



Tri County Canary

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

Peterson Joins House Committee on Veterans' Affairs

Congressman Collin C. Peterson (D-MN-7) will serve on the House Committee on Veterans' Affairs in the 116th Congress, a position he previously held from 1995 to 2001. Having served in the North Dakota National Guard from 1963 to 1969, Peterson brings personal military experience and perspective to the House Committee on Veterans' Affairs.

"As a veteran, I look forward to returning to the House Committee on Veterans' Affairs and working with Chairman Mark Takano and Ranking Member Phil Roe," said Peterson. "Congress needs to explore options to improve healthcare and support services for our nation's fast-growing veteran population."

One of Peterson's priorities on the committee is to better recognize servicemembers. In keeping with that commitment, Peterson recently visited Missouri's Fort Leonard Wood to greet the men and women training where he once did. Peterson's Congressional office is also a partner with the Vietnam War 50th Commemoration Program, which allows him to present Special Vietnam Veteran Lapel Pins to eligible veterans at Veterans Day ceremonies, veterans home visits, and Honor Flight fly-ins in Washington, DC.

Another of Peterson's priorities is to secure federal funding matches for proposed 72-bed veterans homes in Bemidji and Montevideo, Minnesota. Local communities and the



Peterson greeting a veteran on an Honor Flight to Washington, DC.

state legislature have already raised significant funds for both homes. The state will submit formal funding requests to the Department of Veterans' Affairs (VA), and Peterson will actively

support each federal match application as they are considered by the agency.

Finally, Peterson plans to focus the committee's attention on toxic wounds of war such as

exposure to Agent Orange and burn pits. During a visit to the Fergus Falls Veterans Home, Peterson met a Vietnam veteran who suffers from Monoclonal Gammopathy of Undetermined Significance (MGUS), a blood disorder and precursor to cancer. Although this veteran was exposed to Agent Orange, he continues to be denied medical coverage for this disease because the VA does not currently recognize a link between MGUS and exposure to Agent Orange. In response, Peterson led a letter with former Ranking Member Tim Walz and 27 Members of Congress to urge the Office of Management and Budget to add MGUS, bladder cancer, hypothyroidism, Parkinson-like tremors, and hypertension to the presumptive list of diseases associated with Agent Orange exposure.

Due to existing Democratic Caucus limitations on committee assignments, Peterson persuaded House Leadership to grant him a waiver to serve on the House Committee on Veterans' Affairs in addition to his role as Chairman of the House Agriculture Committee.

SA Announces Temporary Opening of Select Offices in Minnesota

USDA announced today that the department will call FSA loan officers and some county office employees back to work for three days to cash checks and do other activities related to USDA's ability to issue IRS-1099s.

It is a partial, temporary re-opening only. The list of offices open in Minnesota is below.

Employees will be in those county offices on Thursday, January 17, and Friday, January 18, as well as Tuesday, January 22. Monday is the Martin Luther King, Jr. holiday.

These FSA employees will deposit checks and undertake the "incidental duty" of co-signing two-party checks received last year, and check the mail for checks received.

Employees will process loan pay outs and advances on existing loans.

USDA Under Secretary Bill Northey indicated that there will be no late charges accrued, nor delinquencies acted on while USDA is shut down.

Employees will also check on bankruptcy filings and update lien filings.

Producers can drop off applications for Market Facilitation Program (MFP) payments or other programs as well as new loan applications, but they will not be processed at this point.

USDA also indicated to congressional Agriculture Committee leadership that they are continuing to work with the Office of Management and Budget regarding other actions or programs that are currently shut down, such as direct and guaranteed operating loan approvals and applications or work on implementing the new farm bill dairy provisions.

The following Minnesota FSA offices will be open:

- Beltrami County Service Center 3217 Bemidji Ave N Bemidji, MN 56601 (218) 751-1942
- Kittson County Service Center 410 5th St S Hallock, MN 56728 (218) 843-2692
- Marshall County Service Center 105 S Division St Warren, MN 56762 (218) 745-4251
- Pennington Co. Service Center 201 Sherwood Ave Thief River Falls, MN 56701 (218) 681-1612
- Roseau County Service Center 502 7th St SW Roseau, MN 56751 (218) 463-2452
- 20) 251-7800
- 0) 842-7201
- 8) 739-4694
- West Polk County Service Center 528 Strander Ave Crookston, MN 56716 (218) 281-2809



Bryce Stordahl manages a new construction company, Stordahl Construction. They are a general contractor focusing on concrete and carpentry, working in residential, commercial, industrial, and agricultural sectors. They typically staff 3-4 full time employees. Andrea is the owner/operator of Minnesota Rust. Minnesota Rust is an antique and vintage design and décor shop in downtown McIntosh. They have been in business for over 4 years and in their current location for 2 months, after renovating the old McIntosh Bakery. They serve the local community as well as customers around the country.



