



Tri County Canary

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



Marshall County Staff joins forces to fill the local food shelf



Over 529 items were collected by Marshall County Staff on Monday, November 19 just in time for the upcoming Thanksgiving holiday. The items were then donated to the Warren Emergency Food Shelf, located at 109 S Minnesota St in Warren, Minnesota. The Northland Region Thrivent Member Network offered the opportunity to local Thrivent members to make a difference by collecting food and other items needed for the local food shelf. The staff in Marshall County partnered together in a friendly challenge amongst county departments. By partnering with the Thrivent Member network, we hope that our efforts will be doubled by a generosity multiplier gift from Thrivent, \$500.00 donation to the Warren Emergency Food Shelf. Marshall County Staff were able to give thanks and give back through this November food shelf challenge. Thank you to the Northland Region Thrivent Member Network for providing these opportunities to make a difference in our county and communities.

Events planned for Candy Keller

There are plans for several benefits for Candy Keller. In October of 2017 Candy was diagnosed with HER 2 Positive breast cancer. Since her diagnosis Candy has received treatments at Essentia in Fargo and the Mayo Clinic in Rochester.

Despite undergoing multiple chemo and radiation treatments, the cancer continues to change. At this stage, Candy is pursuing trial cancer treatment options outside the Midwest requiring travel and time away from work.

The first benefit event is November 28 with a Movie Night at Fosston Theatre 7:00 PM "I Can Only Imagine"

A meal, silent auction, and dance will be held to benefit Candy and her husband John and family on Saturday, December 8 at Ventures Bar and Grill in Fosston. The benefit will include a free will donation meal, dance, silent auction, live acution, stretch raffle, meat raffle and more.

December 11 there will be a Taco in a bag meal at the Fosston High School Double Header Basketball night.

Candy is the mother of three: Claudia (21), Hannah (19) and Ben (15). She and her husband John have been married 24 years. The couple started dating in their teens and are both originally from Argyle. For the past 20 years they have made Fosston their home, where Candy is a Registered Dietician and Certified Diabetes Education at Essentia Health in Fosston.

39th Annual Christmas Concert

Bemidji Chorale, conducted by Patricia Mason and accompanied by Wayne Hoff, will be giving their 39th Annual Christmas Concert at Calvary Lutheran Church 2508 Washington Ave. SE in Bemidji on Sunday, December 2, 2018 at 3:00PM and again at 7:00PM. Freewill offering. Coffee and treats afterwards.

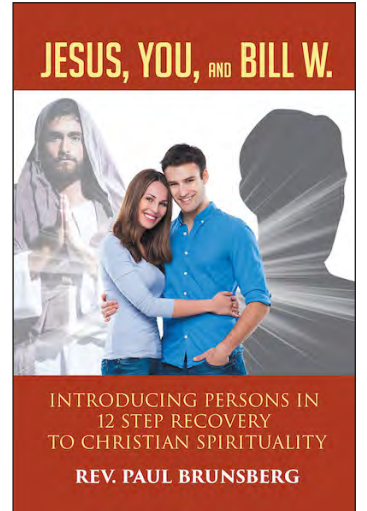
Rev. Paul Brunsberg's new book "Jesus, You, and Bill W."

Rev. Paul Brunsberg's new book "Jesus, You, and Bill W." is a thought-provoking read that inspires complete change in lifestyle through the studying of faith.

Rev. Paul Brunsberg, a parish pastor and creator and director of the Lost and Found Ministry, has completed his new book, "Jesus, You, and Bill W.": a profound account that helps individuals who have undergone the 12-Step program fully cope with their new life by employing the knowledge and wisdom ingrained within the Bible and the Christian faith.

Rev. Brunsberg shares, "I invite you to join a healthy church. There are healthy churches in every denomination. Use your God-given talents to further the mission of the church, which is to 'make disciples' and change the world into what God wants it to be. In the church you will experience fellowship, learn the teachings of Jesus, be forgiven, and strengthened by word and sacrament. The Holy Spirit can enter your life so that you can experience the 'fruits of the spirit'—love, joy, peace, patience, etc. When you are hurting you can experience healing. Jesus created the church for you."

Published by Covenant Books of Murrells Inlet, South Carolina, Rev. Paul Brunsberg's new book intends to create a new reality that is much healthier than the old reality of addiction and uncontrolled



compulsion.

This book contains chapters that tackle topics of spirituality, Jesus, church history, and how to find a healthy church.

Readers can purchase "Jesus, You, and Bill W." at bookstores everywhere, or online at the Apple iTunes store, Amazon, or Barnes and Noble.

Covenant Books is an international Christian owned and operated publishing house based in Murrells Inlet, South Carolina. Covenant Books specializes in all genres of work which appeal to the Christian market. For additional information or media inquiries, contact Covenant Books at 843-507-8373.

Editors note: Paul Brunsberg is a graduate of Clearbrook High School.

Holiday events this December at Watermark Art Center

BEMIDJI, MN – The holiday season is bringing lots of festivities to Watermark Art Center. Enjoy three weekends filled with classes, artist demonstrations, shopping specials and more!

December 7-9 will be the Holiday Open House. This year's event will include the annual tree ornament fundraiser, with handmade ornaments created by local artists for sale in the gallery shop. Plus, on December 8, the artists featured in the "Mazinigwaaso – She Stitches Fancy" exhibit will be demonstrating bead and quill work. Meet Robyn Van Wert, Cari Tabor and Pamela Iceman from 10 am – 2 pm. Also on December 8 will be the Second Saturday Kids Art Class. Kids age 6+ will make snowflake decorations from 1 – 2:30 p.m. Class registration details can be found online.

The Holiday Open House will wrap up with a very special event. On December 9, help Watermark celebrate one year in their new building during the First Anniversary Celebration. Enjoy food and drinks at this ticketed event from 11 am – 1

pm. Each ticket purchase includes a chance to win a piece of pottery created by Dave and Jo Hamilton. Tickets are only \$15. They are available in advance by stopping in to Watermark or at the door on the day of the event.

The holiday fun continues the following weekend with a Gourmet Bake Sale & Artist Showcase. On December 15-16, come to Watermark to purchase goodies and a warm drink. Take a bag home, or enjoy a few treats while you shop! Several artists will be present throughout the weekend offering demos and visiting with shoppers.

Finally, December 22-23 is Watermark's Last Minute Shopping weekend. The art center will be open normal business hours to accommodate any last minute gift needs. Shopping specials will be offered, including half-price tree ornaments.

Don't miss the exciting festivities this December at Watermark Art Center! Watermark is located at 505 Bemidji Ave N. in downtown Bemidji. They are open 7 days/week with free admission. Learn more at watermarkartcenter.org.



The Elves are getting their work done as they are busy sewing red and black and blue and black plaid shirts. They were working at the Woolen Mills located in Bemidji.



The junior high band played three songs at the Fall Music Concert at RLCC.



The Red Lake County Central Junior High choir singing "Let There Be Peace" by Andy Beck at the Music Concert.

Redeemer Lutheran Church raises \$2,400 for Hospice of the Red River Valley

Thief River Falls, Minn.—Nov. 20, 2018—Redeemer Lutheran Church's annual spaghetti benefit dinner recently raised \$2,401.46 for Hospice of the Red River Valley. The event, held Oct. 1 in Thief River Falls,

Minn., was the 28th annual dinner.

"We're honored by the support of Redeemer Lutheran Church and the Thief River Falls community," said Curt Seter, development officer with

Hospice of the Red River Valley. "The continued commitment to supporting Hospice of the Red River Valley ensures compassionate end-of-life care will continue long into the future."

Hospice of the Red River Valley has an office in Thief River Falls. The service area expanded in 2009 to cover individuals living in Thief River Falls and the surrounding communities.

Country Music Jam

At The Embassy Community Center, 603 3rd St. NE, Fosston on Sunday, Dec. 2nd, 1:00-5:00. Any questions, Call Russ at 435-6096. Everyone is welcome!

I would like to thank all who attended my 100th birthday party, November 18. Also thanks for the cards, gifts and so forth. Also a big thank you to my daughter Bonnie and her husband, Ed, Shirley Anderson, and Valerie Brekke for all the help, work, and preparations. Thanks again, Leona Brekke

Card of Thanks

R36C

Need to write a note? Make a shopping list?

