8 A.M. - 1 A.M. SUNDAY: 11:00 A.M. - MIDNIGHT
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AD DEADLINE NOON ON FRIDAYS

My Younger Days

Norris Syverson, a man with many memories, came to us at Richards Publishing and asked if we could make a book for him. He wrote the stories, and Carolyn (Finseth) Nelson typed what he wrote. It has been quite a journey through life for Norris and being the man that he is, he wants to share with folks his memories of days gone by. Over 200 pages! Over 100 pictures! Over 500 different topics! Some include: Drought Years; Sheep Shearing; Old Fashioned Haying; Our Buggy Rides.

Here is just an excerpt from his first page...

I was born in the front room of the house I now live in on December 24, 1933. This part of the house is log. It was covered with some kind of pressed green paper about 1/8th of an inch thick, now it is covered with 1/2 inch thick celotex.

This house had only two rooms downstairs, each one about 12 feet by 14 feet, with low ceilings about 7 1/2 feet high....There were 5 boys and 5 girls aging from 1 year to 16 years old, plus Ma and Pa living in this small house at that time....

"I hope every reader will seek the Lord and make sure you have the Lord Jesus deep in your heart for this is the Will of God."

Thank you. Norris Syverson

If you would like to receive a book, please contact Norris Syverson via the phone book.

My Younger Days

— Norris Syverson

Vernes Church 1899-1992

Cost \$30

PEANUT BUTTER WORD SEARCH

D	U	C	H	O	M	E	M	A	D	E	C	O	W	M	E	G	N	O	Y
F	G	D	G	X	M	B	N	L	R	N	B	U	B	F	U	D	V	N	M
O	X	A	N	N	O	R	D	A	S	T	V	K	S	I	E	D	I	P	A
T	C	E	I	A	V	B	A	C	O	L	C	T	C	L	O	B	G	U	E
V	W	R	S	N	I	S	N	I	P	N	A	H	I	Y	T	T	J	G	R
M	Y	B	S	T	T	T	T	P	X	F	G	C	O	N	L	E	I	B	C
N	D	A	E	O	A	U	I	O	T	J	I	N	E	C	U	L	S	N	L
T	N	D	R	I	M	N	O	R	Y	O	B	I	S	D	O	E	E	I	X
D	A	T	D	L	I	A	X	T	U	L	D	P	X	E	E	L	C	J	D
I	C	T	G	S	N	E	I	S	F	E	C	N	H	D	I	V	A	E	M
I	D	F	H	D	S	P	D	F	R	H	G	C	S	G	Y	K	S	T	E
G	R	M	C	F	V	H	A	G	L	O	C	A	R	Y	L	S	O	D	E
T	R	V	R	D	E	V	N	P	L	J	E	O	N	B	E	I	R	O	W
I	O	K	U	D	T	I	T	Y	T	T	U	N	D	R	X	K	Y	P	C
K	A	D	S	R	S	V	S	H	M	N	R	A	T	W	J	M	E	Y	T
B	S	N	H	E	A	C	U	N	D	E	R	G	R	O	U	N	D	B	W
B	T	U	E	T	P	S	L	N	I	S	A	N	D	W	I	C	H	G	M
R	V	O	D	T	C	R	U	N	C	H	Y	B	X	L	E	G	U	M	E
M	L	R	P	U	I	T	S	P	I	H	C	L	L	E	H	S	F	K	W
M	L	G	R	B	W	G	Y	T	N	E	P	D	O	H	C	I	R	O	L

Find the words hidden vertically, horizontally, diagonally, and backwards.