Adam and Mindy Broden have an 80 acre hobby farm that they have owned for the past 13 years where they keep horses, chickens, and sheep. Adam has been an agent for Farm Bureau Financial Services for the past 11 years. Mindy has been an alcohol and drug counselor for the past 8 years.



Dustin is an ag and business banker for Bremer Bank in Warren, MN. Jenna is an administrative assistant at Phil Thompson & Associates in Warren, MN, working in accounts payable and receivables.

Local leaders participate in Extension program

Bryce and Andrea Stordahl, McIntosh are East Polk County's representatives, Adam and Mindy Broden, Bagley are Clearwater County's representatives Dustin and Jenna Grabowska, Argyle are Marshall County's representatives in the Red River Valley Emerging Leadership Program. Alumni of the program from the county nominated them to take part in the program because of their involvement in their community.

During the program, they will be gathering with other rural leaders from 13 counties in the region over four sessions to gain insight on personal leadership styles, communication, rural issues, life balance, and facilitating effective meetings. Participants will spend time at the state capitol and visit with state legislators about issues affecting their communities.

A recent graduate of the Emerging Leadership Program said the following about the program:

"This has been the most beneficial training that I have ever attended. It has impacted all parts of my life, including how I have thought about some issues and new tools/techniques for more productive ways to deal

with difficult situations. I find myself thinking and using these techniques every single day. And the connection to other participants has been so much fun. I have enjoyed getting to know them and learning about other communities. I will miss that."

University of Minnesota Extension is the primary sponsor of the Emerging Leadership Program. Additional financial support for the program comes from the Northwest Minnesota Foundation, Red River Valley Development Association, and from a variety of other sources including ag producer groups, electric cooperatives, community businesses, financial institutions and individuals in counties throughout northwest and west central Minnesota who contribute each year.

The couples will be honored for their commitment to leadership and their community at the Emerging Leadership Program's annual recognition banquet on Saturday, March 30 in Crookston. Family and friends are invited to join program alumni at the event. Tickets can be ordered from the Extension Regional Office~Crookston by calling 218-281-8696 -or- toll free 1-888-241-0781.

Don't miss the One Act show this Thursday!



"Selfie" is a One Act show put on by the Fosston High School that they will be performing at contest this Thursday, January 24 in Bagley. The contest begins at 4:30 p.m. at the Bagley High School. There will be 6 other plays competing, with the top two advancing to Sections. The show is directed by Abby Pearson. Actors are: Jace Hanson, Alexis Perreault, Avery Sannes, Olivia Blaser, Olivia Landsverk, Kiana Anderson, Kayla Zitzow, Nate Ubert, Jenna Hruby Kyla Faldet, Ava Frank, Liam Hoeffer and Joe Wedin.



Above in the hospital picture is Jace Hanson, Alexis Perreault, Avery Sannes, Olivia Blaser, Olivia Landsverk, Kiana Anderson, Kayla Zitzow, Nate Ubert and Jenna Hruby. The contest begins in Bagley at 4:30 p.m. at the Bagley High School and there is no cost to attend.



Erick Wensloff and Adam Weiland and County Ambassador Dallas Buchwitz, participating in a lesson at the 4-H club officer training.

Roseau County 4-H Club Officer Training

Roseau County 4-H youth learned valuable skills at the 4-H club officer training, held on Sunday, January 13, 2019 at the Roseau County Courthouse Board Room. The Roseau County 4-H Ambassadors helped plan and lead the hands-on training. The Ambassador program is a group of positive youth role models that represent 4-H in the

community through 21st century leadership and global citizenship that contributes meaningfully to their communities, both locally and beyond. The Ambassadors did exceptional job empowering the youth to take active leadership roles in their club which will enhance life skills in leadership, decision making, problem solving and communications.