We do NOTEPADS!

Richards Publishing Co. 218-487-5225

NOW SHOWING

WEDNESDAY NOV. 28TH 7:00 PM

The Friends of CANDY KELLER

invite the community to the movies!

This event at the Fosston theater will benefit Candy & John Keller.

Please join us for a special viewing of "I CAN ONLY IMAGINE"

Tickets on sale at the door Concessions open as well

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DATE CAMERAMAN

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R36C

Sanford Bemidji hosts blood drive

BEMIDJI, Minn. — Sanford Bemidji Medical Center is hosting the Memorial Blood Centers Bloodmobile for a community blood drive from 8 a.m. to 3 p.m. on Friday, Dec. 28 at Sanford Bemidji Medical Center, 1300 Anne Street NW, Bemidji.

All presenting donors have a chance to win one of the following vacations: Key West beach stay, New Orleans jazz and dining, San Diego yacht sailing or Lake Tahoe ski getaway.

All blood types are needed, especially type O.

The Memorial Blood Centers Bloodmobile will be located in the southeast parking lot of the Sanford Bemidji Medical Center.

Shortages of blood often occurs during the winter holiday.

Polk County Sheriff

Residential Fire

On 11/19/2018 at approximately 1043hrs, the Polk County Sheriff's Office, Nielsville Fire Department, Climax Fire Department and Crookston Area Ambulance responded to a residential fire located at 307 3rd St West in the town of Nielsville, MN.

Upon Deputies arrival smoke was seen coming from the upper level of the residence. The property owner, Barbara Lundmark and family was safely evacuated from the residence. The Climax Fire Department and the Nielsville Fire Department was able to extinguish the fire. The house sustained significant damage from the fire. No injuries were sustained due to the fire.

The Minnesota State Fire Marshal was contacted and the cause of the fire is under investigation. No further information will be released at this time.

Train Derailment 18-1683

On 11-20-18 at 0230 hours the Polk County Sheriff's Office received a report of a train derailment east of Fisher in the area of 320th Ave Sw and 255th St Sw (Co 61). Deputies responded to the area and met with BNSF crews on scene. There were no reported injuries. A total of 14 cars carrying coal had derailed.

At this time BNSF crews are working to remove the cars and fix the track. The Sheriff's Office is requesting that the public stay clear of the derailment while BNSF crews are working on site. County 61 from 330th Ave Sw to 310th Ave Sw will be closed until the cleanup is complete.

No other information will be released at this time.

Sanford patients often rely on Memorial Blood Centers for the blood type they need. But blood doesn't last forever—donated red cells last only 42 days, which is why donors are needed.

Donors will need a photo ID when they arrive at the hospital. To register, log onto mbc.org/searchdrives and enter sponsor code 2234. You may also register by contacting Katheryn at (218) 740-1526 or by email at Katheryn.hamm@innovative-blood.org.

Once registered, save time by

completing the health history questionnaire online on the day of your donation at MBC.ORG/IDONATE

Upcoming Events

Nov 28th Movie Night at Fosston Theatre 7:00 PM "I Can only Imagine"

Dec 8th Ventures Bar and Grill Benefit 5:30 PM Meal, Raffles, Silent auction, Live Auction, Dance

Dec 11th Fosston High School Double Header Basketball Taco in a Bag meal

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Questions about Medicare?

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Julie Sundquist 218-694-6900 **Angela Crandall**

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- Name-brand groceries
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- 15 oz. cans of vegetables 6/\$1
- Doritos corn chips \$2.50 each OR 6 or more bags \$2 each
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Drive Through Hours:
6am-7pm Mon-Sat • 7am-5pm Sunday

ESSENTIAL EVERYDAY
LARGE EGGS
99¢
DOZEN

BROCCOLI CUTS, SUPER SWEET CORN, SWEET PEAS,
CUT GREEN BEANS OR MIXED VEGETABLES
BIRDS EYE
STEAMFRESH
10/\$10
10 OZ FROZEN

ESSENTIAL EVERYDAY
CREAM
CHEESE
\$1.19 8 OZ

LAND O'LAKES
REGULAR OR CALCIUM PLUS
ORANGE JUICE
2/\$4
½ GALLON



ASSORTED
RED BARON
PIZZA
4/\$10

ESSENTIAL EVERYDAY COLBY JACK, MILD CHEDDAR,
MOZZARELLA, PIZZA OR SHARP CHEDDAR
REG. SHRED CHEESE 8 oz **3/\$4**



ASSORTED
NABISCO
SNACK
CRACKERS
5/\$10
7.5-9.1 OZ

ESSENTIAL EVERYDAY APPLE CIDER OR
APPLE JUICE 64 oz **\$1.59**

ORIGINAL BLEND
HILLS BROS.
COFFEE
\$5.99 26 OZ

GLACIER FREEZE, GLACIER FREEZE G-2, GRAPE
G-2, FRUIT PUNCH, ORANGE, LEMON-LIME,
COOL BLUE G-2 OR TIDAL PUNCH
GATORADE
12/\$6 32 OZ

ASSORTED
7-UP PRODUCTS
3/\$10
12 PK - 12 OZ CANS

ASSORTED
7-UP
PRODUCTS
10/\$10 2 L BOTTLE



ESSENTIAL EVERYDAY
CHICKEN
NOODLE
SOUP
10/\$5
10.5 OZ

SHOPPERS VALUE
SALTINES 16 oz **3/\$2**



ASSORTED
COCA
COLA
PRODUCTS
3/\$10
12 PK - 12 OZ CANS

DASANI
WATER 24 PK-1/2 LITER BOTTLES **\$4.59**



FAMILY PACK 85% LEAN
GROUND
ANGUS BEEF
\$3.19 LB



PRAIRIE FRESH
PORK BABY
BACK RIBS
\$2.99 LB



GREENPEAK I.O.F. BONELESS SKINLESS
CHICKEN
BREASTS
\$4.99 3 LB



KIEV, CORDON, PHILLY, ETC.
MILFORD VALLEY FARMS
STUFFED CHICKEN ENTREES
3/\$4 5 OZ

CERTIFIED ANGUS BEEF BONELESS
SIRLOIN TIP ROAST LB **\$3.89**

FAMILY PACK BONELESS CENTER CUT
PORK LOIN CHOPS LB **\$2.29**

ESSENTIAL EVERYDAY CHICKEN PARTY
WING SECTIONS 3 LB **\$7.99**

COOKED PERFECT ANGUS
BEEF MEATBALLS 20 OZ **\$5.99**

CERTIFIED ANGUS BEEF BONELESS
STEW MEAT LB **\$3.99**

BONELESS
PORK SIRLOIN ROAST LB **\$1.99**

FAMILY PACK CHICKEN
DRUMSTICKS OR THIGHS LB **99¢**

MIDWEST PRIDE
SLICED BACON 20 OZ **\$4.79**

CERTIFIED ANGUS BEEF BONELESS
TOP SIRLOIN STEAK LB **\$4.99**

MIDWEST PRIDE
PORK SAUSAGE LINKS 12 OZ **2/\$5**

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

OSCAR MAYER ASST. BOLO, COTTO, TURKEY BOLO/COTTO
SLICED LUNCHEAT 16 OZ **2/\$4**

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

ARCTIC SHORES 41-50 COUNT
COOKED SHRIMP 12 OZ **\$4.99**

ARCTIC SHORES
COD FILLETS 16 OZ **\$4.99**

DBC ASSORTED
BEEF SNACK STICKS 8 OZ **2/\$6**

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

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

COUNTRY HEARTH
DAKOTA
12 GRAIN BREAD
\$2.99 24 OZ

MASTER
MUFFIN BREAD 16 OZ **\$2.99**

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NESTLE MORSELS
4/\$10
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CRYSTAL
SUGAR 10 LBS **\$5.99**

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OR COCOA CRUNCHIES
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CHEERIOS 19.5 OZ **\$3.59**