PEANUT BUTTER WORD SEARCH

Answers on page 6

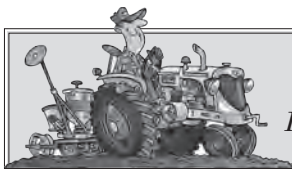
ANTIOXIDANTS	CRUNCHY	HOMEMADE	ROAST
BIOTIN	CRUSHED	INGREDIENT	SANDWICH
BREAD	DELICIOUS	JELLY	SEEDS
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Happy Veterans Day

By Auctioneer Eric W. Mickelson

In 1918, the 11th month, the 11th day, and the 11th hour, armistice went into effect. The following year, 1919, President Wilson proclaimed November 11th Armistice Day. We all know the story, today we celebrate Veterans Day. Of course this was the war to end all wars, not exactly. Twenty years later Europe was engulfed in another war.

That's where my story begins. One of my favorite things to look at is farm tractor advertising literature during WWII. The classic John Deere advertising shows a woman in coveralls with a handkerchief on her head plowing with a Model A John Deere. She is waving as an army caravan drives by behind her. What an iconic and classic view of the dedication put in by American citizens during WWII.

International Harvester has a similar one showing a woman driving an H Farmall with a disc. In the background is a classic red barn. Also in the picture is a medical panel with a red cross on the side with a nurse driving. The caption is both working for Victory. Women were depicted as the nurses and now driving the tractor. The tractor being an International Harvester. Hence International and the women are both helping America win for victory!!

WWII seemed to bring out such a national effort for victory. Tractor companies were no

different. They wanted to show how they were supporting the war effort. Hats off to all the tractor companies for their support of our country and thank you veterans for your sacrifices.

How about a little tractor trivia

1. John Deere made 2 experimental iron clad tractors with mounted guns for WWII. What models were they?

A) The B and A B) The G and R C) The A and AR D) The M and MT

2. Massey Harris model 81s and 82s were used by the Canadian Air Force to tow Lancaster Bombers. What color were the Canadian Masseys painted?

A) Gray B) Green C) Red D) Blue

3. True or False. Case tractor company received a government contract in 1942 and by the end of the war produced 1.3 million 155mm bullets.

4. True or False. Germany invaded Poland in 1939, the same year the H Farmall came out.

5. Who was President in 1941, when Pearl Harbor was bombed?

A) Harry Truman B) FDR C) Dwight D. Eisenhower D) Calvin Coolidge

Answers: 1. C, 2. D-Blue, 3. True, 4. True, 5. B. FDR



Both WORKING FOR VICTORY



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AD DEADLINE NOON FRIDAYS

Theology in the Trenches

By Kathleen Kjolhaug

The Potter Daughter

The road wound like a ribbon through the canopied trees. To the right of the trees were the village shops, and to the right of the shops was the lake. The storefront pavement pushed up to the edge of the shop doors calling to passers-by.

I had no particular place I had to be but where I was, and so I stopped. How I happened upon the sacred turn of events was lost to me, but grateful I was. The sign which caught my eye was whimsically placed above the door and it read, "The Potter Daughter."

Like a mouse sticking its nose out its hole, I opened the door and poked my way in. Although I'd never before entered, one just knew this was holy ground. The cement floor slanted as if ramped for accessibility yet curved down into another portion of the shop. Two connecting rooms cradled the display of pottery before me.

A cash register sat poetic like upon a wooden counter while shelving stretched from one side of the shop to the other offering respite for the pottery pieces. A third space just behind the register was accessible and there was a stir of activity within.

"Come in" said the potter as I crossed the threshold between shop and workshop. "Duck your head, there are some stairs here that are a little precarious." Where they led I do not know. I only know that once passing beneath them, the wheel which drove her work took center stage.

Her tools were strewn about...scrappers, carving blades, clay, water, and a wheel to name a few. Within the shop, "The Potter Daughter," the potter daughter fielded questions.

"So why did you name your shop as you did?" I asked.

"Oh, my mom and dad had three daughters. I am the only one who is a potter and thus, I am known as the potter daughter. This is my dad's garage where he had a repair shop for many a year. He did his work right here. I loved this place. So, I turned it into my studio and shop."

She welcomed all who entered into her world, and freely shared what knowledge she had of her trade. Oddly enough, it didn't seem like knowledge she gave to others who came; it seemed more like love.