If you are interested in learning more about the Roseau County 4-H Program, please call the University of Minnesota, Roseau County Extension/4-H Office with questions at 218-463-1052 or email Sandi Weiland, 4H Program Coordinator at weila006@umn.edu Learn more go to: <https://extension.umn.edu/local/roseau/4-h>

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Attn: Gully Sportsman Club Members

Gully Sportsman Club
Meeting at Shorty's Place
on Saturday, January 26
at 9:30 a.m.

Move More...Fall Less

Written by Karin Haugrud

If you or someone you know has fallen, you are not alone. Falls can happen anytime, anyplace and to anyone. Falls can occur while doing everyday activities. But falls are not a normal part of getting older. The bad news is falls in Minnesota have been increasing. The good news is there are easy ways you can reduce an older adult's risk of falling.

A quick screening is an easy first step in detecting those at risk and reducing falls and the major injuries that can result from falling.

Ask the following three questions of older adults regularly: Have you fallen in the past year? How many times have you fallen in the past year? Are you afraid of falling?

Having a major fall can change one's life forever. It could mean giving up living a full independent life.

The rate of falls among older adults in Minnesota is increasing at a faster rate than the rest of the country. Minnesota now has the fourth highest unintentional fall death rate in the country. Here are some more numbers that we need to change: women age 50 and older are more likely than men to fall. Men age 50 and older are more likely to die from a fall until about age 70.

Falls are the leading cause of hospitalized injury and the leading cause of emergency room treated injury. Costs for nonfatal falls for Older Minnesotans are high - \$162 million for hospital charges and \$20.4 million for emergency department charges in 2005.

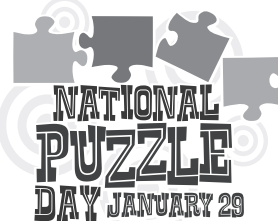
Anyone can fall although more often falls occur in older adults. Falls are often the result of many factors related to the individual and his or her environment.

Walking is an easy way to be active and it is free! Walking starts the joints moving and gets you limbered up which can help you feel better, enjoy life more and stay independent. Experts recommend that you be active 30 minutes a day. Moving can fit in your life easily just by making some small changes. Remember physical activity can be done at any age and any amount of activity is better than none.

Don't forget to eat a Healthy Diet. Your body needs fuel to maximize your physical activity, choose the best food for you.

The Minnesota Board on Aging is trying to reduce the number of fall-related injuries and deaths. Its goal is to increase awareness of the risk of falling both among the general public and health care professionals; to prompt more thorough assessment of individuals' risk of falling; and to promote evidence-based interventions aimed at reducing falls, fall-related injuries, and deaths. The initiative's website is www.mnfallsprevention.org.

This article is made possible with Older Americans Act dollars from the Land of the Dancing Sky Area Agency on Aging. Call the Senior Link-Age® at 800-333-2433 to speak with an information specialist about preventing falls, or check out our website at Minnesota-Help.info. The site includes more than 12,000 agencies and 44,000 services across the state of Minnesota.



Blair Bakke had a pretty special day with her 12 grandparents...all under ONE roof for her 1st birthday! (Oldest is 97 this March 11th and 1 as of January 11th is the age spread of this photo.) Pictured: Seated are Kathy Bakke, Wayne and Darlene Johnson, Gerald and Edna Wraa. Standing: are Wayne Bakke, Warren and Doreen Bardwell, Scott and LeeAnn Bakke, Steve and Julie Wraa, and the birthday girl... Blair Bakke (parents Brennan and Brooke Bakke).

College News

Northland Community & Technical College President's and Dean's List

Northland honors its students' academic achievements each semester through the publication of the President's and Dean's list.

PRESIDENT'S LIST: Fall 2018 SEMESTER

The President's List for students earning academic honors for the fall 2018 semester at Northland Community and Technical College - East Grand Forks and Thief River Falls has been released. Students must have at least 12 earned credits as of the last day of the semester and a semester grade-point

average of 3.75 to 4.0 must be achieved to be eligible for the Northland Community and Technical College President's List.

Bagley - Timothy Johnson, Liberal Arts & Sciences.

Erskine - Spencer Anderson, computer & Network Technology; Jakson Knutson, Collision & Refinishing Technician.

Fosston - Addam Bjerke, Supervisory Leadership; Kira Ness, Medical Coding Specialist

Gonvick - Kaili Simpson, Electronics Tech-Automated Sys.

