Wednesday, January 9, 2019

Tri County Canary

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

Stacy Dresow to speak at Sheep Farming Event

Stacy Dresow will be speaking at the Small Scale Sustainable Sheep Farming Event February 16, 2019 at Clearbrook City Hall, Clearbrook, MN. She will be part of a panel on sheep and fiber farms in Minnesota.

Thank you for taking the time to talk a bit about your farm and business. Can you tell me where you are located, what you do and why you chose the Cormo and cross sheep?

Dresow Family Farm is located within the rolling hills of Lonsdale, Minnesota. We have a flock of Cormo, Cormo cross, Corriedale cross, a fine fleeced Shetland & a Merino sheep. They are in the company of cattle, laying hens, Idaho Pasture Pigs, rabbits, dogs, cats, a cutting horse & a small herd of free- range children. Everything that takes place at the farm is a family effort.

We are striving for sustainable farming practices as we provide food and fiber for ourselves and other families. We raise our animals on grasses & clover from our pastures and bedding from our neighbor's fields. We also use field peas and locally milled grains from our town's feed mill. The sheep also benefit from a Minnesota product; Boreal Balance, a free choice mineral. We rotationally graze our flock, compost our manure to return it to the fields, over-seed the paddocks, fertilize as little as possible and have restored our wetlands. In August 2018, we were named a Minnesota Water Quality Certified Farm by the Minnesota Department of Agriculture.

After the sheep are shorn each spring, I bring the fleeces to local mills in Hastings and Randall, MN. Our fibers are farm "fresh"; no chemicals are used to dissolve Vegetative Matter (VM) so there are remnants of our pasture in the yarn and roving. The yardage on our labels is approximate as each of the mill spun skeins is rinsed in cold water as the final step in processing. We also offer raw fleece, dryer balls, Cormo lamb rugs & roving.

The majority of my dye colors come from plants, trees and flowers that I gather from our farmland or save from the compost pile. Once in a while you will see a bright pink skein or two from Cochineal, a beetle from Mexico.

We chose Cormo because it is a docile breed with a fine fiber. Cormo can also be used for meat. The Cormo breed was brought to the US via Australia. They are an intentional cross of Superfine Merino and Corriedale. The micron count for the breed is 18-23, which places them in the super fine to fine category. The sheep that we raise range between 17 and 23 microns. The majority of the sheep born at our farm stay at our farm their entire life. As they age, the quality of their fleece may change but we are always able to find a useful purpose for their wool, regardless of the micron count or wool break.

I love raising sheep, and enjoy all aspects of it. Every day, I have the opportunity to learn something new just by walking out to the pastures and looking and listening. I am proud of what I do and the choices I make for my flock and business. As a producer, one of the biggest thrills is to meet my customers face to face and see the appreciation they have for our yarns and fiber. I personally have the most fun at fiber fests I attend in MN, WI, SD and MT. You can also find me at trunk shows at twin cities area yarn stores. In the past year, I have collaborated and befriend like –minded regional natural dye artists and pattern designers. In 2017, our fleece was used for the Minnesota Hemp & Wool Project by The Fibershed. I am a member of the Sustainable Sheep and Fiber Community of Northern Minnesota, Minnesota Grown and the Three Rivers Fibershed. Most recently, I volunteered as the Producer Outreach Coordinator for the Three Rivers Fibershed.

Find out what is happening at the farm on facebook and Instagram @dresowfamilyfarm or #dresowfamily farm. We also have an etsy shop or you can visit us at the farm by appointment.

Stacy Drescow feeding her lamb Zeke.

Thank you again for taking the time to answer some questions.

The Sustainable Sheep and Fiber Community of Northern Minnesota and Small Scale Sheep Farming Event are sponsored in 2019 by Itasca-Mantrap Electric Cooperative Assn, Marsh Creek Crossing Farm, The Berryhill Farm and Bear Den Handwovens.

Garden Valley begins search for scholarship applicants

Garden Valley Technologies has begun a search for scholarship candidates. If selected, candidates will receive a one-time $2,000.00 scholarship from the Minnesota Telecom Alliance (MTA) Foundation.

Garden Valley participates in the MTA's scholarship program and is approaching high schools in their serving area looking for potential scholarship winners. To be eligible, applicants must be attending post-secondary education at a university, college, or technical college; be a Minnesota resident, and the applicant's family must subscribe to at least one service from Garden Valley. A telecom alliance panel reviews each application and selects the finalists based on applicants' grades, academic achievements and extra-curricular activities. Preference to receive the scholarships is given to students who have an interest in telecommunications technology and rural communities.

MTA scholarship applications can be obtained online at: https://www.mnta.org/resource/resmgr/MTA_Scholarship_Form_2019.pdf

Once a student has completed the application online, they need to print a copy and attach the required documentation. Applications must be submitted to: CEO/General Manager, Garden Valley Technologies, and P. O. Box 259, Erskine, MN 56535 by February 22, 2019.

"We're happy to have this chance to make an investment in our community by helping young people get a technical or college education" says Tim Brinkman, CEO/General Manager of Garden Valley. "It makes us all proud when one of the statewide winners is selected from our area."

Upper Midwest Regional Fruit and Vegetable Growers and Farmers' Market Workshops next week

New in 2019, the Minnesota Fruit and Vegetable Growers, Minnesota Farmers' Market Association, and Minnesota Cottage Foods Producers have joined efforts for one conference. This collaboration benefits all commercial fruit, vegetable growers, farmers' market vendors and managers, and food entrepreneurs – whether well-established or just beginning.

In addition to over 70 outstanding educational opportunities, a variety of vendors will showcase their products and services in all aspects of production and marketing at the Trade Show. This conference is the educational highlight of the year - once you arrive, you can choose to attend any of the sessions.

Highlights include:

• Keynote: Paul Douglas, "A Rapidly Changing Climate: Threat- or Opportunity."

• Kickoff: Shannon Berns, "Creating Your Market in Social Media."

• Cottage Foods Keynote: Kim Olson, "From Home to Wholesale."

Grower Workshop Highlights Include:

• Renae Moran, University of Maine: latest research with Apples, Plums and Tree Fruit Production.

• Jed Colquhoun, University of Wisconsin: "Season Long Weed Control in Strawberry Production." Plus more sessions on strawberries and other berries.

• Research and control of SWD. Biological Controls in Tomatoes, Cucumbers, Peppers, etc.

• Organic production in fruits and vegetables.

• Hemp, Asparagus, Garlic, Flower production.

• High tunnel production.

Farmers' Market Workshop Highlights Include:

• Best business practices: insurance, business structures, taxes

• Useful Metrics For Your Market

• Panels: resolving conflict, starting a market, tips and tricks from seasoned managers

• Inspiration: increasing customers to your market, turning your market stand into a feast for the eyes

• Food Access Programs at the Market: SNAP EBT, Market Bucks, WIC

• Blazing Trails Through the Jungle of Food Regulations

Cottage Foods Workshop Highlights Include:

• Food testing: bring your own food sample to see if it meets the requirements for non-potentially hazardous foods under the Cottage Food Law.

• Q&A with the Minnesota Department of Agriculture on the implementation of the MN Cottage Foods Law

• Understanding Minnesota Tax Laws Relating to Niche Markets

• Three food demos: royal icing, buttercream flowers, canning

• Panel: best practices for successful cottage foods producers

Pre-Conference Workshops are on Wednesday, January 16, 2019 at the St. Cloud River's Edge Convention Center.

• Food Safety Modernization Act Produce Safety Rule Grower Training

• Beginning Grower Berry Workshop: Strawberries, Raspberries, Blueberries

• Private Pesticide Applicator Training for fruit and vegetable production for license renewal or general information.

For detailed information on the conference and to register, contact the:

• Minnesota Fruit and Vegetable Growers Association at info@mfvga.org. You can register and pay online at www.mfvga.org. Or call (612) 283-4002.

• Minnesota Farmers' Market Association at info@mfma.org. You can register and pay online at www.mfma.org. Or call (507) 664-9446.

The educational conference and workshops are sponsored by the Minnesota Fruit and Vegetable Growers Association and Minnesota Farmers' Market Association, in cooperation with University Minnesota Extension, the Minnesota Department of Agriculture, and the USDA Specialty Crops Block Grant Program.

Sand Valley Sunday School Christmas Program that was held: Front row: Ethan Brown, Jake Knutson, Logan Knutson, Arlo Svendsen, Victor Svendsen, Tayton Nyland. Middle: Oliver Svendsen, Niah Knutson-Willett, Kathryn Srnsky, Tucker Nyland, Ray Srnsky. Back: Luke Omang, Aubrey Stoskof, Luci Svendsen, Everett Svendsen, Jake Stoskof and Halie Thompson. Photo courtesy Bonnie Pettersen.

Sons of Norway Meeting Time Change

The Granlund Lodge #240 of the Sons of Norway will hold its January meeting on Saturday afternoon, January 12th at 2:00 pm at the Embassy Community Center in Fosston. This is a change from the normal Thursday evening meetings. The January meeting includes planning the programs for 2019, so please come with ideas to share. For more information or questions call Wes at 218-435-1230.

"Book Blizzard Bash" Planned at Bagley Library

A celebration is planned in celebration of the Bagley Library's annual winter reading program for adults. Book Blizzard is a reading program that challenges adults to keep their reading resolutions. To enter the contest, participants can read or listen to four books or complete challenges, including attending a library event, joining a book club or bringing someone new to the library. The program began in early January and will conclude at the end of February. To enter, participants can visit a library location near them or www.larl.org/bookblizzard. The library's "Book Blizzard Bash" is scheduled Friday, January 18 at 11 a.m. at the Bagley Public Library, 79 Spencer Ave SW. All are welcome to join library staff to learn about the contest and find something new to read. Refreshments will be served.