A woman in the back of the shop was hoping to begin her own pottery business and listened intently to a few pointers. A local was relaxing near the front table keeping an eye on the goods...enabling her to visit with her guests. In solitude he sat midmorning looking as if he was thankful to have a place to go, sipping coffee as he sat. The two seemed to know the rhythm of the work before them.

As I combed the shelves admiring her work, it was easy to

see that He was ever present. The fruit of the Spirit was around each bowl which lipped the words, "love, patience, kindness, goodness, humility..."

What the potter called a wine goblet took on chalice form and in a nearby basket Bible verses were etched for Confirmation.

Perhaps there's a little bit of a "Potter Daughter" in us all. Or better yet, The Potter's Daughter/The Potter's Son.

Jeremiah 18:1-5 brings it home. "Jeremiah, go down to the potter's house. I will give you my message there. So I went down to the potter's house and saw him working with clay at the wheel. He was making a pot from clay. But there was something wrong with the pot. So the potter used that clay to make another pot. With his hands he shaped the pot the way he wanted it to be. Then this message from the Lord came to me: 'Family of Israel, you know that I can do the same thing with you. You are like the clay in the potter's hand, and I am the potter.'"

May we be open to being made and remade as the Potter sees fit. Amen.

Word Search Answers

D U C H O M E M A D E C O W M E G N O Y
F G A G X N B N L R N B U E F U D V N M
O X D N N O R D A S T V K S T E D I P A
T C E I A V B A C O L C T F L O B G U E
V W R S N I S N I P N A H I Y T T J G R
M Y B S T T T T P X F G C O N L E T B C
N D A E O A U I O T J I N E C U L S N I
T N D R I M A N O R Y O B I S B O E E I X
D A T D L I A X T U L D P X E E L C J D
I C T G S N E I S F E C N H D I V A E M
I D F H D S P I D F R H G C S G Y K S T E
G R M C F V H A G L O C A R Y L S O B E
T R V R D E V N P L J E O N B E I R O W
I O K U D T I T Y T T U N D R X K Y P C
K A D S E R A C S H M N R A T W J M E Y T
B S U H E T P S C L N E S A N D W I C H G W
R V O D T C R U N C H Y B X L E G U M E
M L R P U I T S P I H C L L E H S F K W
M L G R B W G Y T N E P D O H C I R O L

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: I was arrested for DWI, Where do I find information about ignition interlock?

Answer: First-time DWI offenders arrested at 0.16 alcohol-concentration level or above and second-time offenders can voluntarily enroll in the ignition interlock program to regain legal driving privileges. If they don't enroll, they face at least one year without a driver's license. Offenders with three or more offenses are required to use interlock for three to six years, or they will never regain driving privileges.

The law gives DWI offenders a chance to regain driving privileges by ensuring safe and legal driving through the use of the interlock device. Interlock users will regain full driving privileges immediately after the offense and enrollment into the program. This ensures they are driving with a valid license and are not a threat on the road.

The Minnesota Department of Public Safety Driver and Vehicle Services Division administers the ignition interlock program, and you can contact them at dvs.ii@state.mn.us or (651) 296-2948 to enroll in the program. Information is also available at <https://dps.mn.gov/divisions/dvs/programs/mn-ignition-interlock/Pages/default.aspx>.

Interlock devices are installed near the steering wheel and connect to the engine. They require a driver to blow into a tube and provide a breath



sample in order for the vehicle to start.

The vehicle will not start if the device detects an alcohol-concentration level of 0.02 or above. Interlocks require rolling re-tests after the initial test, but a failed test will not disable the vehicle while in motion for safety reasons. The device also has features to deter others from starting the vehicle for the intended user.

The ignition interlock program protects Minnesotans from the dangers of impaired driving by:

- Creating safer roads.
- Providing a way for offenders to obtain a valid driver's license, addressing the problem of people driving without a valid license.
- Encouraging behavior modification and rehabilitation.
- Diminishing the possibility of a repeat DWI.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota toward zero deaths.