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

ASSORTED LAND O'LAKES
CHIP DIP 16 OZ **\$1.59**

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

HUNT'S
TOMATO SAUCE 15 OZ **99¢**

ASSORTED
DORITOS
2/\$5
9.25-10 OZ

ASST. TOSTITOS (10-13 OZ) OR
RUFFLES 8.5 OZ **2/\$6**

ESSENTIAL EVERYDAY
SWEETENED
CONDENSED MILK
\$1.59 14 OZ

ESSENTIAL EVERYDAY
MARSHMALLOW CREME... 7 oz **\$1.19**

ORANGE RUSH
CHEWY DELIGHTS
TUMS
\$2.59 32 COUNT

ASST. OLD SPICE OR
SECRET DEODORANT .. 2.6 oz **\$2.39**

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

ASST. DEAN'S DAIRY PURE
SOUR CREAM 16 OZ **\$1.39**

DAKOTA GROWERS
ELBOW
MACARONI
2/\$3 16 OZ

ESSENTIAL EVERYDAY
MAC & CHEESE DINNER.. 7.25 oz **10/\$4**

RIP-I POTATO CHIPS (15 OZ); DILL PICKLE
POTATO CHIPS (14.5 OZ); ORIGINAL RIPPLES
POTATO CHIPS (15 OZ); CSC RIPPLES POTATO
CHIPS (14.5 OZ); RESTAURANTE BITE SIZE OR
TOSTADOS TORTILLA CHIPS (20 OZ)
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WHIPPING
CREAM
\$1.99 PINT

LAND O'LAKES
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ESSENTIAL EVERYDAY
LIGHT RED OR DARK RED
KIDNEY BEANS
5/\$3 15 OZ

ESSENTIAL EVERYDAY
TACO SEASONING 1.25 OZ **2/\$1**

 **RED OR GREEN**
GRAPES
\$1.79 LB

BRAEBURN OR GALA
APPLES LB **\$1.19**

NAVEL
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BARTLETT
PEARS EA **49¢**

BLUEBERRIES 6 OZ **\$1.99**

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CREAMY BALSAMIC (10.6 OZ), COUNTRY RANCH
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CAESAR (11.3 OZ), SOUTHWEST (13 OZ),
ENDLESS SUMMER (11 OZ)

DOLE SALADS 2/\$5

BABY PEELED
CARROTS 2 LB **\$1.99**

BROCCOLI LB **\$1.69**

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TOMATOES LB **\$2.39**

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POTATOES 10 LB **\$2.59**

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DILL SPEARS 24 OZ **\$1.79**

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SOFTENER SALT
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LEFSE
\$2.39 9.6 OZ

ASSORTED LAND O'LAKES
YOGURT 24 OZ **\$2.39**

DINTY MOORE
BEEF STEW
\$2.59 20 OZ

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CAESAR CROUTONS 5 OZ **\$1.19**

BONGARD'S WHITE OR YELLOW
AMERICAN
CHEESE
\$6.99 3 LB

CASS CLAY 4% OR 2%
COTTAGE CHEESE 16 OZ **\$1.59**

OLD ORCHARD APPLE/KIWI/STRAWBERRY,
APPLE CRANBERRY OR
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\$1.59 64 OZ

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CLASSIFIED ADS

Red Lake County - County Highway Engineer

Position is responsible for administrative and professional engineering work in directing the operations of the County Highway Department. Responsible for the direction of all road engineering and maintenance projects through subordinate engineering and maintenance personnel with whom the technical and supervisory work is delegated. Work is performed with substantial independence within established policies and ordinances, and approval of engineering and operating programs by the Board of County Commissioners. Wage range is \$85,000-\$100,000 depending on qualifications and experience; includes a benefit package.

Applicants must have graduated from an accredited college or university with a degree in Civil Engineering or equivalent AND are a Licensed Professional Engineer in the State of Minnesota OR have the ability to be certified within 1 year from date of hire. Experience in Civil Engineering or related field and some experience in a supervisory capacity are preferred. A valid Minnesota Driver's License is required. Have knowledge of the principles and practices of civil or highway engineering.

Applications and more information are available at www.co.red-lake.mn.us/employment. Questions call the HR office at 218-253-2590 or email hr@co.red-lake.mn.us. Initial applications will be accepted through November 30, 2018. Position is open until filled. EOE

R35-36C

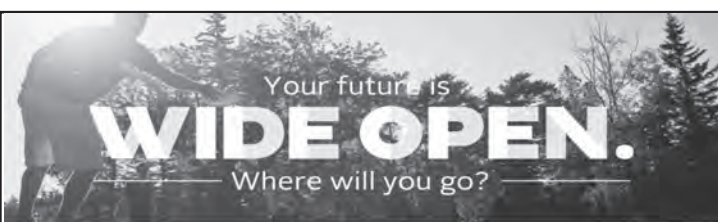
Red Lake County - Deputy Auditor

Position is responsible for performing accounting and administrative functions of the Auditor's office, work with computer programs and software, and work with the public. Position is full-time, 35 hrs./wk.; wage is \$16.46/hr. with increase to \$17.21/hr. Jan. 2019, benefit package is available.

Applicants must have a high school diploma or equivalent; 1-2 years of post-secondary education in Accounting, Business, or related field and 1-2 years related experience; or an equivalent combination of education and related experience. Experience using a computer and Microsoft Office Suite is required. Must be proficient in computer skills and willing to learn various software applications.

Applications and more information are available at www.co.red-lake.mn.us/employment. Questions call the HR office at 218-253-2590 or email hr@co.red-lake.mn.us. Initial applications will be accepted through December 4, 2018. Position is open until filled. EOE

R35-36C



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Fosston, MN

Essentia Health Living Center is now Hiring:

Nursing Assistants – Long Term Care
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EOE/Minorities/Females/Vet/Disabled



R35ffc

Clearwater County

Job Posting - Sentence To Serve Crew Leader

Under the direction of the Jail Administrator and Probation, the STS Crew Leader is responsible for planning and organizing activities and projects with various local units of government and non-profit organizations/agencies and then training, leading and coordinating the "sentence to serve" work crew in performing various environmental or human service related projects and to promote positive work values and community accomplishments.

REQUIREMENTS: Two years of post high school education in Criminal Justice, Law Enforcement, Human Services, Forestry, Trades, Maintenance or related field; 2 or more years employment experience in related field of interest may serve as a substitute. The Crew Leader must have good communication and organizational skills with the ability to delegate duties in an assertive yet professional manner. The Crew Leader must have leadership and supervision skills to motivate and secure performance from crew members who are resistive and unaccustomed to work.

The successful applicant is required to successfully pass an oral interview, a criminal history check and drug screening; must possess a valid driver's license. Applicant will be required to become CPR/first aid certified upon employment.

SALARY RANGE: \$15.70 -- \$20.81 per hour based on 2018 pay schedule.

Applications will be accepted at the Clearwater County Sheriff's Office until **4:00 PM, Friday, December 7th, 2018**. Applications and a complete Job Description are available at the **Clearwater County Sheriff's Office, 213 Main Ave N, Dept 102, Bagley, MN 56621** or on the county website at www.co.clearwater.mn.us.

R35-36C

AD DEADLINE NOON FRIDAYS



MCAN

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

Minnesota Classified Advertising Network



EMPLOYMENT

EARLY CHILDHOOD COORDINATOR

FT, 183 Days. New London-Spicer Schools. Early Childhood license required. See www.nls.k12.mn.us/employment for more information.

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Case Manager Position Available

Inter-County Community Council is accepting applications for an opening in our Family Services Department:

Case Manager: 24 hours a week, year round position, working at our Thief River Falls location. The Case manager will recruit, coach, and provide comprehensive coordination of services to homeless and at risk of becoming homeless youth, individuals, and families.

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycouncil.org.

Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycouncil.org.

APPLICATIONS DUE by 4 PM on Friday, November 30, 2018

Call 218-796-5144 x. 1011 for more information.

ICCC is an equal opportunity employer.

R35-36C



CHS Mahnomen has an exciting opportunity at our **Winger, MN Elevator**. We are looking for a **Laborer**. You will assist patrons in a professional manner and promote a positive image of the coop. You must have the ability to adapt, think and make decisions quickly; have a pleasant attitude, be helpful, and customer focused. You will also be assisting as needed at our other locations. You will:

- Work with patrons in a courteous and professional manner.
- Customer Service Provide excellent customer service.
- Load and railcars in a timely manner as they come into the business
- Verify that the equipment and supporting vehicles are in good working order
- Unload grain commodities as they are received
- Perform warehouse work to include: driving loader, forklift, mechanics, and maintenance.
- Perform housekeeping inside and outside of all facilities.
- Complete all safety reports and required record keeping.
- Follow all company policies and procedures.
- Perform other duties and responsibilities as assigned.