Families are encouraged to bring their children' to the library's weekly Storytime. Held on Fridays at 10:30 a.m., this is a wonderful early literary experience for infants and up.

Oklee Moonlighters 52nd Annual Safari Ride/ Family Day

On January 19, 2019, the Oklee Moonlighters Snowmobile Club will be hosting their 52nd annual Safari Ride and Family Day.

This is an annual event that promises to be lots of fun for snowmobile enthusiasts and a great way to spend time with your family and friends.

The fun starts at noon when all interested riders gather at TJ's Tavern in Oklee. The ride starts at 1:00 p.m. and has plans for a family fun ride with Hot Dogs & S'mores at their Warming Shed west of Oklee.

Later after the ride, the snowmobilers will return to Oklee and once again gather at TJ's Tavern in Oklee about 6:00 p.m.

There will be door prizes and music to follow the day's ride.

This is a fun day for all and many things have been planned.

Watermark Art Center Class announces January art classes

Watermark Art Center will kick off their 2019 art education programming with two classes held in January. Don't miss these great opportunities for all ages to participate in hands-on learning experiences!

In conjunction with Hockey Day Minnesota 2019, Watermark will host a hockey-inspired art activity on Saturday, January 19. Drop in any time between 10 a.m. – 5 p.m. to let your kids paint a hockey stick for only $5/child. Make it traditional or personalize it with your name or favorite team! Watermark will have lots of paint colors and additional decorative pieces to choose from. Limit one stick per child. Parents must stay and help their kids with the project.

Watermark's monthly "Art Family Style" class will be on January 24. This month's activity will be paper marbling, an ancient art process dating back to the twelfth century. Paper marbling involves using absorbent papers to pick up ink from a water bath. Come to Watermark to make your own beautiful designs on paper that can be used for stationery, cards, calendars or wall hangings. No pre-registration required. Come any time between 5:00 and 6:30. This class is only $5/family!

WE MAKE BOOKS!
Give us a call for more details!
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Retiring Polk County Sheriff Barb Erdman was honored for her 31 years of Service with a picture containing the Sheriff's office insignias that were a part of her era. The Sheriff was honored by colleagues, friends and family last Friday during a retirement party held in Crookston at the Sheriff's Office Community Room.

DO YOU NEED HUD ASSISTANCE

The Housing Authority (Northwest MN Multi County HRA) is accepting applications from individuals or families who are in need of help paying their rent thru the HUD Section 8 Voucher Program. For an application, please call 218-637-2431 Ext. 1110 or e-mail us at tammy@nwmnhra.org or download one from our website at www.nwmnhra.org

M42-45C

Oklee MOONLIGHTERS SNOWMOBILE CLUB
52nd SAFARI RIDE FAMILY DAY
January 19, 2019
DOOR PRIZES
At Noon Riders gather at TJ's Tavern in Oklee. The ride starts at 1:00 p.m After the ride return to TJ's Tavern in Oklee.
Hot Dogs & S'mores after the ride at their Warming Shed west of Oklee.
MUSIC IN THE EVENING
O42C

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The Candy and John Keller's Live Each Day benefit committee and the Keller family would like to say Thank You to all of you from the surrounding communities…those who prayed, brought meals to the Keller home. For those who attended the benefits and may have come to support family and friends, came as a donor, Sponsored T shirts, came as someone who helped financially helping to relieve some financial stress and showing them how much you care. All of these things resulted in a tremendous out pouring of kindness resulting in a successful benefit.

The Venue at Ventures, the food, the music by the Snowmen lightened the load. More and more angels appeared and were part of a celebration of Candy's life. All it takes is one person to get things going and they ask another and another person that's how teams of Angels are made.

God said in Job 58:10 If you give yourself to the hungry those afflicted with illness, disaster, then your own light will rise in the darkness and your gloom will become like midday.

Live Each Day

John Keller Family, Carrie- Roxanne and Amy, the Friends of Candy Keller, St Mary's Catholic church, Lindfor's Insurance staff, The Fosston Basketball team and the Baseball team. R42C

Senator Klobuchar, joined by her husband and daughter, is sworn in at the Capitol.

Klobuchar Sworn in to New Congress

WASHINGTON- Today, U.S. Senator Amy Klobuchar (D-MN) was sworn in to the 116th Congress. Klobuchar was joined at the Capitol by her family and many Minnesotans.

"I have always approached my job with one simple value: putting the people of Minnesota first," Klobuchar said. "In this new Congress, I will continue to work to bring down the skyrocketing costs of prescription drugs, find real solutions to the threat of climate change, protect our elections and our privacy, and improve our nation's infrastructure. I believe the way to higher ground is by finding common ground and I will keep working to find that common ground and move this country forward."

Klobuchar serves as the Ranking Member on the Senate Rules Committee, and as a member of the Agriculture Committee, the Judiciary Committee, the Joint Economic Committee, and the Commerce Committee. She is also the Chair of the Senate Democratic Steering and Outreach Committee. Klobuchar was the first woman elected to the Senate from Minnesota and formerly served as Hennepin County Attorney.

Polk County Sheriff

New Sheriff and New Chief Deputy

The Polk County Sheriff's Office is pleased to announce that Jim Tadman was sworn in this morning as the new Sheriff of Polk County. Jim was elected to be the Sheriff in November 2018. Jim was previously the Polk County Sheriff Department's Chief Deputy under Retiring Sheriff Barb Erdman. He has been with the Sheriff's Office since 1988.

Sheriff Jim Tadman has selected Sergeant Michael Norland to be his Chief Deputy. Chief Deputy Norland is an 18-year veteran with Polk County has is originally from rural Fertile, MN. Norland graduated from Bemidji State University with a Bachelor of Science Degree in Criminal Justice. Chief Deputy Norland was hired by the Polk County Sheriff's Office in 2000 as a Contract Deputy serving the City of Fosston. In 2002, he was assigned to a Deputy Patrol position. In 2008, Deputy Norland moved to Investigations and in 2013, he was promoted to Sergeant by Sheriff Barb Erdman to be the supervisor of Investigations.

Passport photos
Richards Publishing Co.
218-487-5225

College News

Claire Nelson makes Dean's List

Claire Nelson, a 2018 Fosston High School Graduate is on the Dean's list at Hastings College, Hastings Nebraska for the 2018 fall semester. Claire accepted a speech scholarship from Hastings College and has also earned a trip to the 2019 American Forensic Association National Individual Event Tournament at University of Alabama, Tuscaloosa. Claire is the daughter of Kari Olson, Bagley and the granddaughter of Dan and Gerry LaVoi, Fosston.

Minnesota State Community and Technical College Announces Fall 2018 President's List

FERGUS FALLS, Minn. (January 4, 2019) - Minnesota State Community and Technical College has named 636 students to its President's List for the 2018 Fall Semester. To earn this award for scholastic achievement, a student must complete 12 or more college-level credits for the semester and earn a grade point average of 3.5 or higher.

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

McIntosh, Kathrine Senn-Howard

Fertile, Toni Langved

Fosston, Aaron Arneson

Red Lake Falls, Wyatt Sauve, Kelly Schultz

Wannaska, Marc Stoltenberg

Local Student Tawnia Netland Graduates from Graceland University

LAMONI, IA (01/07/2019)--Tawnia Netland of Bagley, MN, graduated with a Master of Science in Nursing (Family Nurse Practitioner) from Graceland University.

Founded in 1895 and sponsored by Community of Christ, Graceland University in Lamoni, Iowa, is more than just a school. It is a community of passionate, caring and dedicated individuals who put their relationships with students first. Campuses are located in Lamoni, Iowa, and Independence, Missouri. For more information and to see additional student achievements, follow @gracelandu on Twitter and like Graceland University on Facebook, or visit www.graceland.edu.

AgCountry to return $42.5 million in cash patronage

Fargo, N.D. – With a continued challenging agricultural economy for farmers and ranchers, AgCountry Farm Credit Services is proud to announce that $42.5 million will be returned as 2018 cash patronage to eligible member-owners. This marks the largest patronage amount to date for the cooperative.

AgCountry patrons have received over $135 million in cash patronage since 2014.

AgCountry's patronage program grants the Board of Directors the ability to distribute a portion of the association's net income to its member-owners when financial conditions allow for it. This marks the fifth consecutive year AgCountry is paying out a patronage dividend to its member-owners.

"We continue to see a tough economic climate across Minnesota, North Dakota and Wisconsin," said Board Chair Leif Aakre. "Because of the strong position our association is in, it is important to give back to those who make our cooperative successful."

"Our mission is to serve agriculture and rural America," said AgCountry President and CEO Marc Knisely. "We are focused on fulfilling that mission regardless of the economic environment. Cash patronage is one aspect of our commitment to provide the best total solution for our patrons."

Need to write a note? Make a shopping list?