Goodridge - Brooke Anderson, Liberal Arts & Sciences; Megan Beck, Practical Nursing; Hannah Dietsch, Business; Benjamin Groven, Welding Technology; Ashlyn Henrickson, Liberal Arts & Sciences Jordan Skibicki, Construction Electricity; Alexis Tomford, Practical Nursing; Jeremy Wis-

kow, Electronics Tech-Automated Sys.

Grygla - Trystan Jelle, Surgical Technology; Ashley Moe, Business.

Gully - Clayton Blaser, Welding Manufacturing Technology.

Lengby - Krister Anderson, Construction Electricity

McIntosh - Jarrin Gunderson, Criminal Justice - Law Enforcement; Cole Shaver, Carpentry-Residential.

Oklee - Kelsie Sirjord, Early Childhood & Paraprofessional; Jeri Ulyott, Electronics Tech-Automated Sys; Michael Wojciechowski, Electronics Tech-Automated Sys.

Plummer - Calyssa Eskeli; Lisa Kolseth, Undeclared.

Ponemah - Alyssa Dow, Practical Nursing.

Red Lake Falls - Madison Derosier, Practical Nursing; David Dufault, Precision Agri-

culture Equipment Tech; Kurtis Ellefson, Sales, Marketing & Management; Whitney Grenier, Digital Marketing; Jozi Halvorson, Liberal Arts & Sciences; Emily Ries Valley, Practical Nursing

Trail - Sydnie Gunderson; Marie Johnson.

DEAN'S LIST: Fall 2018 SEMESTER

The Dean's List for students earning academic honors during the fall 2018 semester at Northland Community and Technical College - East Grand Forks and Thief River Falls has been released. Students must have at least 12 earned credits as of the last day of the semester and a semester grade-point average of 3.5 to 3.74 must be achieved to be eligible for the Northland Community and Technical College Dean's List.

Bagley - Mackenzie Dahl, Practical Nursing; Jonathan Danielson; Electronics Tech-Automated Sys.

Fosston - Brianna Benson, Criminal Justice - Law Enforcement.

Goodridge - Dylan Manderud, Auto Body Collision Technology.

Grygla - Carson Amirayan, Aviation Maintenance Technology.

McIntosh - Grace Spry, Business

Oklee - Jordin Gunderson, Criminal Justice - Law Enforcement; Sydney Melby, Liberal Arts & Sciences; Linsey Thompson, Practical Nursing.

Red Lake Falls - Mariah Derosier, Nursing; Whitney Donner, Practical Nursing; Lilyan Guillemette; Kelsey Landman, Liberal Arts & Sciences.

Minnesota students receive degrees from NDSU

The following local Minnesota students were among those to graduate from North Dakota State University in fall 2018. NDSU awarded 982 degrees to students.

An asterisk indicates students who graduated with honors. A student must earn a 3.50

grade point average or higher to graduate with honors.

Erskine - *Jenna Wiersma, BS, Zoology

Fosston - Hilliary Louise Trandem, MNRM, Natural Resources Management

Goodridge - Samantha Sue Sjulestad, BS, Psychology

Puposky - James M. Swigum, BS, Agricultural Economics

Benjamin Thoma of Clearbrook named to 2018 Fall Semester Chancellors List

CROOKSTON, MN (01/18/2019) -- Students named to the fall semester 2018 Chancellors List were announced recently by the Office of the Registrar.

To qualify for a place on the Chancellors List, students must complete 12 or more letter-graded (A-F) credits while attaining a 4.00 grade point average. One local student named to the Chancellors List was Management student Benjamin Thoma, from Clearbrook, MN (56634)

Charmaine Barranco of Shevlin completes certificate program

DULUTH, MN (01/17/2019)-- Charmaine Barranco of Shevlin, MN has completed a Certificate Program in Teaching at The College of St. Scholastica.

St. Scholastica held its Fall 2018 Commencement ceremony on Saturday, Dec. 15 in the Reif Gymnasium on campus.

Students named to MSU Dean's List

The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement fall semester 2018. Students must

be in degree-seeking status and maintain a 3.25 or higher grade point average while completing a minimum of 12 graded credits to qualify for the honor.