Basic Qualifications: (required)

- High School diploma or GED
- Ability to lift 75 lbs., climb rail cars, ladders, stairs and bins
- Ability to operate loaders, conveyors, tractors, and track mobile
- Ability to work in dust and adverse weather conditions and temperatures
- Ability to work long hours to meet business demands

To apply go to chsinc.com/careers Auto Reg ID 11890BR

For any questions please contact

Jim Krogstad at 218-938-4126.

M35-36C

Help Wanted

Reliable person, male or female interested in working with animals for a breed to wean hog operation located north of McIntosh. Contact person Dave Rolf - 218 280 4169

M35-36C

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R36P

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R33-36C

Items For Sale (sealed bid) at RLCC High School, Oklee MN.

4 foot Powermatic lathe with step pulley. 18" Powermatic wood planer. Johnson F-900 crucible furnace. Kandyohi Electric 5 gallon water cooler.

Refer to www.rlcc2906.org and click on "Sealed Bid" on the left side of the front page. Or call 218.796.5136 with questions. Sealed bids must be delivered to the RLCC High School office no later than 4:00 on November 30.

R35-36C

RUMMAGE SALE

Embassy basement 3rd/Eaton, Fosston, **FRIDAY NOV. 30th**, (most items 50¢) **SATURDAY DEC. 1st**, (\$2 bag day) 9am-noon both days.

R36C

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R34-37P

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Q27FC

Clearwater Soil & Water Conservation District

POSITION TITLE: Water Plan Coordinator

POSITION STATUS: Full-time

STARTING SALARY RANGE: \$16-\$18; based on qualifications and experience

BENEFITS: Paid Holidays, Annual Leave, Sick Leave, Medical Stipend, and PERA Retirement

POSITION LOCATION: Clearwater SWCD, Bagley, MN

HOURS: 8:00 - 4:30 - Monday - Friday

CLOSING DATE: 4:30 p.m. December 14th, 2018

Introduction:

The Clearwater Soil and Water Conservation District is seeking a highly motivated professional to serve in the full-time position of Water Plan Coordinator. The primary responsibility of this position is to implement the Clearwater County Comprehensive Local Water Management Plan. This position is also responsible for implementing the SWCD's Forests for Water Quality program and supporting the efforts of the Soil Health Program by providing producers with grazing recommendations. Additional responsibilities include providing technical expertise to support the various programs and activities of the SWCD.

This position works in a team environment under the supervision of the District Manager and reports to the Clearwater SWCD Board of Supervisors.

Administrative Duties and Responsibilities

Work with SWCD Board & staff, and Water Plan Task Force to administer the County Water Plan. Assist with grant administration, completion of annual reporting requirements and long range plan development. Work cooperatively with individuals as well as local, state and federal partners in implementing conservation practices.

Technical Duties and Responsibilities: Lead the implementation of the County Water Plan. Represent the SWCD in water resource planning meetings. Provides technical assistance to landowners, organizations, agencies, and other units of government for the protection and enhancement of natural resources in Clearwater County. Lead the development and implementation of the Forests for Water Quality program. Assist with tree planting and tree program activities as needed. Provide grazing recommendations to producers. Assist with the Soil Health Program as needed. Assists with the implementation of the State Cost Share Program including: determining eligibility of applicants, practice plan development, and project inspection and certification. Other technical duties as assigned by the SWCD District Manager and Board. Knowledge of SFIA (Sustainable Forest Initiative Act) and 2C tax classifications. Knowledge of Forest Stewardship Plans

Outreach and Education: Promote activities and priorities of the County Water Plan. Promote the Forests for Water Quality. Coordinate and assist with district education programs. Coordinate and recruit volunteers to assist with district projects. Assist in implementing a public information program which may include newspaper articles, newsletters, radio spots, presentations to public groups, tours etc. Assist with development and maintenance of the SWCD website.

Other Responsibilities/Requirements: Submit a monthly activity summary for distribution to the SWCD Board Members. Perform all duties and functions associated with this position in a safe and healthful manner that will reflect favorably on the Clearwater Soil & Water Conservation District. Occasional travel for training/continuing education may be required.

Minimum Qualifications: Four-year degree in Natural Resources or related field, or a two-year degree in natural resources or related field and equivalent combination of education and work experience. Ability to become or is a certified MN DNR Forest Stewardship Plan Writer. Computer skills and proficiency with software (Microsoft Office, Outlook, ArcGIS & other mapping/inventory programs) and GPS equipment. Must be able to work independently and as part of a team with district staff. Must be able to work cooperatively and effectively with other county, state, federal or conservation partner employees in an Ag Service Center environment. Must have experience and/or knowledge of water quality monitoring and data interpretation. Must have strong written and oral communication skills to effectively communicate technical information. Must be able to lift over 50 pounds and be able to work in all weather and terrain conditions. Must be able and willing to work independently, outdoors, and under sometimes demanding conditions. Must be willing and able to handle multiple projects, adapt to changing job duties and/or responsibilities such as new or innovative projects/programs. Must have a valid Minnesota driver's license. Must be able to pass a security background check.

Preferred Qualifications: Past experience with an SWCD or similar water resource conservation organization. Strong knowledge of aquatics, biology and limnology. Degree in forestry or experience developing forestry plans and cost share projects. Knowledgeable in the area of agronomy and able to provide grazing recommendations to local producers.

APPLICATION PROCEDURES: Applicants must submit a resume, SWCD application form, and cover letter by the closing date to: Clearwater SWCD, 312 Main Ave. N. Suite #3, Bagley, MN 56621 or Lori.buell@mn.nacdn.net Equal Opportunity Employer

The Clearwater SWCD prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status.

R36-38C

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R36C

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R36C

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Rffc

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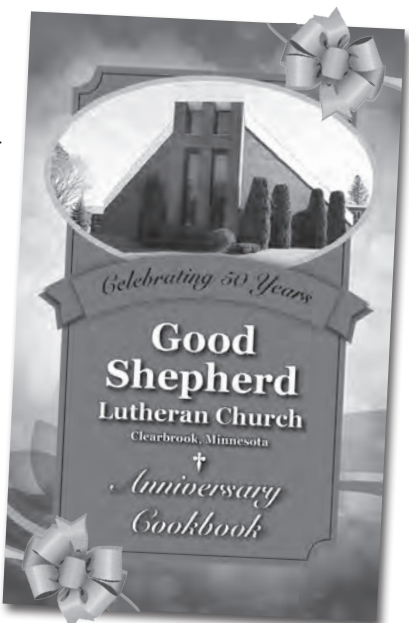


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The Clearwater County Sheriff's Office
is accepting sealed bids on the following county owned snowmobiles:

1999 Polaris 440 Sport with a 2-up seat and 2369 miles
2001 Polaris 550 Sport with a 2-up seat and 1963 miles

The Snowmobiles will be available for inspection at Fireside Grill on December 1st from 9am to noon during the vintage snowmobile show, or on December 10th at the Clearwater County Sheriff's Office from 10am to 2pm. Bids will be accepted until December 14th at 4pm. Photos are also available on the Clearwater County Sheriff's Office Facebook page.

Clearwater County Sheriff's Office reserves the right to refuse any and all bids. It is the buyer's responsibility to view and assess snowmobile prior to bidding. All bids are final. All snowmobiles must be removed within 10 days of notification of award of highest bid. Snowmobiles have to be removed on weekdays, **between 8 a.m. to 4:30 p.m.** only. If snowmobile is not picked up within the 10 days, the bidder will not be able to bid on future sales. Bidders not awarded the highest bid **WILL NOT** be notified of the results of the bidding. Read and fill in the bid form carefully and completely, incomplete or inaccurate bid forms will be rejected. All bidding has to be opened and reviewed by a county commissioner, so there will be a time delay between the bid deadline and the awarding of the bids.