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

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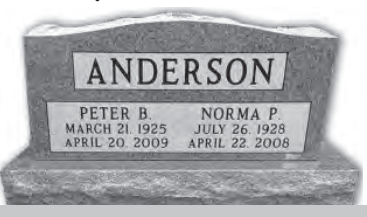
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Lori Melby

UMN Crookston Campus Updates from the Chancellor

This is the first in an ongoing series from the Chancellor of the University of Minnesota Crookston.

As the chancellor, I am looking forward to providing you updates each month to highlight what is happening at the University of Minnesota Crookston. At the bottom of these updates is a brief calendar of events; we hope you will join us as often as possible. As you may have heard, we have 30 parking spaces in Lot G near the Kiehle Building available to visitors any time. It is important to note when we have big events in Kiehle Auditorium or Lysaker Gymnasium, we don't issue parking tickets.

Thank you to all who attended the inaugural Farm to Table and to those who came out for the Teambaker tailgates, which were bigger and better than ever this year. A special thanks to Napa Crookston Welding for providing the heat.

Here are a few updates from campus.

Enrollment:
In fall 2018, Minnesota residents comprised 69 percent of our students taking classes on campus and 72 percent of online students were from Minnesota. Forty-eight percent are from Greater Minnesota while 16 percent come from the seven-county Twin Cities metro region. Our enrollment total in fall 2018 was 1834. Of those students, 1,031 are online and 803 are on campus.

Enrollment breakdown by Department *

Business	625 online	134 on campus
Liberal Arts and Education	157 online	110 on campus
Math, Science, and Technology	237 online	191 on campus
Agriculture and Natural Resources (first year available)	13 online	359 on campus

*Numbers reflect students enrolled in more than one major in more than one department.

Affordability:
For the 2016-17 academic year, 31 percent of UMN Crookston graduates completed with no debt. Of those graduating with debt, the average was \$24,432 giving UMN Crookston one of the lowest average student debt figures in Minnesota, as well as one of the lowest average student debt figures for all public institutions in the U.S.

Specifically, the University of Minnesota Crookston ranked fifth among public and private institutions of higher education in Minnesota in terms of having one of the lowest average student debt figures. The campus ranked 184th among the "Public Top 200 Lowest Debt" public colleges and universities in the nation.

In fall 2018, students enrolled at UMN Crookston had an average annual household income of \$68,000; 35 percent received the need-based Federal Pell Grant; and 45 percent were first-generation college students.

Calendar:
Faculty, Staff, and Student Research Presentations, Thursday, November 15, Noon to 2 p.m., Bede Ballroom, Sergeant Student Center

"We are Water" art workshop will be held on Thursday, November 15, 5:30 - 7:30 p.m. in the Prairie Room, Sergeant Student Center

Band and Choir fall concert, Sunday, November 18 at 2 p.m., Kiehle Auditorium

Thanksgiving Holiday (November 22-23), campus offices closed for all the events happening on campus including the schedule for Golden Eagle Sports, visit umcrookston.edu/today.

Wishing you a Happy Thanksgiving.

Chancellor Mary Holz-Clause

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Wednesday, November 14, 2018

Wild Rice - The all-purpose ingredient for your Thanksgiving meal

Thanksgiving meals tend to be predictable - a glistening, golden-brown turkey and typical sides of mashed potatoes, corn, or green beans. This is the menu we've all come to love, crave, and expect. However, many times, it's not just these typical staples that make the Thanksgiving meal so memorable, it's the accompaniments, the thoughtful and distinctive touches and trimmings that make each meal unique and special. One of the best ways to distinguish your holiday meal is by incorporating the great taste of wild rice.