Kylie Bergh, Bagley High School, 2015, Elementary Inclusive Education

Shayley Espeseth, Win-E-Mac School, 2016, Theatre Arts

Katie Olson, Red Lake County Central HS, 2018, Health & Medical Sciences, Pre-Physician's Assistant

Katherine Knutson, Clearbrook-Gonvick School, 2016, Biology, English

Sydney Tadman, Win-E-Mac School, 2018, Elementary Inclusive Education

Joseph Parenteau, Win-E-Mac School, 2018, Film Production

Hanna Wiersma, Win-E-Mac School, 2015, Psychology, Criminal Justice

Whitney Shegrud, Bagley High School, 2009 Biology, Cellular and Molecular Biology

Marissa Carlson, Fosston High School, 2015, Early Childhood Education

Tess Hubbard, Fosston High School, 2017, Elementary Inclusive Education

Claudia Keller, Fosston High School, 2016, Speech/Language/Hearing Science

Ryan Nordskog, Moorhead, Fosston High School, 2009, Film Production

Emma Viken, Fosston, Fosston High School, 2017, Social Studies

Carlye Kiesow, Grygla School, 2018, Business Administration, Business Analytics

Emelian Hanson, Win-E-Mac School, 2018, Finance

Jessica Kasprzak, Win-E-Mac School, 2016, Exercise Science

Kali Benson, Treknorth Jr Sr High School, 2015, BFA in Art

Payton Hinrichs, Bagley High School, 2017 Elementary Inclusive Education

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to celebrate
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Who is retiring after
ten years with
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GARDEN PEAS OR SWEET KERNEL CORN
BIRD'S EYE VEGETABLES
10/\$10 13-16 OZ

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

DARK CHOCOLATE ALMOND,
FRUIT & NUT OR OATS & HONEY
CASCADIAN ORGANIC GRANOLA (13.25-16 OZ)
FRUITY PEBBLES, COCOA PEBBLES,
HONEY ROASTED OR ALMOND HBO
POST CEREAL (20.5-23 OZ)
3/\$10
FROSTED MINI SPOONERS (40 OZ);
GOLDEN PUFFS (33.8 OZ); COCOA DYNO BITES
(32 OZ); OR CINNAMON TOASTERS (31 OZ)
MALT-O-MEAL CEREAL

ASSORTED DEAN'S ICE CREAM
\$3.99 4.5 QT PAIL

ASSORTED
DEAN'S ICE CREAM ...56 OZ SQUARES **\$2.79**

ESSENTIAL EVERYDAY ULTRA STRONG
BATH TISSUE
\$5.99 12 PK-DOUBLE ROLLS
OCEAN BREEZE, STRAWBERRY, TROPICAL COCONUT OR
CLARIFYING SHAMPOO OR CONDITIONER
SUAVE 30 OZ **\$1.89**

ASSORTED
COCA COLA PRODUCTS
3/\$12 12 PK - 12 OZ CANS
SUPER CHILL WILD BERRY
SPARKLING WATER 17 OZ **4/\$1**

ASSORTED
HERSHEY CANDY BARS
5/\$3

SHOPPERS VALUE DARK RED
KIDNEY BEANS
3/\$1 15 OZ

ESSENTIAL EVERYDAY
WATER
4/\$10 24 PK-1/2 LITER BOTTLES

ESSENTIAL EVERYDAY
PURIFIED, DRINKING OR DISTILLED
WATER
69¢ GALLON

FAMILY PACK 85% LEAN
GROUND BEEF
\$2.99 LB

HORTEL PORK
BABY-BACK RIBS
\$2.99 LB

AGRO I.Q.F. BONELESS SKINLESS
CHICKEN BREASTS
\$3.99 2.5 LB

OSCAR MAYER ASSORTED
BOLOGNA OR COTTO SALAMI
LUNCH MEAT
4/\$5 12 OZ

CERTIFIED ANGUS BEEF BONELESS
SIRLOIN TIP ROASTLB **\$3.99**

FAMILY PACK BONELESS CENTER CUT
PORK LOIN CHOPS LB **\$2.49**

FAMILY PACK SPLIT
CHICKEN BREASTS LB **99¢**

MANEA'S ASSORTED
BEEF SNACKS STICKS 8 OZ **2/\$7**

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

BONELESS CENTER CUT
PORK LOIN ROASTLB **\$2.39**

GERBER BONELESS SKINLESS
CHICKEN BREASTSLB **\$4.49**

MANEA'S SMOKED
COTTAGE BACON 12 OZ **2/\$7**

CERTIFIED ANGUS BEEF BONELESS
BALL TIP STEAKLB **\$4.49**

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

PILGRIMS PRIDE
WHOLE CHICKENSLB **\$1.19**

TASSEE CHOICE ASSORTED
STIR FRY KITS 24 OZ **\$4.99**

CERTIFIED ANGUS BEEF BONELESS
NEW YORK STRIP STEAKLB **\$7.99**

ARCTIC SHORES 61 TO 70 COUNT
COOKED SHRIMP 12 OZ **\$3.99**

ENCORE BREADED FULLY COOKED CHICKEN PATTIES, NUGGETS OR
CHICKEN STRIPS 2 LB **\$4.99**

ARCTIC SHORES
COD FILLETS16 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**