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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


Vernes Church 1899-1992

My Younger Days
~ Norris Syverson

Cost \$30

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

AVIATION WORD SEARCH

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

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

AVIATION WORD SEARCH Answers on page 6

AILERON	COCKPIT	FUSELAGE	PAYLOAD
AIRCRAFT	COMMUTER	GROUND CONTROL	PILOT
AIRFOIL	COMPASS	HELICOPTER	POSITION
AIRSPACE	DEPARTURE	INDICATOR	RANGE
ALTIMETER	DIRIGIBLE	INSTRUMENTS	ROUTE
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4010 and 4020 Hard to Beat!!

By Auctioneer Eric W. Mickelson

Well winter is upon us, I guess!! I know I live in Minnesota so I shouldn't be surprised but I don't really like winter, except ice fishing!! I do my chores with my old 4020. I bought the old girl about 10 years ago. It probably needed an overhaul then, and now it needs one even more, but she keeps on doing chores for me! Back to winter.....since it has gotten colder the 4020 did not want to start so good. This is not a good thing when the cows are hungry! I am not a great mechanic but I can diddle around and discovered one battery cable was a little loose where it connected to the terminal. I had a new terminal on hand put the cable in and tightened it down and ZOOM... the 4020 fired right up. For the last 40 plus years I have driven quite a bit of 4010s and 20s. As I headed off to get a couple of bales I started to daydream about when we brought our 4010 home.....

It all started when dad was plowing with our G John Deere. After refueling at noon dad went back out to the field. As dad and the G bounced across a furrow gas spilled over the top of the tank and landed on the manifold and the G went up in smoke! This created quite a dilemma, no tractor!

Off we went tractor shopping! We zigzagged through many tractor lots and headed home to milk. We ended up coming by Floyd Paulson's tractor lot south of Gully. Low and behold there were 2-4010 John Deeres. Dad said, "We are late for milking we have got to get

home!" So I did what most tractor loving 10 years would have done....I began to cry. Now I wasn't spoiled.....or maybe I was.....but we stopped. Dad and Floyd came to an agreement and one of those 4010s came to live in Garnes Township!

Now that 4010 put in many hours on our farm. Later we got another 4010, and since I have purchased two 4020s of my own. None have been trouble free... but those 4010s and 20s have done a lot of work on the Mickelson-Ellickson farms. They are kind of like mailmen. They work in the heat of the summer, and in rain snow, sleet, and hail! I love my 4020s.

How about a little tractor trivia.

1. In 1960 John Deere introduced the 4010. How many cylinders do they have?

2. The 4010s were considered the "star" of the new generation tractors. What years were they made?

3. T or F The 5010 was introduced in 1962 and is the first two wheel drive tractor with over 100hp.

4. In 1959 in Marshalltown, Iowa, what 4 wheel drive tractor did they make?

5. The 4010 was rated at 80hp. What was the 4020 rated?

Answers: 1. 6 cylinders
2. 1960-1963 3. TRUE 4. The 8010 5. 94hp



This young lady was driving a nice 4020 this summer when we attended The Little Log House Tractor Show in Hastings MN. She asked if we would be around the following day as she would be pulling in the tractor pull. Unfortunately we did not get to see the 4020 pull.



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Theology in the Trenches

By Kathleen Kjolhaug

I Want What I Want When I Want It

A modern day parable.

The young woman had only one desire. She wanted a child. She and her husband had been praying for some time now. With little to show for their efforts, she'd had it! Each month seemed like a year and she begged. "A child, Lord, just give us a child!"

She pleaded as she railed to her heavenly Father day after day...night after night. She was certain heaven had heard her pleas and just knew the answer would come soon. And, it did.

Within that year, the couple conceived. "A child, Lord! This is what we've prayed for. This is what I've asked for. Lord, you are so very kind. You have heard my pleas. I cannot wait!"

And it was true. She couldn't wait. Not only did she have a hard time waiting, but she once again brought her case before the Lord.

"Lord, I have prayed for a child. You heard my pleas but I come before you to remind you what it was I'd asked for. I asked for a child. Could you please just give me my child? All this waiting is just too much, Lord! It's too long, it's too difficult, and I'm too uncomfortable. I really only wanted my baby... not all of...well...this. This is way too difficult, but I know I'll be a great mom, so could you just give me my child now? I know you can do that, Lord. After all, you are God."

Day after day, she pleaded before the Lord to give her what she thought her heart's desire was. She wanted a child, not to be with child, but a child.

Finally, after listening to her pleas, He spoke.

"I have heard your cries, but

I am not certain you understand what it is you ask of me."

She quickly reassured him. "Yes, Lord. I do understand. I understand that I prayed for a child and you said that you would give me a child. That is what I understand and now... well...I just don't want all of this laborious body changing stuff that is going on. I really do just want my child. I do know what it is I ask, Lord. Please, just give me my child."

"I would much prefer that you desire My ways over your own ways. I would much prefer that you take the path that I have laid out. I do see the bigger picture of things, and you do not fully understand what it is you ask of me."

"Oh, Lord. I do want what you want, but I would like it now, if that's alright with you."

"Are you sure? Are you sure you want what it is you believe you so badly desire?"

"Oh yes, Lord. I just think it would be better sooner than later."

That night, the Lord granted her request. He gave her the desire of her heart by allowing her child to come into the world sooner, than later. It arrived, alright. Many months early the child came. Needless to say, it was not ready. It was formed, but the weakness of it was evident.

As soon as the mother saw the child, from the very depths of her being...she understood. She understood now that the Master did have a plan...had she only listened. She thought she knew better and bowed her head in confession.

You see, her view was limited and her trust even more so. She could not see from His perspective what was best. To wait was best. To understand that things take time to develop and mature was something she had not fully grasped. By demanding things happen in the time frame of what she believed best only brought forth more pain.

Trusting in God's perfect timing is difficult. Trusting that He is making miracles from the unseen is transforming. Yes, trust is transforming as we move off the throne and put Him back on it.

As you taught us to pray, "Thy will be done. Forgive us for our trespasses. Lead us not into temptation. Deliver us from evil" (Matt. 6:9-14). Amen.



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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: My neighbor has cattle and horses, and I know they had gotten out of their fences and onto the road a few times. If they are struck by a vehicle, can he get cited or sued?



Answer: Law enforcement could cite your neighbor, and he could be sued civilly by someone who was injured or sustained loss because of an incident like this.

Minnesota state law says: "It shall be unlawful for any owner or any person having the control of any such animal to permit the same to run at large in the state."

In my career, I have responded to crashes where farm animals were struck by a vehicle and the occupants were injured. If farm animals are on the road, law enforcement will assist in getting them off the road and to the rightful owner before they get hit. Normally, this is done without taking enforcement action.

However, I believe repeated

offenses would warrant enforcement action, especially if an officer knows there is a history of animals (being at large) involving the same owner.

Animal owners shall make sure that all fencing is in adequate condition and maintained to prevent injuries to the animals and motorists if the animal is struck.

Anytime you see a farm animal on the roadway, call 911 and report it. Law enforcement will assist in the removal and provide emergency lights to warn other approaching motorists.