Wild rice is an "all-purpose" ingredient, versatile enough to be used in virtually any type of recipe - appetizers, soups, salads, sides, or even desserts. Its great taste and distinctive flavor is a great way to add flair and elegance to any holiday feast. This year, try any one or all of these wild rice recipes to make your Thanksgiving meal one to remember:

Hot Cheesy Spinach Rice Spread

Looking for an hors d'oeuvre that will capture the attention of your guests? Try Hot Cheesy Spinach Rice Spread which features the smoky flavor of wild rice combined with cream cheese, spinach, and sharp white cheddar cheese. Serve with Melba toast or your favorite crackers and you've created the perfect appetizer to satisfy those pangs of hunger until dinner.

Classic Creamy Wild Rice Soup

The ideal starter for your Thanksgiving meal is also one of America's favorite soups - Classic Creamy Wild Rice Soup. Hearty, simple, and extremely flavorful, this comforting soup blends the nutty flavor of wild rice with smoked ham, onion, sherry, and almonds to provide the perfect beginning to a memorable holiday meal. When you're looking for a tasty option for leftovers, try swapping out the ham with leftover turkey.

Wild Craisin Salad

Rather than serving the same old jellied cranberry sauce, try savory Wild Craisin Salad to add festive color and a new way to incorporate cranberries into your holiday celebration. Wild Craisin Salad combines wild rice, dried cranberries, green pepper, and celery tossed in a refreshing light cranberry

vinaigrette that serves as a perfect complement to the rest of your meal.

Wild Rice Stuffing

Incorporate the smoky, nutty flavor of wild rice into your holiday dinner with traditional Wild Rice Stuffing. Bacon, onion, sage, mushrooms, sausage, and wild rice join together to create an earthy blend of flavors and the perfect accompaniment to your holiday turkey.

For even more great recipe ideas featuring the great taste of wild rice, search the world's largest wild rice recipe library for other ideas on how to make wild rice the star of your Thanksgiving meal (www.mn-wildrice.org/search.php).

HOT CHEESY SPINACH RICE SPREAD

12 oz cream cheese, softened
1 clove garlic, minced
½ tsp ground nutmeg
1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
1½ cups cooked wild rice
Canola cooking spray
½ cup Sargento Artisan Blends Shredded Wisconsin Sharp White Cheddar Cheese
hearty crackers or pita chips

In medium bowl, beat together cream cheese, garlic, and nutmeg until light and fluffy. Stir in spinach and wild rice. Lightly spray shallow microwave safe dish and spread rice mixture evenly; top with cheese. Microwave on medium-high 4 minutes until cheese is bubbly. Serve hot with Melba toast or hearty crackers. 6-8 servings.

CLASSIC CREAMY WILD RICE SOUP

½ cup finely chopped onion
6 tbsp butter
½ cup flour
4 cups chicken broth
2 cups cooked wild rice
½ cup shredded carrots
1 cup cooked, cubed smoked ham
3 tbsp slivered almonds
½ tsp salt
1 cup half and half
2 tbsp dry sherry

In large saucepan, saute onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, ham, almonds, and salt; simmer 5 minutes. Stir in half and half and sherry; heat through. 6 servings.

Peterson Welcomes Quick Attention from Secretary Perdue, Minnesota FSA to CRP Contract Issue

DETROIT LAKES – Congressman Collin Peterson issued the following statement in response to the U.S. Department of Agriculture's Minnesota Farm Service Agency office announcement today that it would resume payments for Conservation Reserve Program (CRP) contracts pending revisions and corrections:

"I want to thank Secretary Perdue for his quick action on this important issue. I appreciate the working relationship that I have with USDA, and I'm happy that we were able to resolve this situation for land-

owners and producers in Minnesota as well as surrounding states. This is why I encourage folks who are having issues with Federal programs or see a situation that needs remedying to contact their congressional offices. Unless we're aware of an issue, we can't help get it fixed. In this case, it was necessary to help remind USDA folks in D.C. that landowners were facing a November 15th deadline to pay their property taxes and the hold-up on getting CRP payments out the door was adding unnecessary stress to the situation."