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6am-7pm Mon-Sat • 7am-5pm Sunday

ESSENTIAL EVERYDAY
BUTTER
$2.99
1 LB QUARTERED

ESSENTIAL EVERYDAY
MILD CHEDDAR, MOZZARELLA, PIZZA OR SHARP CHEDDAR
CHEESE SHREDS
3/$4 8 OZ

TENDER BROCCOLI CUTS, CLASSIC MIXED VEGETABLES, SWEET GARDEN PEAS OR SWEET KERNEL CORN
BIRD'S EYE CLASSIC VEGETABLES
10/$10
13-16 OZ FROZEN

DIAMOND DELIGHTS CHOICE OF 4
ICE CREAM
3/$5 48 OZ SCROUND

ASSORTED
RED BARON PIZZA
4/$10

ASSORTED
TOMBSTONE PIZZA ..... 4/$11

REGULAR (38 OZ) OR SIMPLY (31 OZ)
HEINZ KETCHUP
$1.99

MACARONI & CHEESE DINNER
KRAFT ..... 7.25 OZ BOX 10/$10

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

ORIGINAL
MIRACLE WHIP
99¢ 30 OZ

ORIGINAL OR 33% LESS SODIUM
SWANSON CHICKEN BROTH
2/$1 14.5 OZ

WHOLE KERNEL CORN, CREAM STYLE CORN, SWEET PEAS, CUT GREEN BEANS OR FRENCH STYLE GREEN BEANS
BUTTER KERNEL
3/$2 14.5-15 OZ

ESSENTIAL EVERYDAY
SALTY SNACKS

LIGHTLY SALTED POTATO CHIPS, LOADED BAKED POTATO POTATO CHIPS, SCO POTATO CHIPS, BBQ KETTLE CHIPS, PLAIN POTATO CHIPS, ORIGINAL KETTLE CHIPS, SALT & VINEGAR POTATO CHIPS, JALAPEÑO POTATO CHIPS, CRUNCHY CHEESE CURLS OR CHEESE CURL PUFFS

3/$2 8-11 OZ

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

AQUAFINA
WATER ..... 24 PK-1/2 LITER BOTTLES $3.99

FAMILY PACK 85% LEAN
GROUND BEEF
$2.99 LB

Winter SALE

1-DAY SALE-FRIDAY, JANUARY 11TH
SEE ADDITIONAL FLYER FOR DETAILS

OSCAR MAYER
LUNCHABLES
4/$5 3.2-4.4 OZ
ASSORTED VARIETY

CERTIFIED ANGUS BEEF BONELESS BOTTOM ROUND ROAST ..... LB $3.69	PORK SHOULDER ROAST ..... LB $1.69	ESSENTIAL EVERYDAY BONELESS, SKINLESS CHICKEN BREASTS ..... 3 LB $6.99	HORMEL LITTLE SIZZLERS (ORIGINAL, MAPLE OR HOT & SPICY) PORK LINKS ..... 12 OZ $1.79
CERTIFIED ANGUS BEEF BONELESS SHORT RIBS ..... LB $3.99	FAMILY PACK BONELESS CENTER CUT PORK LOIN CHOPS ..... LB $2.39	ASST. SUPERB & SIMPLE ENCRUSTED BONELESS (WITH BAKEABLE TRAY) CHICKEN BREASTS ..... 12 OZ $4.99	ELLIOTT'S "UP NORTH" SUMMER SAUSAGE..... 2 LB $6.49
CERTIFIED ANGUS BEEF BONELESS BALL TIP STEAK ..... LB $4.29	FAMILY PACK BONELESS PORK COUNTRY-STYLE RIBS ..... LB $1.99	TYSON WHOLE CHICKENS ..... LB $1.09	ASSORTED VARIETY HILLSHIRE FARMS BONE-IN SMOKED HALF HAMS ..... LB $1.99
CERTIFIED ANGUS BEEF BONELESS NEW YORK STRIP STEAK .... LB $7.99	JOHN MORRELL MAPLE BACON ..... 12 OZ 2/$5	BONELESS SKINLESS CHICKEN BREASTS OR CHICKEN THIGHS ..... LB $1.69	ARCTIC SHORES 41 TO 50 COUNT COOKED SHRIMP ..... 12 OZ $4.99

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
$2.69 24 OZ

COUNTRY HEARTH PLAIN, WHOLE WHEAT OR LIGHT
ENGLISH MUFFINS..... 12 CT $2.59

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- OPEN 7 DAYS A WEEK
- FAST PROFESSIONAL SERVICE & LOW PRICES
- GET MOST PRESCRIPTIONS IN 15 MINUTES

SHOPPER'S VALUE
SALTINE CRACKERS
3/$2 16 OZ

CHICKEN WITH RICE, CHICKEN NOODLE OR COUNTRY VEGETABLE
HEALTHY CHOICE SOUP..15 OZ 99¢

HI PROTEIN OR MINI CHUNKS
SUPREME DOG FOOD
$5.99 15-16 LB

SUPREME
CAT COMBO ..... 16 LB $8.99

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

PHILADELPHIA ORIGINAL OR LIGHT
CREAM CHEESE ..... 8 OZ $1.79

FROOT LOOPS (12.2 OZ)
FROSTED FLAKES (15 OZ)
RICE KRISPIES (12 OZ)
KELLOGG'S CEREAL
4/$10

ASSORTED
DORITOS
$2.19 9.5-11.25 OZ

ASSORTED TOSTITOS (10-13 OZ) OR
RUFFLES..... 8.5-9 OZ 3/$9

SCALLOPED POTATOES & HAM
DINTY MOORE
99¢ 7.5 OZ

BEEF STEW BIG BOWL MEAL
DINTY MOORE..... 15 OZ $1.79

BRAWNY
TOWELS
$2.99
2 PK-XL ROLLS

TRUSTED CARE
KLEENEX.....160 CT 2/$3

CASS CLAY
WHIPPING CREAM
$1.99 PINT

LAND O' LAKES
BUTTERMILK ..... QUART $1.19

SHOPPERS VALUE
LIGHT AMBER
HONEY
$2.59 24 OZ

WELCH'S STRAWBERRY OR BERRIES & CHERRIES
FRUIT SNACKS..... 9 OZ $1.79

RIP-L, DILL PICKLE, ORIG. RIPPLES OR CSC RIPPLES (14.5-15 OZ); RESTAURANTE BITE SIZE OR TOSTADOS TORTILLA CHIPS (20 OZ)
OLD DUTCH
2/$7

KETTLE CORN OR POPCORN TWISTS
OLD DUTCH ..... 6-7 OZ 2/$4

TURKEY CHILI WITH BEANS
HORMEL
$1.29 15 OZ

CHUNKY BEEF CHILI WITH BEANS
HORMEL ..... 15 OZ $1.39

ASSORTED EDGE OR SKINTIMATE
SHAVE GEL
$2.59
7-8.4 OZ

ASSORTED WOMEN'S SOLEIL OR MEN'S FLEX
BIC SHAVERS ..... 2-4 CT $5.99

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

LAND O' LAKES 1% OR WHOLE
TRUMOO..... GALLON $3.39

ORVILLE REDENBACHER'S
BUTTER MW POPCORN
$1.59 3 PK

CHICKEN IN A BISKIT, TOMATO BASIL WHEAT THINS OR ORIGINAL TRISCUITS
NABISCO..... FAMILY SIZE $3.59

BANANAS
59¢ LB

HONEYCRISP APPLES	LB $1.49
BLACKBERRIES	6 OZ $1.99
BLUEBERRIES	1 PT $3.49
CELERY	EA $1.49
SUGAR SNAP PEAS	8 OZ $2.49
GARDEN SALAD	12 OZ $89¢
WHOLE OR SLICED BABY BELLA MUSHROOMS	8 OZ $1.89
HOT HOUSE TOMATOES	LB $2.59
SWEET ONIONS	LB 69¢
RUSSET POTATOES	10 LB $2.99

AB HAND SOAP/DISH LIQUID
DAWN ORANGE ULTRA
$3.79 41 OZ

TIDE SPRING MEADOW
LAUNDRY PODS... 57 CT $10.99

DE-ICING PRODUCTS
SPLASH PREMIUM ICE MELT 12 LB JUG $5.59
SPLASH PREMIUM ICE MELT 20 LB BAG $5.99
ICE AWAY TURBO PLUS ICE MELT 50 LB BAG 10.99
ICE AWAY MAX GREEN MAG CHLORIDE 50 LB BAG $12.99

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

FRENCH ONION OR RANCH
KEMP'S DIP .....8 OZ 89¢

VERY CHERRY MIXED FRUIT
DEL MONTE
79¢ 15 OZ

RASPBERRY FLAVORED SLICED PEACHES
DEL MONTE ..... 15 OZ $1.19

ASSORTED FLAVORS
DEAN'S ICE CREAM
$2.99
48 OZ SCROUND

ICE CREAM SNACK BARS
KLONDIKE..... 12 CT FROZEN $2.39

CASS CLAY ASSORTED
SOUR CREAM
$1.39 16 OZ

ESSENTIAL EVERYDAY BEEF ONION
SOUP & DIP MIX ..... 2.2 OZ 99¢

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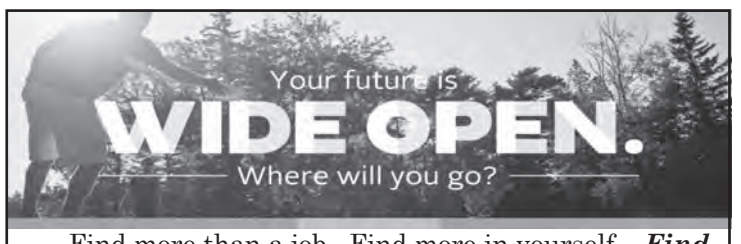

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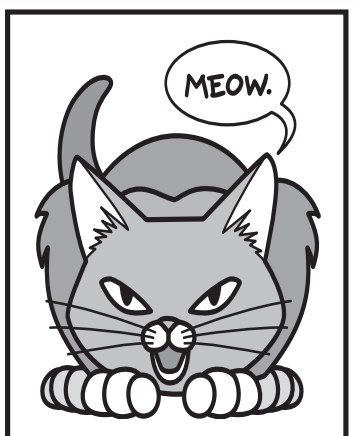

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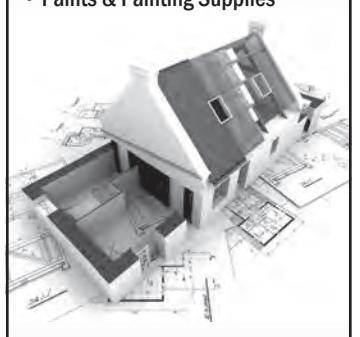

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A New Year, a Renewed Commitment to Saving Lives on Minnesota Roads

There's no need for a New Year's resolution when it comes to deciding to drive safer in 2019 and beyond.