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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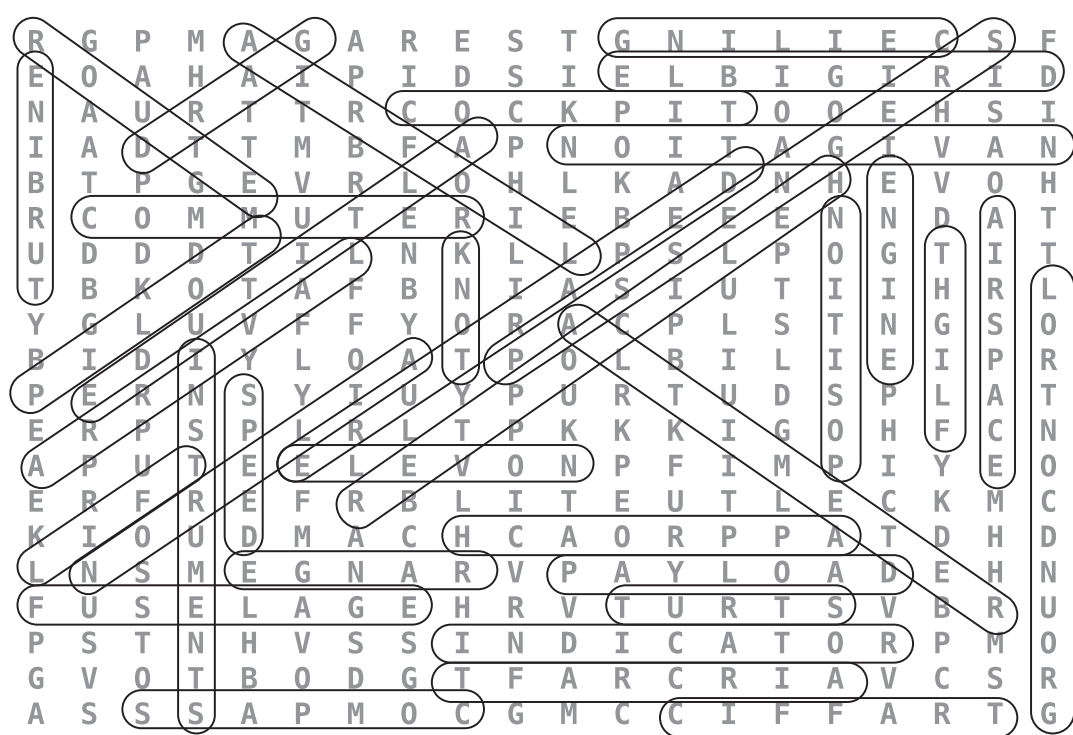


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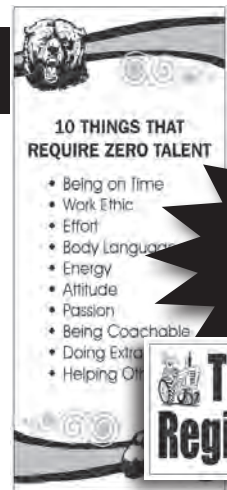
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OBITUARIES



Services for Denny Lene

Denny Lene, age 72, of Fosston, MN, passed away unexpectedly on Saturday, November 17th. Memorial services will be held at 2:00 p.m. on Thursday, December 6th, at the Carlin Funeral Home in Fosston with Pastor Seth Johnson officiating. Interment will be in Greenwood Cemetery, rural Clearbrook, MN, in the spring. Family will greet friends for one hour prior to the service on Thursday, December 6th, at the funeral home. Military honors will be provided by the National Guard Honors Team and messages of condolence may be sent at www.carlinfuneral.com.

Dennis Loren Lene was born on October 5, 1946 in Bagley, Minnesota to parents George and Martha (Lunde) Lene. He grew up and attended school in Clearbrook. Denny entered the United States Army following school and was stationed in Germa-

ny. After receiving his honorable discharge, he returned home and worked construction in North Dakota.

Denny was married to Joy Padden on October 26, 1969. They lived in Crookston and then moved to the Fosston area where Denny worked for George Borud in his auto repair shop. He purchased the shop in 1976 and continued to operate it until the present time.

He enjoyed hunting, fishing, repairing clocks and building guitars. He especially loved his dogs and being in the woods, cutting wood and enjoying nature. Although Denny was known for his moodiness he was respected by everyone who knew him for his mechanical skills and integrity.

He is survived by three children, Christy (Mike) Potocki of Breezy Point, MN, Brian Lene (Hailey Trautner) of Fosston, and Shelly Lene of Treasure Island, FL; five grandchildren, Janessa Potocki, Kelton Potocki, Zackery Lene, Brylie Lene, and Devan Weber; four siblings, Mavis (Almen) Lene of Grafton, ND, Lowell Lene of Grafton, ND, Janet (Almen) Lene of Tehachapi, CA, and Marlys (Bear) Lene of Dixon, CA. Nieces, nephews and cousins also survive.

He was preceded in death by his parents; and six siblings, Lloyd Lene, Lester Lene, Alice (Swanberg) Lene, Burnett Lene, Joyce (Bak) Lene, and Lois (Harwood) Lene.



Obituary for Kenneth H. Lassen

Kenneth H. Lassen, age 81, departed this life on Friday, November 9, 2018, in Minneapolis, MN. He was a resident of Minneapolis and a long-time member of the Fraternal Order of Eagles. Ken was preceded in death by his parents, Howard and Tillie (Knutson) Lassen, and sister, Dorothy Henderson. He is survived by sister, Carol Larson (Paul) of Washington; uncle, Duane Knutson (Andrea) of Florida; and numerous nephews, nieces, and cousins.

Ken was born in Glencoe, MN, on September 30, 1937. He was baptized in Glencoe and later confirmed in Gonvick, MN. Ken spent his 'growing-up years' on farms with his family in Glencoe, Gully, LaPorte, and Gonvick. In 1954, the family moved to Malmø, MN, and he graduated from Isle High School in 1956. He worked for a time at Mille Lacs Lake resorts helping with launch services. Later employment included road construction, lumber transport, and manufacturing, but his passion in life was music. An accomplished musician and vocalist, he learned to play several instruments including guitar, banjo, and mandolin, following in his Dad's footsteps, as well as accordion, inspired by his Mom, and his favorite, the

saxophone.

He initially formed a local 4-piece rock and roll band, Kenny & the Rockin' Rebels, with a first performance for an Isle Celebration Days street dance in 1964. He transitioned to old-time and country music in the late 1960s with groups Ken & the Lamplighters, and Ken & the Mille Lacs Band, playing for dances and events in the Mille Lacs Lake and Twin Cities areas. In later years, he played for senior functions and performed solo at senior citizen and care centers in the Twin Cities area. Ken enjoyed owning and driving Volkswagens and kept them running strong. His first VW was a Squareback, later a VW Bus, and lastly, a Vanagon. Each was perfect for hauling musical instruments to performances. Over four decades, he entertained countless people bringing joy to many who listened and danced to his music. Additionally, with a twinkle in his eye, his sharing of Ole and Lena jokes at events resulted in many hearty laughs by fellow Scandinavians!

A member of the Southview SDA Church in Minneapolis, MN, his faith was strong. He enjoyed reading his Bible and had an amazing memory in recalling a great many Bible verses in their entirety. He battled cancer in recent years and is now with the Lord. He was buried in Glencoe, MN. Classmates, friends, and co-workers will remember him as Ken or Kenny, and family, lovingly as Bud. A kind man, willing to lend an ear to family, friends, and others in time of need, he offered help where he could. Ken will be missed, but his wonderful tribute will be the memories for many when hearing the joyful, musical notes of the same polkas, schottisches, foxtrots, and waltzes that he happily and enthusiastically played and sang for his wonderful listeners. May he now rest in peace.

Submit Obituaries & Memorials

to Richards Publishing
at richards@gvtel.com

Services for Judy Sather

Judy Sather, 74, of Gonvick, MN died on Monday, November 26, 2018 at the Sanford Bagley Medical Center.

Funeral services will be held on Saturday, December 1, 2018 at 11:00 a.m. at the Samhold Lutheran Church in Gonvick with the Kris Snyder officiating. Visitation will be

on Friday, November 30 from 5:00 – 7:00 p.m. with a family service at 6:30 p.m. and one hour prior to the service at the church. Interment will be at the Samhold Lutheran Cemetery in Gonvick. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

A full obituary will appear in next week's edition.

Messages of condolence may be sent to ceasefuneral-home.com



Services for Norma J. Sims

Norma Jane (Bardwell) Sims died on Saturday, November 24, 2018 at Cornerstone Nursing and Rehab in Bagley, MN.

Funeral Services will be held on Thursday, November 29, 2018 at 11:00 a.m. at Elim Lutheran Brethren Church with the Reverend Adam Krog officiating. Visitation will be one hour prior to the services at the church. Interment will be held at Elim Lutheran Cemetery at Clearbrook, Minnesota. The Cease Family Funeral Home assisted the family with arrangements.

Norma was born on January 21, 1938 in Clover Township, MN and was raised in Clearbrook, MN. She graduated from Clearbrook High School.