VILLAGE HEARTH WHITE OR WHEAT
COTTAGE BREAD
\$2.49 24 OZ
HAMBURGER OR CONEY RUNS
BALL PARK 8 PK **\$2.49**

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ESSENTIAL EVERYDAY UNSCENTED
CAT LITTER..... 10 LB **\$2.59**

LAND O' LAKES WHOLE OR 1%
CHOCOLATE TRUMMOO
\$3.39 GALLON
ASSORTED COTTAGE CHEESE & FRUIT
DAIRY PURE 5.3 OZ **99¢**

ESSENTIAL EVERYDAY
CHOPPED WALNUTS OR PECANS
\$1.29 2 OZ
CRISCO
VEGETABLE OIL 48 OZ **\$2.39**

ASST. LAY'S POTATO CHIPS (9.5-10 OZ); ASST. KETTLE CHIPS (8 OZ); ASST. BAKED SNACKS (6.25 OZ) OR ASST SUNCHIPS (7 OZ)
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PITTED RIPE OLIVES
2/\$3 6 OZ
EARLY CALIFORNIA SLICED
RIPE OLIVES..... 2.25 OZ **\$1.19**

ESSENTIAL EVERYDAY
REGULAR BLEACH
2/\$3 64 OZ
ONE & DONE CUCUMBER & GREEN TEA, NATURAL CARE OR SIMPLY CLEAN
HUGGIES WIPES.. 184-216 CT **\$5.99**

LAND O' LAKES OR CASS CLAY
HALF & HALF
5/\$4.50 PINT
ESSENTIAL EVERYDAY MILD CHEDDAR, SHARP CHEDDAR OR MOZZARELLA
REG. SHREDDED CHEESE..... 8 OZ **3/\$4**

SHOPPERS VALUE
BUTTER OR EXTRA BUTTER
MICROWAVE POPCORN
\$1.99 12 PK
CASHEW HALVES OR PIECES
ESSENTIAL EVERYDAY 8 OZ **\$2.59**

OLD DUTCH ORIGINAL OR RIP-L
POTATO CHIPS
\$3.59 15 OZ BOX
PUFFCORN, CARAMEL PUFFCORN, CHEESY PUFFCORN OR SOUR CREAM & ONION RINGS
OLD DUTCH 7-9 OZ **2/\$4**

CULINARY CIRCLE
VANILLA, CINNAMON OR ALMOND
GOURMET PEACH HALVES
99¢ 19.4 OZ
MANGO IN MANGO GEL
DOLE 4 PK-4.3 OZ TUBS **\$1.19**

ESSENTIAL EVERYDAY
NAPKINS
\$1.29 250 CT
ULTRA ORIGINAL
DAWN DISH LIQUID ... 19.4 OZ **\$2.89**

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WHIPPING CREAM
\$1.99 PINT
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DOLE SALADS 5-10 OZ **2/\$4**
ROMAINE HEARTS..... 3 COUNT **\$2.49**
YELLOW ONIONS 2 LB **99¢**
RED POTATOES 10 LB **\$3.99**

30 PK-12 OZ CANS
BUSCH LIGHT
BEER **\$19.99**
12 PK-12 OZ BOTTLES
CORONA OR
CORONA LIGHT..**\$15.99**
1.75 LITER
HUNTER'S CANADIAN
WHISKEY **\$11.99**
1 LITER RUM CHATA
CARIBBEAN
RUM **\$22.99**

750 ML
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CHARDONNAY **\$3.99**
750 ML
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CLASSIFIED ADS

Tri-Valley Opportunity Council, Inc.

Is hiring a **Family Partner** position in the Win-E-Mac School District in Erskine. The position is primarily responsible for engaging and supporting children, youth and families, as well as assisting families to drive the project and services to meet their individual needs. Position is 40 hours a week, 12 months a year with a variable daily schedule. Starting wage is \$18/hr. To view a complete description of the position and to apply visit the Tri-Valley Careers page at www.tvoc.org/careers/.

Application deadline: January 16.