• Preliminary reports show there were 380 traffic deaths on Minnesota roads in 2018, compared with 358 in 2017.

Recent Fatalities:

• A 78-year-old woman killed in Mower County when she pulled out from a stop sign on an icy roadway and was broadsided by an oncoming semi that had the right-of-way.

• A 19-year-old man killed in Sherburne County when he spun out on an icy, unlit roadway into the opposite lane of traffic and was broadsided by an oncoming car.

• An unbelted 18-year-old man killed in Lyon County when he drifted into the opposite lane of traffic, sideswiped an oncoming pickup, and went off the road into a ditch. Alcohol is suspected in the crash.

Preventable Deaths

Preliminary numbers show that of the 380 deaths in 2018:

• At least 27 are known to be distraction-related, compared with 25 in 2017.

• 100 were speed-related, compared with 88 in 2017.

• 121 were alcohol-related, compared with 113 in 2017.

• 90 were not wearing their seat belts, compared with 78 in 2017.

• 58 were motorcyclists, compared with 53 in 2017. Of the 58 motorcyclists who died, 42 (72 percent) were not wearing a helmet.

• 7 were bicyclists, compared with 6 in 2017.

• 42 were pedestrians, compared with 42 in 2017.

• 266 were males (70 percent) and 114 were females (30 percent).

Monthly Fatalities

Preliminary monthly fatalities in 2018:

• January – 22
• February – 19
• March – 18
• April – 26
• May – 36
• June – 34
• July – 40
• August – 33
• September – 42
• October – 46
• November – 31
• December – 33

2019 Extra Enforcement Campaigns

Officers, deputies and troopers will continue extra enforcement in 2019, focusing on the four dangerous behaviors that contribute to most traffic deaths on our roads.

• Distracted: April 8-30
• Seat belt and child restraints: May 20- June 2
• Speed: June 18-July 21
• DWI: Aug. 16- Sept. 2
• Seat belt and child restraints: Sept. 16-28
• DWI: Multiple dates in November and December

143 People Starting New Year with Legal Problems

• Officers, deputies and troopers made 111 DWI arrests statewide from 6 p.m. New Year's Eve through 6 a.m. New Year's Day.

• There were an additional 32 DWI arrests New Year's Day (6 a.m. to midnight).

Drunk Driving is Dangerous Driving

Last year again proved challenging as preliminary reports show 26,853 drivers were arrested for DWI, compared with 24,862 in 2017.

Prevent Drunk Driving

• Plan for a safe ride – designate a sober driver, use a safe, alternative transportation option, or stay at the location of the celebration.

• Speak up – offer to be a designated driver or be available to pick up a loved one anytime, anywhere.

• Buckle up – wearing your seat belt is the best defense against a drunk driver.

• Report drunk driving – call 911 when witnessing impaired driving behavior. Be prepared to provide location, license plate number and observed dangerous behavior.

Speak Up and Save Lives

• If you are with a driver who is distracted, speak up, tell them to put the phone down and offer to be their designated texter.

• Refuse to drive until every passenger is buckled up.

• Slow down - trying to save a few minutes off your drive isn't worth causing a crash.

• Plan ahead before you go out by designating a sober driver, and if you see a person who has had too much to drink, speak up and find them a safe ride home.

Quotes

• "The time is now to commit to safe driving habits every time you get behind the wheel," said Mike Hanson, Minnesota Department of Public Safety Office of Traffic Safety director. "No more multitasking, no more getting behind when you are impaired, no more speeding because you are in a rush, and no more excuses about not buckling up. Join the majority of Minnesotans who put safety first when driving and together we can stop the preventable deaths on our roads and save lives."

• "While law enforcement can continue to educate and enforce the rules of the road, we need everyone's help," said Lt. Gordon Shank, Minnesota State Patrol. "If you see a dangerous behavior, speak up or call 911. Doing so may save your life and the lives of innocent people on our roads."

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R38-43C

Did you know?

Fat has a bad reputation. Many people hear the words "fat" or "fats" and immediately think the worst. Fats go by many names, including lipids, fatty acids, vegetable fats, animal fats, and oils. While some fats can be harmful when consumed in excess, many fats are actually helpful to the body. Educating oneself about the different types of fats can make for a more well-rounded diet.

· Saturated fats: These are solid at room temperature and tend to come from animal products and processed foods. A large intake of saturated fats can increase a person's risk for cardiovascular disease and stroke.

• Monounsaturated fats: This "healthy" fat may lower LDL cholesterol and keep HDL cholesterol at higher levels when saturated fats are held in check.

• Polyunsaturated fats: These fats also are considered good for cardiovascular health and are commonly known as the omega-3 and omega-6 fatty acids that are found in certain seeds, fatty fish and nuts.

• Trans fats: Trans fats are synthetically manufactured by adding hydrogen to liquid vegetable oils to make them more solid. They are not good for a person's health, but they have been widely used in the past because they tend to be stable and inexpensive and can improve shelf life of processed products.

It is important to distinguish between helpful and harmful fats so a body gets the healthy fuel it needs.

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Doctors' critical role in making the diabetes heart connection By Dr. Omar M. Lattouf

One in 10 Americans lives with type 2 diabetes. Among many communities, diabetes is downplayed as "having a little sugar" and, with long family histories with the disease, dismissed as an inevitability.

The disease is far more dangerous than most realize. Diabetes doesn't merely put patients at risk of shock, limb amputation, and obesity. Patients with diabetes are up to four times more likely to die of heart disease, the leading cause of death in the United States, than their non-diabetic peers.

Many people who have had diabetes for years unfortunately learn of the risks of heart disease and stroke only after having an attack. We must do more to raise patients' awareness of the connection between these deadly ailments and empower them to lessen their risks. Right now, two in three people with diabetes don't realize that heart disease is their most probable cause of death.

If more people knew about the risks, they could take preventative action. Ninety-nine percent of individuals with diabetes report that such knowledge would lead them to seek remedies.

Type 2 diabetes prevents the body from efficiently producing insulin, a hormone that regulates the amount of sugar in the blood. As a result, patients' blood sugar levels can swing wildly.

Elevated blood sugar levels damage blood vessels over time, stiffening them and degrading the elasticity necessary for efficient circulation. That's a deadly recipe for heart attacks.

Further, African Americans, Hispanics, and American Indians have a 50 to 100 percent higher burden of illness and death from diabetes than white Americans. This higher diabetes rate could help explain why these populations are notably more likely to die of heart disease.

Many people with diabetes aren't doing enough to prevent heart disease. About half of adults with diabetes do not meet recommended blood sugar, blood pressure, or LDL cholesterol levels. Given the knowledge and tools we have to address these risk factors, the cardiovascular toll of diabetes should be decreasing. Instead it's on the rise.

Part of the challenge is that even physicians aren't fully informed about the connection between diabetes and heart disease. There are "educational gaps in physicians' knowledge" of diabetes which prevent them from making informed treatment recommendations to patients. While focusing on controlling glucose levels in the blood is important, that alone may not protect people with diabetes from heart disease.

A good start is more closely monitoring and managing patients' blood fats, including cholesterol levels. Studies show that patients with high LDL cholesterol levels are more likely to develop heart disease. Doctors can recommend these patients change their diets, increase their physical activity or prescribe cholesterol-lowering drugs.

Physicians should also closely monitor patients for high blood pressure. Hypertensive diabetics are twice as likely to develop heart disease compared to those without high blood pressure.

Doctors cannot stand by as heart disease and diabetes ravage our country. By better understanding the link between these conditions -- and educating patients about that connection -- physicians can play a leading role in combatting these costly, coexisting, and chronic conditions.

Omar M. Lattouf, MD, PhD, is a Professor of Cardiothoracic Surgery, Emory University School of Medicine.

Minnesota Farmers Union releases legislative priorities for 2019 session

ST. PAUL – The session of the next Minnesota Legislature begins tomorrow, Jan. 8. Minnesota Farmers Union (MFU), a grassroots family farm organization, has a number of topics it will be working on with legislators.

"Family farmers are facing several years of a depressed farm economy, with low prices for their labor. The high costs of health care add to this burden and are unsustainable for family farmers," said MFU President Gary Wertish. "This year we'll be advocating for the MinnesotaCare Buy-In proposal, which could help lower costs for many on the individual health insurance market, as well as a strong agriculture budget and value-added programs."