Norma moved to Minneapolis, MN and resided there from 1956 until 1969. She married Burnett (Bud) Sims on December 3, 1960 in Minneapolis. She worked at N.W. Bell Telephone Company, Mercy Hospital and two nurs-

ing homes there. In 1961 she and Bud had their son Randy and in 1962 they had their daughter Tami. In 1969 she and Bud moved the family back to Clearbrook where she worked at the Clearbrook school as a cook and Bud worked at Arctic Cat. In 1975 they moved to Bagley. There she worked at the hospital for 8 years and Pine Ridge Residence for another 8-9 years. After retiring they moved to Fergus Falls to be closer to their family. Norma worked as a foster grandparent for two years in Fergus Falls. She and Bud were members of Federated Church while living in Fergus Falls. Norma was active in Bible Studies and the quilting group. She enjoyed reading, embroidering, crocheting, listening to country and gospel music and helping to care for their two grandchildren.

Norma is survived by her son Randy (Susan) Sims of Gonvick, MN; Foster son – Herb Pawlitschek of St. Paul, Minnesota; Two grandchildren- Dominic Facio and Samantha Facio and dear friend Jennifer Schiffer, all of Fergus Falls, MN. Four sisters- Elaine Anderson of Fosston, MN; Violet Hagen of Clearbrook, MN; Fern Jackson of Clearbrook, MN; Sylvia Johnson of Cambridge, MN. One brother- Glen (Donna) Bardwell of Clearbrook, MN and many nieces and nephews.

She is preceded in death by her husband Bud, daughter Tami Facio and son-in-law Victor Facio, one brother Ray Bardwell, one sister Adeline Kaehn and parents Ernest and Jennie Bardwell.



Services for Paul Voxland

Paul Voxland, age 78, of Erskine, MN, passed away on Saturday, November 24th,

at Altru Hospital in Grand Forks, ND. Memorial services will be held at 10:30 a.m. on Thursday, November 29th, at Grace Lutheran Church in Erskine with the Rev. Scott Baker officiating. Interment will be in Fairview Cemetery, rural Erskine, in the spring. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Wednesday, November 28th at the Carlin Funeral Home in Erskine. Family will also greet friends for one hour prior to the service on Thursday at the church. Arrangements are with the Carlin Funeral Home of Erskine and messages of condolence may be sent at www.carlinfuneral.com.

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Screen time tied to health issues

Do you feel panicked if you leave home without mobile phone in hand? Do you find it difficult to sit in the house without browsing the internet on your devices? Are your children spending much of their classroom hours on tablets? Screen time has taken over most people's daily lives, but at what cost?

A 2014 report from Nielsen found that adults log a total of 11 hours of screen time per day. Delaney Ruston, a physician and creator of the documentary "Screenagers," which explores young people's use of digital devices, discovered kids spend an average of 6.5 to eight hours per day looking at screens. All of this time glued to digital devices has profound effects on physical and mental health, and many experts are advising people to cut back on the time they spend on their devices.

Brain damage

Multiple studies indicate that spending considerable time on screens can produce atrophy (shrinkage or loss of tissue volume) in gray matter areas of the brain, according to reports in Psychology Today. These are regions of the brain where processing occurs. One of the most affected areas includes the frontal lobe, which governs executive functions like planning, prioritizing, organizing, and impulse control. Another vulnerable area is the insula, which is tied to a person's capacity to develop empathy and compassion for others. Research also shows that white matter can be compromised, which translates into loss of communication between cognitive and emotional centers within

the brain.

Vision problems

Staring into screens for extended periods of time can damage areas of the eyes and result in computer vision syndrome, which is characterized by trained eyes, blurred vision and headaches. The Multi-Ethnic Pediatric Eye Disease Study, conducted by researchers and clinicians from the USC Eye Institute at Keck Medicine in collaboration with the National Institutes of Health, has found that exaggerated screen time and insufficient sunlight exposure has more than doubled incidences of myopia (near-sightedness) among American children in recent years.

Sleep disturbances

University of Gothenburg psychologist Sara Thomée, a lead researcher into the effects of screen time on the body, says the blue light from digital devices suppresses the sleep-promoting hormone melatonin, keeping people from having restful sleeps.

Overstimulation

Screen time can cause hyperarousal, which may be more notable in children than adults, according to research published in Psychology Today. Regular amounts of screen time can cause the brain to be in a state of chronic stress, which can short circuit the frontal lobe. This may lead to addictive behaviors, rage, inability to recover from minor frustrations, and hyperactivity.

Screen time is profound and may be hurting minds and bodies. Many people have set goals to reduce the time they spend on electronics to improve their personal health.

Tips for interacting with people with disabilities

The world is a big, densely populated place that's home to roughly seven billion people. Some might be surprised that, according to the United Nations, roughly 15 percent of the world's population, or more than one billion people, including upwards of 100 million children, have some form of disability.

In 1992, in an effort to promote the rights and well-being of persons with disabilities, the United Nations General Assembly designated December 3 International Day of Persons with Disabilities.

Disabilities can run the gamut from the easily noticeable to the subtle. But regardless of which type of disability an individual has, its presence can affect any aspect of their lives.

Because no two disabilities are the same, people without a disability might be nervous about approaching and interacting with persons with disabilities. The Illinois Department of Human Services offers the following tips to interacting with people with disabilities that can make such interactions enjoyable for all involved.

- Treat people with dignity and respect. People with disabilities have the same needs and wants as everyone else, and everyone wants to be treated with dignity and respect. The IDHS recommends practicing the golden rule when interacting with people with disabilities, treating everyone as you would like to be treated.
- Emphasize abilities, not disabilities. People with disabilities are smart, engaging and talented. Such people make the world a more diverse place, and many have unique experiences that can prove invaluable in various situations. When interacting with people with disabilities, recognize their abilities and uniqueness rather than focusing on their disabilities.
- Ask before offering assistance. People with disabilities do not necessarily need or want assistance. No matter how well-intentioned you might be, ask before offering assistance.
- Be mindful of your language. Think before speaking. Terms that were once part of the vernacular may now be considered offensive, even if the person speaking is not intending to offend. When speaking, the IDHS recommends using positive, people-first language that empowers rather than marginalizes people with disabilities. For example, instead of saying someone has a "birth defect," say someone is a "person who is disabled since birth."
- Avoid showing pity or being patronizing. People with disabilities do not want pity, nor do they want to be spoken to or treated in a patronizing manner. Treat and speak to people with disabilities just as you would anyone else, making sure to avoid speaking to them as if they were children or making unwanted physical contact, such as patting them on the head.

People with disabilities come from all walks of life and should always be treated with dignity and respect.



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Enjoy more time outdoors (even when it's cold)

The amount of time people spend outdoors has dramatically decreased, as the Environmental Protection Agency now reports the average American spends 87 percent of his or her time in a residence, school building or workplace.

Being outside is linked to better moods, more physical activity and less exposure to contaminants (concentrations of some pollutants are often two to five times higher indoors). Also, people who spend time outside may not come into contact with surface germs or develop various illnesses spread as often as those who spend a lot of time indoors.

Cold weather can make the desire to be outside less appealing, but it is important for one's mental and physical well-being to get outside. The following activities might coax people outside for some crisp air.

Create snow critters

Why do snowmen and women get all of the fanfare this time of year? Just about any living or fictional creature can be molded from snow and embellish landscapes. Use food-grade coloring in spray bottles to added even more creative flair to snow designs.

Go on a nature hike

While many plants and animals hibernate in winter, there is still plenty to see. Bring



along a sketch book or camera and capture nature in winter. White-washed hills can be beautiful to behold, and many small animals and birds look even more vivid against the white backdrop of snow.

Make an obstacle course

Turn an area of the yard or park into a homemade obstacle course. It's much more difficult, - and a great workout - to try to jump over snow mounds or

run down paths when decked out in warm layers. Engage in lighthearted competitions with friends and family members.

Build a bonfire

Children can set off in different directions to gather up firewood to craft a bonfire with adults in a safe location. S'mores taste equally delicious whether it's warm or cold outside, and in winter they can be accompanied by toasty mugs of cocoa.

Get sporty

Sledding, skating, snowshoeing, and ice hockey are just a few of the winter sports that can get the heart pumping and muscles working outside. These activities are entertaining and also great exercise.

When venturing outdoors in winter, dress in layers. This way clothing can be put on or taking off to reduce the likelihood of hypothermia

Minnesota Star Watch for December

By Deane Morrison

December's skies start to fill with ornaments, as planets rise ahead of the morning sun, the moon conducts its monthly tour of the sky, and the bright winter stars make their annual grand entrance.