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WILD CRAISIN SALAD

4 cups cooked wild rice
¼ cup sliced celery
¼ cup sliced green onion
¼ cup chopped fresh parsley
½ cup chopped green pepper
¼ cup craisins (dried cranberries)

Dressing (whisk together; chill):

½ cup cranberry juice
½ cup white vinegar
1 tbsp olive oil
1 tsp basil leaves
sugar and salt to taste

In large bowl, toss salad ingredients. Add dressing; toss. 6-8 servings.

WILD RICE STUFFING

4 slices bacon, cut in 1" pieces
1 medium onion, chopped

½ lb mushrooms, sliced
3 ribs celery, chopped
3 cups cooked wild rice
1 tsp crushed leaf oregano
½ tsp crushed leaf sage
2 cups bread crumbs
salt and pepper to taste
¼-½ cup chicken broth, optional

Preheat oven to 350°F. In large skillet, sauté bacon, onion, mushrooms, and celery; cook until bacon is crisp. Stir in wild rice, oregano, sage, and bread crumbs; adjust seasonings. Place in greased 2-qt. casserole, cover and bake 30-40 minutes. Add ¼-½ cup chicken broth, if needed, for moisture.

Sausage Stuffing: Add ½ lb crumbled, cooked, and drained sausage. 6-8 servings.

Smoke-Free continued from Canary front

women and LGBTQ communities with menthol tobacco marketing. Nationally, 88 percent of African American smokers smoke menthols, compared to 29 percent of white smokers.

Flavored tobacco products have helped contribute to the first increase in youth tobacco use in 17 years in Minnesota. The 2017 Minnesota Youth Tobacco Survey found that more than 60 percent of youth tobacco users reported using flavored products in the past 30 days, and almost 40 percent of Minnesota high-school students have tried e-cigarettes, which come in candy and other kid-friendly flavors.

Flavored products mask the harshness of tobacco, but are just as addictive and dangerous as other products. Nicotine damages the developing adolescent brain whether it's delivered in a cigarette, cigarillo, e-cigarette or other tobacco product. In a recent health advisory, the Minnesota Department of Health called youth nicotine addiction a major health concern because it harms the adolescent brain and primes youth for addiction to cigarettes and other substances.

The Minnesota Legislature should take additional steps to reverse the alarming trend of youth tobacco use, such as increasing the tobacco age and restricting the sale of flavored tobacco products statewide. Since nearly all addicted tobacco users started before they turn 21, raising the tobacco sale age to 21 would curb addiction and keep tobacco products out of schools. Restricting the sale of kid-friendly flavored tobacco products to adult-only stores and including e-cigarettes in smoke-free air laws would also help curb the threat of youth addiction.

Finally, Minnesota should invest in robust tobacco cessation and prevention efforts that stop smoking before it starts. In 2017, Minnesota collected over \$840 million in tobacco taxes and ongoing tobacco settlement payments. Less than 1 percent of these funds was spent on tobacco prevention, and none was dedicated to quit-smoking services.

Quick Stats:

The 2017 Minnesota Youth Tobacco Survey found that youth tobacco use has risen for the first time in 17 years in Minnesota. The increase is due to a sharp rise in e-cigarette use and by the tobacco industry's marketing, including kid-friendly flavors, prolific advertising, easy access and stealthy new products. Key statistics include:

- More than 26 percent of high-school students reported using tobacco products, an increase of 7 percent since 2014.
- 67 percent: of MN high-school tobacco users and nearly 60 percent of middle-school tobacco users reported using flavored products.
- Almost 40 percent: of MN high-school students have tried e-cigarettes, which come in kid-friendly flavors like gummy bear and cotton candy.
- Nearly one in five: MN high-school students reported using e-cigarettes in the past month - a nearly 50 percent surge in high-school from 13 percent in 2014.
- 11 percent: of MN high-school students reported smoking cigars or cigarillos, a 30 percent increase (from 8 percent in 2014).