In addition to health care and the agriculture budget, here are some other issues MFU will work for this session:

- Funding for rural mental health support services and the Farm Advocate Program
- Broadband funding package that supports rural businesses and farms
- Conforming state tax code to federal tax code, especially Section 179 for accelerated depreciation
- Extending property tax relief for agricultural landowners on school capital improvement levies
- Compensation for landowners affected by the buffer law, including tax credits
- Creation of an agriculture license plate that benefits 4-H and FFA
- Funding for the Farm to School program
- Funding for the Good Food Access program
- Funding the Forever Green Initiative at the University of Minnesota that researches ways farmers can benefit the environment with perennial and winter-annual crops

MFU members will speak to legislators and the Walz administration about these issues at their annual Lobby Day Drive-In at the State Capitol on Feb. 5.

Comfortable winter entertaining ideas

Winter entertaining need not end once Christmas and New Year's Day have come and gone. Getting together with friends and family is still possible even if the weather outside is frightful. When Mother Nature takes a chilly turn, those who don't want the party can consider the following entertaining ideas.

· Indulge in sweet treats. Comfort foods can make even the most blustery winds easier to tolerate. Invite people over for a dessert party. At a dessert pot luck party, everyone brings along a favorite decadent dessert, from molten lava chocolate cake to warm bread pudding. Serve alongside tea, coffee and hot chocolate. Adults can enjoy the added punch of spiked beverages, which can warm everyone up instantly.

• Host a "snowed in" party. Spending a day cooped up inside when the roads are covered in snow might not be your idea of fun, but invite a mix of friends and neighbors who live nearby over, and this impromptu party can make the cabin fever disappear. Ask guests to bring one food item or beverage. Light a fire in the fireplace and set out some cozy throw blankets. If possible, invite everyone outdoors to build a snowman.

Coffee enjoyed with a group of friends can warm hearts on cold winter days.

• Get physical. Get physically active with friends or family members by staging mock Olympic events in the yard. These can be fun "sports" created by participants or variations on fun winter activities. Sledding races, snowball dodging contests, ice skating obstacle courses, and much more can make for an entertaining afternoon.

• Get cooking. Cooking can certainly pass the time, and it can be even more enjoyable when done in the company of others. Send out an invitation for friends to stop by for a meal or plan a meal prep party.

• Host a movie marathon. Handpick some favorite films and invite everyone over for a movie marathon. Fill the family room, home theater room or living room to capacity and host a group for a film fest. If space permits, set up one room with a children's movie for youngsters, while the adults retire to another room for movies that are more their speed. A buffet table set up with assorted snacks will help keep bellies full while guests watch some favorite flicks.

Winter days and nights are ripe for entertaining possibilities. These events help squash the cabin fever that can sometimes develop during the colder times of year.

DIET PLAN WORD SEARCH

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

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

DIET PLAN WORD SEARCH

Answers on page 6

AEROBICS
ANTIOXIDANTS
BODY
CAFFEINE
CALORIES
CASCARA
CATECHOLAMINE
CHOLESTEROL
COMPOSITION
DIETICIAN
DIURETIC
EPHEDRINE
FAT
GASTRIC
GLUTEN-FREE
KETO
LIVE-FOOD
LOW-CARBOHYDRATE
MACROBIOTICS
MACROS
MEDITERRANEAN
METABOLISM
NUTRIENTS
OBESITY
OMNIVEROUS
PLANT-BASED
PROTEIN
RAW
RESTRICTION
SUGARS
SUPPRESSANT
VEGAN
VEGETARIAN
WESTERN
ZONE

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: Who is responsible for making sure the roadway is cleaned up and free from spilled liquids, glass and other car parts from a crash?

Answer: In my experience I noticed that all responding agencies and tow companies work as a team to treat the injured, direct traffic, investigate the crash and clear the scene as soon as possible for everyone's safety. This is especially important on a roadways with higher speed limits.

Below, I included a general list of the responsibilities at a crash scene. Each scene varies as to what level of crash it is and what is needed.

Law enforcement general responsibilities:

- Securing the incident scene
- Assist disabled vehicles
- Provide medical aid until help arrives
- Serve as incident commander along with Fire/Rescue
- Direct traffic
- Conduct crash investigation
- Supervise scene clearance

Fire/Rescue/EMS general responsibilities:

- Protect the incident scene
- Provide medical care
- Provide initial HAZMAT response and containment
- Suppress fire
- Rescue crash victims from vehicles
- Arrange transportation for the injured
- Provide advance emergency medical care
- Determine destination and transportation for the injured
- Coordinate evacuation with fire, police and ambulance/airlift
- Remove medical waste from scene
- Assist in incident clearance

Towing Companies general responsibilities:

- Removing vehicles from scene
- Protecting victims' property and vehicles
- Provide transportation for uninjured vehicle occupants
- Remove debris from roadway (scene)

Most vehicle debris that remains on the roadway are from vehicles that crash and are able to drive away without calling law enforcement.

Reminder to move over and slow down for all vehicles with flashing lights.

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).

3 tips to overcome everyday aches and pains

Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity. For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States. Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. Employ RICE.

RICE, which stands for rest, ice, compression, and elevation, can help men and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.

Theology in the Trenches

By Kathleen Kjolhaug

Stability

I like that word, stability. It's deep. Stable, foundational, something solid, dependable, formidable are perhaps other words that could be used to describe it. It's used to describe many areas of life from the home front, to the mind, to personalities.

As I reflected upon this word as it applied to our married lives and our living space which included six kids, I realized that there were many things my husband and I intentionally lived out in order to maintain some sense of stability within our home. Right off the top of my head…I thought I'd share a few.

1. For starters, we chose to stay put rather than run helter-skelter when the world beckoned. No doubt we both wanted to run like the wind at times because crazy begets crazy in the midst of the muddle…and we chose to stay put.

2. We didn't run away from one another…off into the deep just because we could. He returned to me when I was half craze. Likewise, I returned to him when his stability seemed more like boring stubbornness. Truth is he wasn't boring. Looking more closely, he exemplified rich faithfulness topped with just enough contentment to offer stability to the likes of us all.

3. We chose the same address for the whole of our married life just because it's a place that is near and dear to family history…offering a view just across the road of all who've gone before us…our last name etched in stone upon many. It worked well for us and when the kids choose to return for a visit, the memories percolate offering sweet savor and respite from the world at large.

4. Stability was within our hearts as we sought truth in a world that screams anything but. It remains a solid foundation from which we launched each of our brood so in like manner; they too will be able to teach stability of truth generationally. His unchanging Word is the only constant in an ever changing world.

Stability comes in another form as well. As Demetrius Dumm, OSB has stated, "Stability has far more to do with honesty than it does with one's zip code." Stability is where you are at any given moment within your thoughts, within your heart. Actions are an overflow of that which is within and soon it produces fruit...or not. When we fall short due to lack of stability in one form or another, He invites us home once again. It's called forgiveness. It's called grace.

David fell short and looked quite unstable a time or two. Yet, this very David was known as a man after God's own heart. Deeply he exemplified how to live stability. What did he do? He turned from his sin. What sin did he turn from? He turned from murder, and adultery to name a couple. How was he able to return to stability once heart boundaries were crossed? He was able to return because he turned from his sin and was truly sorry for what he'd done. He not only showed remorse but sought forgiveness.

I don't believe perfection is what the goal is in life as we are made perfectly imperfect. Rather, the ideal is to foster a heart that desires to not only turn, but to confess. Once forgiven, there is freedom which will produce fruit. The fruit will be sweet. It will be full of "love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self control" (Gal. 5:22-23).

Fruit stabilizes the least of these…and I for one am grateful to have a stable platform, namely Him, from which to launch. The best part is that you have the exact same platform from which you, too, may launch. After all, He's the Rock, and it just doesn't get any more stable than that. Amen.

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.

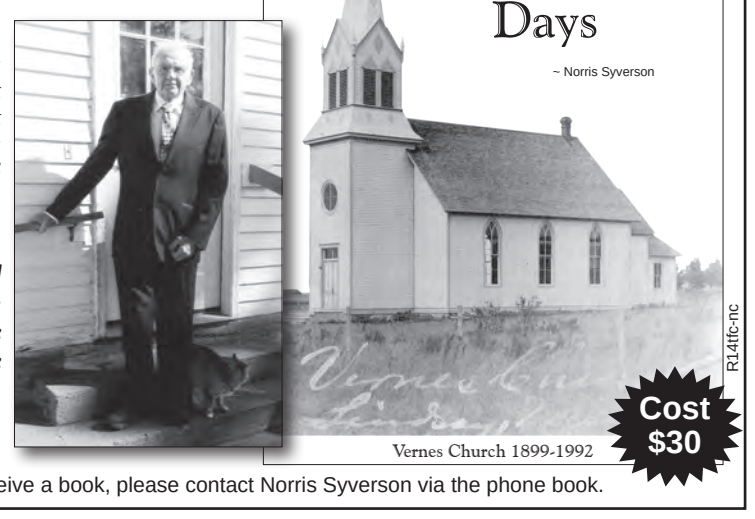
Here is just an excerpt from his first page...

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 ½ inch thick celotex.

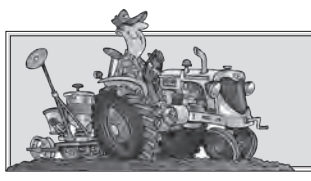
This house had only two rooms downstairs, each one about 12 feet by 14 feet, with low ceilings about 7 ½ feet high....There were 5 boys and 5 girls aging from 1 year to 16 years old, plus Ma and Pa living in this small house at that time....

"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.



If you need it make it!

By Auctioneer Eric W.Mickelson

Every Labor Day weekend I try to make a trip to Rollag, MN, to take in the Western Minnesota Steam Threshers Reunion. This last fall the feature at Rollag was homemade equipment. There were several homemade tractors and different combinations of tractors hooked together for more power.