Early risers will see Venus in the southeast. Look an hour before sunrise on the 3rd and 4th to see a waning crescent moon hanging near the planet. On the 5th, a scrawny old moon appears well below Venus, close to the east-southeast horizon. On the 31st, you may catch another waning moon, Venus and Jupiter lined up top-to-bottom in that order.

Mercury makes a brief foray into the morning sky. Look close above the southeast horizon about 45 minutes before sunrise between the 10th and 12th. On the 21st, Mercury and Jupiter pass each other as the little planet drops out of the sky and the big one climbs into it.

Above all this lunar and planetary action shines Arcturus, the anchor of kite-shaped Bootes, the herdsman.

In the evening, Mars holds its own in the south to southwest, floating through the water constellations Aquarius and Pisces. Watch it glide below the Circlet of Pisces during the fourth week of the month. The Circlet is right beneath the Great Square of Pegasus, a dominating presence in the

autumn and early-winter sky.

To the east, the winter constellations are moving into prominence. The Pleiades star cluster is well up at nightfall, while below it, the V-shaped Hyades cluster and the bright orangish star Aldebaran mark the face of Taurus, the bull. The bull's horns extend far to the east. The star at the tip of the higher horn belongs officially to Taurus, but most star charts also include it in the constellation Auriga, the charioteer. Auriga's brightest star, Capella, is the brilliant beacon in the northeast after nightfall.

December's full moon arrives on the 22nd. It rises after sunset and travels the night sky among the stars of Gemini. Its berth that night is about midway between Capella and Sirius, the brightest of all stars (excluding the sun, of course).

Winter begins with the solstice at 4:23 p.m. on the 21st, when the sun reaches a point over the Tropic of Capricorn. At that moment, an observer in space would see the Earth lighted from the Arctic Circle down to the South Pole and up to the Antarctic Circle on the dark side of the planet. The day of the winter solstice is always short and usually cold, but remember that by then the sun will have begun setting later each day.

RLC Football Awards

By: Isaiah Aquino

The Red Lake County Football team held their

annual Awards Night in Red Lake Falls on Monday, November 19. Coaches for

the varsity and junior varsity teams included Brian Remick, Trevor Page, Seth Schmitz, and

Kory Baril. Junior high coaches were Marshall Mickelson and Aaron Moll.

Coaches presented the Team Awards. Connor Lambert was awarded Rebel Pride Award, Mr. Football Award, and Defensive Player of the Year Award. Tyler Hanson was awarded with Most Improved Player, and Austin Jensen was given the Coaches Award.

Zach Howard, Isiah Olson, Derek Peterson, and Connor Lambert were named All-Northwest District. Honorable Mentions went to Austin Jensen, Adrien Verbout and Zach Benson. Olson, Peterson and Lambert also were named All-Section 8.

Nine new Rebel Records were set. Austin Jensen set three records: Most Field Goals in a Game, Most Field Goals in a Season, and also Most Field Goals in a Career, each with two. Derek Peterson also broke three records: Most Passing Completions with 54, Most Passing Yards in a Career with 1,046, and Most Passing Touchdowns in a Career with 21. Connor Lambert broke two records: Most Defensive Points in a Career with 313 and Most Solo Tackles in a Career with 88. Zach Benson broke the Most Touchdown Receptions in a Season with eight.

RLC Football Team Receives Silver Award

By Eric Gieseke

The 2018 Red Lake County football team received a Silver Award for the team portion of Academic All-State. The award is given out by the Minnesota Football Coaches Association. Any teams with 3.26-4.00 team GPA earns a Gold Award and any teams with 3.00-3.25 earn a Silver Award. RLC was one of 15 Class A teams to receive this award.

"Getting the work done in the classroom is number one over the football field, so good work men," commented Coach Remick.



At the Rebels Football Awards Night, Austin Jensen, Connor Lambert, and Tyler Hanson earned Team Awards. RLCC school photo



Four Red Lake County football players broke records in the 2018 season. Zach Benson broke one record, Austin Jensen broke three, Connor Lambert broke two, and Derek Peterson broke three. RLCC school photo



Rebels 7th and 8th grade football players. Back row: Blake Audette, Connor Lambert, Oscar Duden, Damon Ferguson, Matthew Renner, Gerald Melin, Brett Anderson, Marcello Bravo, Mike Cymbaluk, Front row: Bobby Aakhus, Jace Seeger, Gunnar Sandeen and Clancy Hanson. RLCC school photo

Chronic Wasting Disease

WASHINGTON- U.S. Senators Amy Klobuchar (D-MN) and Roger Wicker (R-MS) led a bipartisan letter to Secretary of Agriculture, Sonny Perdue and Secretary of the Interior, Ryan Zinke, urging the Department of Agriculture and Department of the Interior to conduct an extensive examination of chronic wasting disease (CWD). CWD is a contagious neurological disorder that affects deer, elk, and other cervids and already poses a serious threat to deer populations across the country. The frequency of CWD has grown and now been identified in as many as 25 states and three Canadian provinces.

"We suggest that your two departments assign senior staff to expand the examination of CWD, particularly as an issue for deliberation with the Hunting and Shooting Sports Conservation Council (HSSCC)," the senators wrote.

"The HSSCC is co-chartered by U.S. Department of Agriculture and the U.S. Department of the Interior under the Federal Advisory Committee Act. It is an ideal venue to assess current efforts at the Department of the Interior with respect to surveillance mapping and at the Department of Agriculture for developing standards for interstate transport of deer and elk. We believe your agency experts, representatives from states and tribes, and the HSSCC can identify needs for national policy on this matter."

In addition to Klobuchar and Wicker, the letter was also signed by Senators Shelley Moore Capito (R-WV), Ben Cardin (D-MD), Cindy Hyde-Smith (R-MS), Bob Casey (D-PA), Mike Rounds (R-SD), Tina Smith (D-MN), and John Thune (R-SD).

The full text of the letter can be found below:

Dear Secretary Perdue and

Secretary Zinke:

Thank you for your efforts to identify and contain chronic wasting disease (CWD). As part of your ongoing efforts, we ask that you conduct an extensive examination of this dangerous disease.

CWD is a contagious neurological disorder that affects deer, elk, and other cervids, and it already poses a serious threat to deer populations. CWD has steadily spread since its initial discovery in a mule deer herd at a Colorado research facility in the late 1960s. It has now been identified in as many as 25 states, as well as three Canadian provinces.

The challenge of addressing CWD is twofold. First, no live test for CWD exists, so the detection and confirmation of the disease is only possible post-mortem when the disease has already spread. The only practicable means of control in this situation is to conduct a major culling of the infected population. Second, without a live test, there is no way to know whether the interstate transportation of deer and other cervids will bring CWD to new areas.

Meanwhile, the frequency of CWD detection has grown in infected areas, and new positive tests are being reported as deer hunting seasons begin around the country. The Mississippi Department of Wildlife, Fisheries, and Parks has confirmed two more cases of CWD in the past month. Minnesota's Board of Animal Health announced this past week that a captive deer facility once again tested positive for CWD. And in Wisconsin, the percentage of deer testing positive for CWD has increased tenfold from 2005 (0.72%) to 2016 (7.3%), with some areas of the state reporting between 30-50% prevalence levels.

This level of loss is already threatening deer and elk hunting, which are extremely popular in the United States. More than 9 million Americans participate in these activities annually, which are estimated to contribute more than \$20 billion in economic activity, tax revenues, and license sales. Hunting is also a key element of science-based wildlife conservation.

We suggest that your two departments assign senior staff to expand the examination of CWD, particularly as an issue for deliberation with the Hunting and Shooting Sports Conservation Council (HSSCC). The HSSCC is co-chartered by U.S. Department of Agriculture and the U.S. Department of the Interior under the Federal Advisory Committee Act. It is an ideal venue to assess current efforts at the Department of the Interior with respect to surveillance mapping and at the Department of Agriculture for developing standards for interstate transport of deer and elk. We believe your agency experts, representatives from states and tribes, and the HSSCC can identify needs for national policy on this matter.

Thank you for your consideration of this letter.