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TRI COUNTY CANARY 7



Grandsons of the late Dan & Clara Lien had good luck hunting on the family farm south of Gonvick opening weekend. Pictured L-R are: Dan Lien (Eagle River, AK), David Wilmo (Warroad, MN), and Trent Seashore, Mike Wilmo, Alex Evenson and Craig Prothero (all of Minneapolis). The Wilmo brothers are also the grandsons of the late Thomina Wilmo of Berner.



Kasey Lanenberg, granddaughter of Vincent & Shirley Dessellier on her first hunt ever shot this deer north of Oklee.



Weston Bakke of Weme shot this 16 point buck on opening weekend of deer hunting near his home.

Deer farm infected with CWD in 2016 identifies additional cases

St. Paul, Minn. - Chronic wasting disease was detected in four harvested samples from farmed deer at a quarantined farm in Crow Wing County. The farm has been under movement restrictions and monitored by the Board since December 2016 when two white-tailed deer tested positive for the disease. The Minnesota Board of Animal Health confirms recent samples were CWD positive in four deer.

- 9-year-old female mule deer.
- 1.5-year-old female white-tailed deer.
- 2-year-old male white-tailed deer.
- 2-year-old female mule deer.

"We've been working with the herd owner for the past two years to monitor the deer and look for any new detections of the disease," said Assistant Director Dr. Linda Glaser. "The biggest change following this new detection will be to extend our deadline to monitor the herd."

The Department of Natural Resources (DNR) is currently in the second year of sampling wild deer for CWD in Crow Wing County as a result of the farm's earlier infection.

This past Saturday and Sunday, the opening weekend of the firearms deer-hunting season, the DNR sampled hunter-killed deer in Crow Wing County and results are not yet available. No CWD has been found in wild deer since the DNR began its surveillance in Crow Wing County in 2017.

The DNR typically conducts three years of surveillance of wild deer in a specific area where CWD is found in a farmed deer. This newest discovery in farmed deer didn't change how DNR conducted its recent sampling during opening weekend in Crow Wing County, said Lou Cornicelli, the DNR's wildlife research manager.

However, DNR staff will meet with Board of Animal Health staff to assess the risk factors associated with this latest discovery at the farm and determine whether a fourth year of surveillance of wild deer is necessary, Cornicelli said.

"We appreciate all the cooperation hunters provided us during this past opening weekend with surveillance in Crow Wing County," Cornicelli said.

CWD is a disease affecting members of the deer and elk family caused by an abnormally shaped protein, a prion, which can cause damage to brain and nerve tissue. There is no danger to other animal species. The disease is most likely transmitted when infected deer and elk shed prions in saliva, feces, urine and other fluids or tissues. The disease is always fatal, and there are no known treatments or vaccines. The Board advises testing all Cervidae for the disease. Consuming infected meat is not advised.

Grateful...continued from Canary front

possible without the advent of teams joining the effort to raise funds throughout the year. TTT currently has fourteen teams working with the event: the Retired Flamingos, Textron/Arctic Cat, Gracie's Tackle Cancer, Northern Hope/Altru Clinic of Roseau, Paul's Family of Hope, Flying V Cancer Fighters, St. Hilaire Community Club, Greater Middle River Community Choir, Keyboards of Kindness, Trash the Dress, Klub Club, St. Hilaire Vintage Snowmobile Show, Eagles Aerie #2368 of Thief River Falls, and Gentilly Rocky Ridge Riders.

New this year was a trophy to be presented to the team that raised the most money. The Top Dollar Trophy was awarded to the Gentilly Rocky Ridge Riders who contributed a total of \$15,200!

Each year, the number of grants has risen. At the 2015 Appreciation Supper, the total given to date was \$99,700. In 2016, that number rose to \$163,900. 2017 saw an increase to \$252,100, and this year so far, the dollar amount given out is \$353,300.

So we are grateful for all of those things. And we hope that the "Attitude of Gratitude" that Trails to Treatments has sparked in northwestern Minnesota is one that goes on and on. So many have given that we may continue to ease the lives of people in need. For that we are truly grateful. "It is not happiness that brings us gratitude, but gratitude that brings us happiness."

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