One day this summer while enjoying a cup of coffee with my mom and dad and everyone around the round table in the Oklee Cafe, I heard someone mention a local homemade tractor.

Local farmer Einar Kvasager and his brother Bjarne wanted a tractor with some more power so they made a concoction of their own…..In around 1958 or so their dad Ole Kvasager purchased a WD-9 McCormick Deering tractor. In January 1959 Einar was off to Korea. Shortly after he returned in 1961 he and his brother Bjarne took the WD-9 hitched Bjarne's 44 Massey Diesel to the rear of it. They also joined two 11 ½ foot cultivators together to make a 23 footer to pull behind their "new" machine. They also pulled two 4 bottom plows, 8 bottoms, that was quite a plow for the day! The hard part of this connection was the length!! Sitting on the WD-9 up front and looking back at the back 4 bottom plow, well it was a long way back there! Sometime after that Einar purchased a 4010 John Deere. With the 4010 around the need for the more clumsy connection of the WD-9 and the 44 Massey was no longer necessary. Luckily someone took a picture of the Kvasager tractor. Einar found the picture and showed it to me, I love it!

The Kvasager WD-9 and 44 tandem hook up!!

When I stopped to visit with Einar about the tractor, I asked about a couple more of his tractors. He took me out to the shop where he has a reversed WD Allis Chalmers with a John Deere snowblower mounted on it. This machine also sports a Gleaner Combine cab. Also is the shop is a reversed WC Allis Chalmers with a loader. I always like to take a look at those Allis's when they have been reversed, seems like such a good idea!

I sure enjoyed Rollag this fall, lots to see!! But, I also enjoyed stopping at Einar's place…..lots to see!!

How about a little tractor trivia!!

1. The WD-9 McCormick Deering tractor was made from 1940- _____ .

A) 1949 B) 1953 C) 1954 D) 1959

2. The WD-9 McCormick tractor had _____ forward speeds.

A) 4 B) 5 C) 6 D) 8

3. The 44 Massey Harris was made from 1947- _____.

A) 1949 B) 1953 C) 1954 D) 1959

4. The 44 Massey Harris had _____ forward speeds.

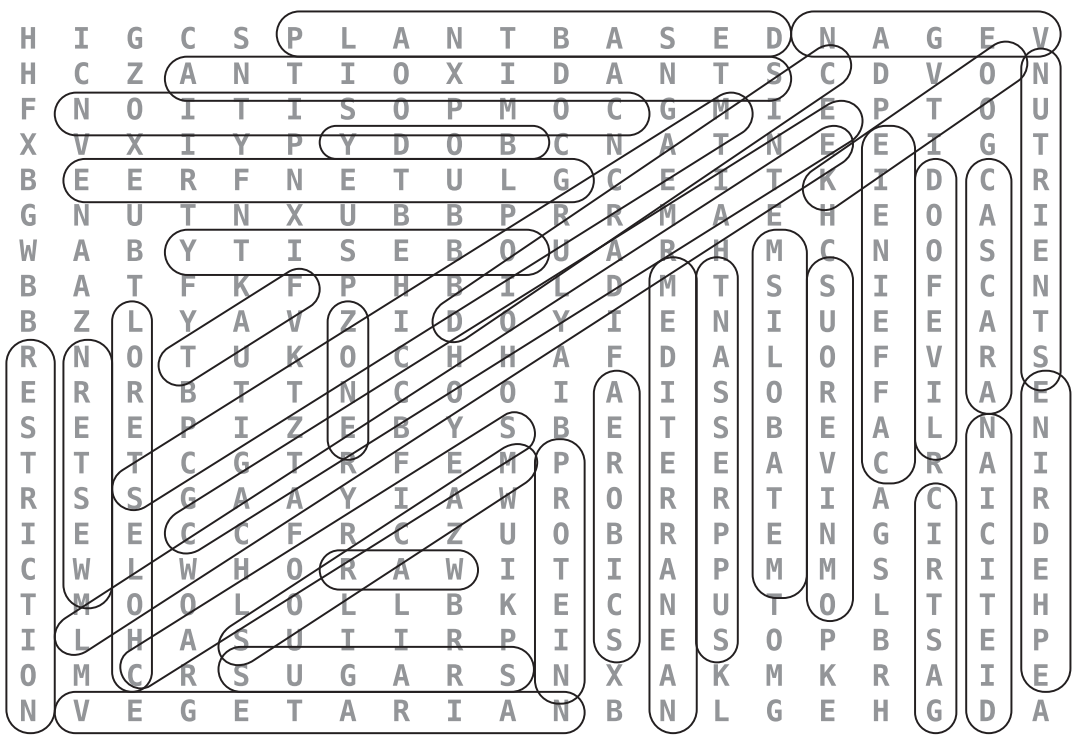
A) 4 B) 5 C) 6 D) 8

5. The 44 Massey was manufactured in _____, _____.

A) Brantford, Ontario B) Waterloo, Iowa C) Racine, WIsconsin D) Minneapolis, MN

Answers: 1. C. 1954 2. B. 5sp 3. B. 1953 4. B. 5 sp 5. C. Racine, WI

Word Search Answers



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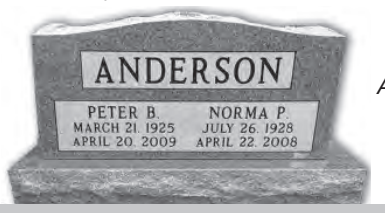

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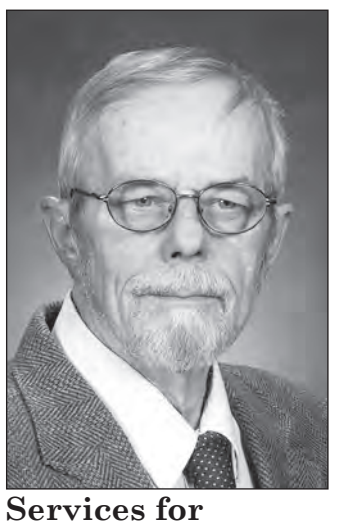


Services for Raymond Berg

Ray Berg, 81, died December 30, 2018, at Bethany On The Lake nursing home in Alexandria.

Ray was born April 6, 1937, in Bagley, to Arthur and Ragna (Widseth) Berg. Ray graduated from high school in McIntosh and attended Concordia College in Moorhead. He married Jean Christenson in 1962 raising four children in Crookston before divorcing in 1981.

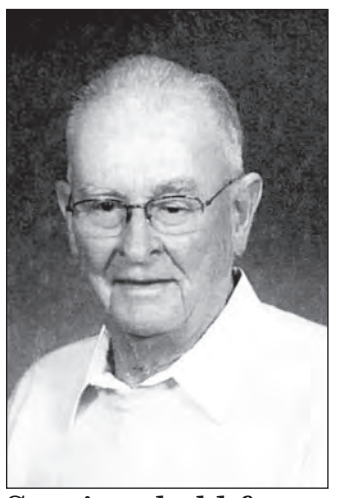
Ray had a varied career. He sold insurance and Berg's BBQ mix, helped operate two cafes (the B&B Cafe in McIntosh, established by his parents, and the B&B Jr Cafe in Crookston), drove taxi, and sold auto parts at McIntosh Co-Op Creamery & Repair Shop.

He was a member of Our Savior's Lutheran Church in McIntosh. His hobbies included singing in church choir and barbershop groups, and fishing.

Ray was preceded in death by his parents, daughter Nicole Names, brother Carlin, and brother-in-law Jerry Bjerken.

He is survived by daughter Melanie (Gary Knutson), sons Mark (Renée Beltrand) and Steve (Mary), sister Sue Bjerken, brothers Chuck (Marge) and John (Sue), son-in-law Mitch Names, sister-in-law Barb Berg, grandchildren Derek, Erika, Jenifer, Steele, Skye, Jett, Grace and Gretta, and many nieces and nephews.

Funeral service this spring at Our Savior's Lutheran Church. Private interment. The family wishes to thank the staff at Bethany, Mitch Names and nephew Joe Berg for their help with Ray's end of life care. Memorials preferred to the American Cancer Society.



Services held for Helmer Anderson

Helmer A. Anderson, 90, of Great Falls, Montana, passed away December 25, 2018. Services were held on December 28, 2018.

Helmer was born on December 15, 1928 in Shelby, Montana to Alfred and Annette Anderson. He married his wife of sixty-five years, Carol, on November 28, 1953. After his retirement at Industrial Towel, he continued to stay active by driving for Avis, Big Sky Bus Lines, and harvesting for Sheffels Farm.

He enjoyed long walks and bike rides on the Rivers Edge Trail. He cherished every family gathering as well as years spent touring Montana campsites in their Minnie Winnie. His hobbies were comprised of fishing, tinkering in his garage, and any activity that included his grandkids.

He is survived by his wife, Carol; five children Dale (Jill) Anderson of Bozeman, MT, Renea (Steve) Green of Billings, MT, Linda (Ashby) Miller of Bozeman, MT, Nancy (Steve) Echelard of Boise, ID, and David (Taya) Anderson of Great Falls, MT; as well as eight grandchildren; four step-grandchildren; four great-grandchildren; and two step great-grandchildren; sisters Alva McWilliams of California and Delores Widseth of Great Falls; and numerous nieces and nephews.

Helmer was preceded in death by his parents; brother Harvey; sister-in-law Dee; brother-in-law Jim McWilliams; along with his father and mother in-law, Clarence and Hulda.

The family wishes to express their gratitude for the exemplary care given at Benefis Health System as well as Peace Hospice.

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Services for John Lee

John Christian Lee, 79, of Bagley, died Friday, Jan. 4, 2019, surrounded by his family, at the Sanford Hospital in Bemidji, after a long battle with cancer.

Funeral services will be held on Saturday, January 12, 2019 at 2:00 p.m. at Faith Lutheran Church in Bagley, Minnesota with Pastor Mark Olson officiating. Visitation will be one hour prior to the services at the church. Interment will be at Bagley City Cemetery. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

John was born July 28, 1939 in Bagley, the son of L.J. (Loziene Julius) and Ferol (Anderson) Lee. He graduated from Bagley High School in 1957. After graduation he joined the Navy and spent two years at the naval base in San Diego, Calif.

After returning from the Navy, John met and married Audrey Signe Thompson on April 14, 1962. At this time John was a heavy equipment crane operator and a member of the Local 49 construction union.

John, Audrey and their new baby, Darin Lee, moved to Minot, N.D., where he helped in the construction of the missile sites. After a number of years in the construction trade, John and family, now including new baby Bonnie Lee, moved to Minneapolis and John became a professional wrestler, working for Vern Gagne. They spent a number of happy and exciting years in the wrestling business, moving from Minneapolis to Dallas, Texas, and to Phoenix, Ariz., and back again to Minneapolis.

After quite a number of years in the wrestling business, the family moved back to Bagley, and John became an auctioneer after attending auction school in Billings, Mont. He was an auctioneer for the next 25 years, operating John Lee Auctions with his wife, Audrey, until their retirement.

John and Audrey then became real estate brokers and owned and operated Northern Places Realty until the present. He was known for his sense of humor and what he would write in his real estate advertisements.

He is survived by his wife Audrey; son Darin Lee (Doreen Volcke); daughter Bonnie Lee and grandsons Dallas Lee, Ben Schirrick, Wyatt Schirrick; one sister, Catherine Davis Pezdirtz (George) of Chicago, Ill.; brother-in-law Norman (Rhonda) Thompson of Solway; and numerous nieces and nephews. He was preceded in death by his parents.

Messages of condolence may be sent to ceasefuneralhome.com

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How to find the 'best' diet and improve your health

By Jean Larson, registered dietician at Essentia Health

It's that time of year when you're looking to revamp your lifestyle, lose weight, get in shape and improve your health. But which diet do you select? How do you know which one will work for you?

Here is the shocking fact: When it comes to weight loss, it doesn't really matter which "diet" you choose, so long as you stick to it. Yes, you still need to make intelligent food choices for overall health, like eating your fruits and vegetables. But the question of whether you should go low-fat or low-carbohydrate or try out Paleo, vegan or keto may not be as important as you think.

A study published in the Journal of the American Medical Association in 2014 compared multiple popular diets, including Atkins, South Beach, Zone, Jenny Craig, Weight Watchers and Ornish. These diets range from low-carbohydrate to low-fat to a balanced mix of macronutrients. Over the course of 12 months, researchers found there were minimal differences in weight loss between the diets. Their conclusion: "This supports the practice of recommending any diet that a patient will adhere to in order to lose weight." In other words, the most important factor is picking an approach that's easiest for you to stick with. Consistency is often the missing link for people struggling to lose weight and improve their health.

Here are some tips to help you stay consistent with your nutrition:

• Plan ahead – Find a routine that works for you. Have a weekly meal plan, prepare foods in advance, research restaurants before traveling and plan for healthy snacks.

• Hack your environment – Make the places you spend the most time as conducive as possible to supporting your health and nutrition. Keep your home and workplace stocked with healthy choices.

• Seek out support – This could be a spouse, family member, friend, colleague or professional. Having someone to cheer you on and keep you accountable to your goals is key.

• Focus on your behaviors, not the end result – You have no control over the scale (if weight loss is your goal) but you can control the actions you take every day. Pick one to three daily habits you can implement and focus on each week. These could be things like packing a healthy lunch for work, going for a daily 30-minute walk, or eating two cups of vegetables at every meal.

• Be curious and compassionate – Check in with yourself at least monthly and assess how things are going. What has gone well? Where could you improve? How will you reward yourself in a healthy way for your efforts thus far? What more would you like to accomplish next month? What is likely to stand in your way and how can you prepare to make sure those things don't get in your way? Adjust your plan accordingly.

When you get off track or things don't go as planned, be compassionate with yourself. Roadblocks such as an illness, travel or other life commitments will always come up. You're never going to be perfect but developing the ability to bounce back will help you remain consistent with the plan you've chosen. Instead of beating yourself up and allowing one poor choice to spiral into many, compassion will allow you to come back to your healthy habits quicker.

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I want to send a Thank You to everyone who attended my mother's (Ann Marie Peterson) funeral, those who sent flowers and gave cards and donations and to those who helped us give her a beautiful farewell from this life.

Most especially:
Fr. Adam Hamness
The 2 special altar servers that came from Crookston.
Matt Proulx (organist, soloist)
The Ladies Guild at St. Francis Xavier Catholic Church in Oklee.

My wonderful Aunts and Uncles who jumped in to help make this day happen and for taking care of us.

To a special couple, from Brooks, who helped me complete my mother's final rest instead of waiting until Spring due to my financial constraints.

To those who jumped to my aid with donations on Go-Fund-Me so I could complete my mothers journey in this life.

Most Sincerely,
Pamela Meyer-Dack
Daughter of
Ann Marie (Laniel) Peterson

Obituary Notices are posted daily on our website www.tricocanary.com Submit Obituaries and Memorials for the Canary to richards@gvtel.com

Anishinaabe Arts Initiative Grant Recipients Awarded in Region 2

On December 12, 2018, the Region 2 Arts Council awarded $6,907 through the Anishinaabe Arts Initiative (AAI) Program, which is governed by the AAI Council. Monies awarded are for arts activities related to its mission of supporting, maintaining, and promoting traditional and contemporary Native American arts in North Central Minnesota.

Grant recipients include:

Todd Jourdain from Red Lake received $1,000 to purchase an airbrush, paints, and canvas to create mixed media works on canvas.

Katie Sandberg from Detroit Lakes received $937 to purchase artist's supplies to create inventory, and to cover framing and other costs associated with displaying her paintings.

Flora Jones from Red Lake received $1,000 to purchase materials and supplies to make star quilts and to continue teaching others how to sew and make star quilts.

Nick Robinson from Cass Lake received $870 to purchase tools and materials to create "Breaking Thru Addiction," a series of works in wood.

Deanna Croaker from Cass Lake received $1,000 to purchase a sewing machine, material, and supplies to design and create three 60" x 60" traditional and contemporary style star quilts.

Neegonee Brunner from Ponsford received $1,000 to purchase beads, fabric, and a sewing machine to create regalia.

Kristine Nelson from Red Lake received $600 to develop her own style of beadwork and create original designs for medallions, lanyards, and hoop earrings, in flat stitch as well as peyote style chains.

Albert Brunner from Ponsford received $500 to purchase tools and wood to create sculptures, pipes, and traditional wooden flutes.

The Anishinaabe Arts Initiative grants program is supported by a grant from the McKnight Foundation.

Current AAI Council members are Debra Warren, Delana Smith, Mary

Everyday ways to help your elderly neighbors

Thoughtful men, women and children can give back to their communities in various ways. Coaching youth sports, volunteering with local charities and donating to local food or clothing drives are just a few of the ways you can help make your community a better place.

Another way to give back is to help your elderly neighbors who may not be as independent as they once were. Such men and women may have physical limitations that compromise their ability to perform everyday tasks. People in the prime of their life take their ability to perform such tasks for granted. And while these gestures might seem simple, helping your elderly neighbors with their everyday tasks can have a profound impact on their lives.

• Ask if a neighbor needs anything from the grocery store. Everyone forgets to buy something at the grocery store from time to time. That's a minor inconvenience to most people, but it can have a much bigger impact on elderly people who have mobility issues. Before taking trips to the grocery store, make it a habit to call an elderly neighbor and ask if he or she needs anything.

• Invite seniors over for dinner or other gatherings. Many seniors deal with social isolation, which occurs when they lack opportunities to interact with other people. Recent data from the Administration on Aging indicates that 35 percent of women over the age of 65 were widows and almost half of women 75 and older live alone. Inviting elderly neighbors who live alone over for dinners, movie nights or game watches once per week is a great way to help them avoid social isolation and give them something to look forward to.

• Help with some weekly chores. Seniors living on fixed incomes may find it difficult to maintain their homes. Relatively simple tasks like mowing the lawn, taking out the garbage and even vacuuming can be difficult for seniors with physical limitations. Pitching in to help with such chores once or twice a week won't require much time on your part and can have a significant impact on the lives of your aging neighbors.

• Drive seniors to religious services. Attending religious services is important to many seniors, but those who can no longer drive themselves to weekly services may not be attending them as much as they would like. Whether you attend such services or not, offer to drive an elderly neighbor on Sunday mornings (or whenever weekly services are held). Religious services can help seniors stay connected to their faith and their communities, and driving an elderly neighbor to and from houses of worship once per week won't require a significant commitment of your time.

Helping your elderly neighbors is a great and often simple way to give back to your community.

Visit us online and click on Image Galleries to view photos of events in the area.
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Your polar plunge survival guide

Come wintertime, polar plunges are sponsored by various organizations. Such events may serve as fundraisers for club operations or to help needy individuals, while others may simply be efforts to fend off cabin fever.

While no one can say for sure who originated the polar plunge, the first recorded Polar Bear Swim took place in Boston in 1904. In Canada and the Netherlands, it has become tradition to host plunges on New Year's Day. Even people in the southern hemisphere participate, with plunges off the coast of New Zealand and Antarctica in June. In the United Kingdom, a "Loony Dook" takes place in Scotland, with several thousand people attending the event and taking the plunge after New Year's Eve celebrations. The largest plunge in the United States is the Plungapalooza in Maryland, which includes 12,000 swimmers, all of whom are there to raise funds for the Special Olympics.

Polar bear swims are not for the feint of heart, and even the most stalwart (and cold-tolerant) plunger can employ a few strategies to make the swim a success.

• Prepare in advance. Build up your cold tolerance in the bathtub or shower. Cold water may cause some people to hyperventilate. Acclimating to the sensation can make it less shocking when it's time to get in the water.

• Exercise caution if you have a heart condition. Experts in medicine at Mount Sinai Medical School say that, following cold shock, the body will do something called a diving reflex. This means constricting blood vessels to direct more blood flow to the heart and brain, which causes an increased cardiac workload.

• Walk slowly into the water. Rather than running and diving in, slow enter the water to acclimate your body to the cold and mitigate some of the shock.

• Make it a brief stint. Only stay in the water for a few minutes. Doctors say that cold water incapacitation can begin within five minutes of entering the water. Hypothermia requires being immersed for 30 minutes or more to set in.

• Bring along warm clothes. You'll need to warm up quickly after the plunge. A terry cloth bath robe, thick wool socks, heavy sweater, and a hat can help restore body heat.

• Avoid alcoholic beverages. Alcohol can give off a false feeling of warmth and heat in the body, advises Dr. Jagdish Khubchandani at Indiana's Ball State University. Alcohol dilates blood vessels, increasing blood flow to the limbs at the expense of the core. It also may interrupt the body's natural shivering response. Warming up with some scotch is not adviseable before or after the plunge.

If health ailments do not preclude a person from plunging, it can be an exciting way to spend a few wet minutes.

Pioneer Women's Basketball Coach Shannon Nelson Notches 200th Career Win

Nelson recognized as the winningest coach in Pioneer athletics history

January 4, 2019 – With a 75-43 win over Mesabi Range College on December 15, 2018, Pioneer women's basketball head coach Shannon Nelson achieved a career milestone no other coach in Pioneer history has realized—200 career wins. "It feels great and a little surreal. 200 wins means I've been here for a while. I can't believe I am already in my ninth season of coaching," Nelson exclaims. She credits the outstanding players and coaches that she has had the pleasure of working with for her achievement. "Success doesn't happen in a bubble—to be a successful coach you have to surround yourself with the right people, from coaches to players."

In honor of Nelson's 200th win, the Pioneer women's basketball team has been chosen as the first MCAC U.S. Marine Corps Team of the Week for 2019. The MCAC U.S. Marine Corps Team-of-the-Week is an award sponsored by the U.S. Marine Corps and presented to teams who exhibit service to community, outstanding performances and strong leadership in an MCAC athletic program.

When Nelson first came to Northland in 2007 to take a position as an admissions rep and academic advisor she never envisioned the turn her career would take. "In the fall of 2010 I was asked to fill a gap in the Women's Basketball coaching line-up for one season," recalls Nelson, "The reason I came back that second season and continue to come back each year is because of the relationships I'm able to develop with the players."

The Marshall, MN native was a standout basketball player at the University of Minnesota leading the Gophers to four straight NCAA tournament appearances including three appearances in the Sweet Sixteen, and one in the Final Four. So, why does this three-time Defensive Player of the Year remain dedicated to the Pioneers? Nelson explains, "When you coach at a DI or DII program it is more of a business, and the student-athletes are employees. Your job is on the line with each win or loss, and I think relationships become secondary." Nelson and staff pride themselves on creating a culture where young adults are helped to navigate their first journey away from home. "We tell recruits and their parents that we are there for the ladies on and off the basketball court—from helping with roommate or class issues to jump starting their cars in the dead of winter. Over the years, these young ladies have embraced our culture and what it means to be a part of the Pioneer women's basketball program."

Creating a Dynasty

The Pioneer women's basketball team has gained a reputation for seeking out talent from area high schools and fielding a competitive roster. "We learned early on that there is good basketball in northwest Minnesota and we've been able to put together successful teams from this area. I think it makes the people in the area proud that we are able to compete on a national level with local athletes," Nelson explains. This strategy has served the Pioneers well. Home games are a hot ticket in town as local fans show up to cheer on these familiar athletes.

In eight seasons Nelson has earned an impressive 192-45 overall record and the Pioneers continue to be ranked towards the top of the NJCAA Division III Women's Basketball poll. This level of success has helped create a higher standard of play for all of the teams in the MCAC Northern Division. "The road to a National Tournament has become exceedingly difficult. There are great teams in the Northern Division--several who have a legitimate shot at a Regional Championship," Nelson illustrates, "I think sometimes people take for granted that we've been able to make it to a National Tournament eight out of the past nine years. If it looks easy, it doesn't mean that it is. We need to continue to push to be better every day, and recruit great area student-athletes."

At the end of the day, Nelson simply strives to help develop young women to be strong and successful adults and hope that their Pioneer pride will carry through every aspect of their lives. "We want to prepare them for life after basketball and college. Our alumni come back for games and events and continue to support Northland and the Pioneers. I think that speaks to the experience these athletes had while they were here. As a coach, I can't think of a better testament to what it means to be a part of the Pioneer women's basketball program."

The Pioneers are currently 8-3 on the season and sit #3 on the NJCAA Division III poll.

Players with the most Super Bowl appearances

Fans of professional football need not be told how popular the sport is. For 17 weeks a year, many fans set aside some time on Sunday afternoons to watch their favorite teams and players battle it out on the gridiron. But interest tends to reach a fever pitch once those 17 weeks have come and gone and the National Football League's postseason begins, ultimately culminating with the Super Bowl. According to Nielsen.com, seven of the 10 most-watched television broadcasts in United States history have been Super Bowls. Fans with especially sharp eyes and memories might have noticed some players have appeared in more Super Bowls than others.

Tom Brady, considered by many to be the greatest quarterback of all-time, has appeared in eight Super Bowls as New England Patriots' signal caller, winning five of them. The eight appearances are the most ever, and Brady's five Super Bowl wins with a single team are a record as well. Incredibly, Brady is still going at age 41, so he might even add to his record number of Super Bowl appearances.

Even diehard football fans might be surprised to learn Mike Lodish, a nose tackle who played for the Buffalo Bills and Denver Broncos, has appeared in the second most Super Bowls of any player in NFL history. Lodish was a member of the Buffalo Bills teams of the early 1990s that lost four consecutive Super Bowls. But Lodish would eventually play in two more for the Broncos, winning them both.

Many players have appeared in five Super Bowls. Cornelius Bennett, Lodish's teammate on the Bills, appeared in five Super Bowls during his career. Unfortunately for Bennett, he lost all five, including one with the Falcons after he departed Buffalo as a free agent. On the flip side of that coin is Charles Haley, who shares Brady's record for Super Bowl wins as a player. Haley appeared in five Super Bowls during his playing days with the San Francisco 49ers and Dallas Cowboys, winning all five.

Farm Rescue Accepting Livestock Feeding Assistance Applications

Nonprofit continues service to area ranchers

HORACE, N.D., January 7, 2019 - Farm Rescue, a nonprofit organization that provides planting, haying and harvesting assistance free of charge to farm and ranch families who have experienced a major illness, injury or natural disaster, is currently accepting applications for livestock feeding assistance.

The program, now in its second year, provides volunteers and equipment to support livestock feeding when a rancher is unable to perform the work, due to a crisis. Equipment has been generously provided by Haybuster (a division of DuraTech Industries) of Jamestown, North Dakota. Volunteers may also operate rancher-owned equipment, if needed.

Farm Rescue has steadily increased its capacity to help more producers each year, including a growing number of ranch families. The nonprofit added haying assistance services in 2012 and recently completed "Operation Hay Lift", in which hundreds of loads of hay were delivered to ranchers affected by severe drought. The livestock feeding assistance program provides a short-term means of sustaining cattle herds when ranchers are unable to perform the work themselves.

"We are proud to continue offering this service to area ranchers," said Bill Gross, Founder & President, Farm Rescue. "We recognize the challenges that hard-working ranchers face on an ongoing basis. Livestock still needs to be fed when crisis strikes unexpectedly, and it's our goal to provide timely livestock feeding assistance when a ranch family is in the recovery phase of a major injury, illness or natural disaster."

The North Dakota-based nonprofit now provides support in six states throughout the Midwest and offers livestock feeding assistance throughout its entire service area. As with all Farm Rescue services, livestock feeding assistance is provided through the work of volunteers. The organization is seeking additional volunteers for this ranch-focused program. Anyone interested in joining the Farm Rescuer family of volunteers to help ranchers should submit a volunteer form at www.farmrescue.org.

About Farm Rescue

Farm Rescue has helped nearly 600 families since its inception in 2006. The organization's mission is to help farmers and ranchers who have experienced a major illness, injury, or natural disaster by providing the necessary equipment and manpower to plant, hay or harvest their crop. Farm Rescue helps farm and ranch families in North Dakota, South Dakota, Minnesota, Montana, Nebraska and Iowa. For more information about the organization and the services it provides, please visit www.farmrescue.org.