For questions about the position, contact Maureen Hams at 218-773-5319 or email mhams@tvoc.org. Tri-Valley is an equal opportunity employer.

R44C

Information Technology Specialist

Applications are now being accepted for the position of Information Technology Specialist in the Clearwater County Information Technology Department.

General Statement of Duties: To provide primary technical and help desk support for county computer, network systems and business applications. Setup and maintenance of PC's and troubleshoot and support network equipment. Strong communication and customer service skills and ability to work as a team player is required. General web development or programming is a plus.

Position Requirements: Combination of education and experience totaling four years with a minimum of a two year technical degree in a related field. Valid driver's license is required

Starting Range: \$18.59 to \$24.76 – Range 16

Application Deadline: 4:30 p.m., Friday, February 1st, 2019.

Application form and job description may be obtained from our website at: www.co.clearwater.mn.us or by contacting the Clearwater County Information Technology Office, 213 Main Ave. N., Dept. 204, Bagley, MN 56621 (218) 694-3633.

Clearwater County is an Equal Opportunity Employer.

R43-45C

Red Lake County Central Elementary School

in Plummer, MN is planning and preparing for an elementary Long Term Substitute teaching position open approximately February 18, 2019. Applicants must hold, or be eligible to acquire a Minnesota teaching license. Deadline is January 24, 2019. Applicants interested in the position should contact: Mr. Andrew Fougner, Principal Red Lake County Central Elementary PO Box 7, Plummer, MN 56748 218-465-4222 afougner@gvtel.com ISD #2906 is an equal opportunity employer.

O43-44C

East Polk Soil and Water Conservation District Position Announcement

The East Polk Soil and Water Conservation District is accepting applications for a District Manager. This position will supervise district staff, oversee and administer district programs, and manage the day-to-day operations of the district. This position will promote conservation efforts, coordinate and administer the Erosion Control & Water Management Program and programs and projects designated to the District by the Polk County Local Water Management Plan. This position will also assist with the Minnesota Ag Water Quality Certification Program, the Wetland Conservation Act, as well as other duties. The position requires working with landowners and community groups as well as local, state, and federal government to build partnerships and implement conservation programs. The position will close Friday February 8, 2019 at 4:30pm.

The job description and full position announcement can be obtained at the East Polk SWCD office or on the website: www.eastpolkswcd.org. Please mail cover letter and resume to: East Polk SWCD, P.O. Box 57, McIntosh, MN 56556 or email to klein.eastpolk@gmail.com.

R44-46C

Clerk Typist Cashier IIIA – Polk County Attorney

The Polk County Attorney's Office is seeking applicants for a full-time Clerk Typist Cashier IIIA. This position performs data entry, clerical support and office support activities to assist the attorneys in representing the State and County in criminal and civil proceedings. Applicants must possess a high school diploma or equivalent and minimum of one (1) year of specialized or technical legal secretary training or at least two (2) years of related experience; Wage range is \$16.07 - \$20.42/hour; DOE and qualifications. A full job description along with an application for this position can be found at <http://www.co.polk.mn.us> 'Job Opportunities' or by contacting the Polk County Administrator's Office. (218-281-5408) Applications for this position will be received until 4:30 p.m. on February 6, 2019.

EEO

M44-45C

Clearbrook-Gonvick School

has an immediate opening for a Sixth Grade long term substitute teacher. This position runs for 6 weeks from Mid-April until the end of May. More definite dates TBD.

Requirements: MN Teaching License in Elementary Education.

Please submit letter of interest, resume, credentials, and two references to:

Clearbrook-Gonvick School
Attn: Jeff Burgess
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Or by email jburgess@clearbrook-gonvick.k12.mn.us

Position open until filled.

R44-49C

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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.

M43-46C

Employment Program Coordinator

Inter-County Community Council is accepting applications for an opening in our Employment & Training Department: Employment Program Coordinator: Will provide administrative and program compliance support to the operation of the federal and state employment and training programs.

Experience working with employment and training programs, workforce development, human services or related field preferred. Microsoft Office Advanced knowledge preferred. Full time

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountyycc.org. Send completed application and resume to ICC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountyycc.org. Applications must be received by 4 pm on Friday, January 25, 2019. Call 218-796-5144 x1018 for more information about the position.

R43-44C

ICCC is an equal opportunity employer.

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. February 13th, 2019

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 aquatic, 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.

R44C

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Garden Valley Telephone Company Statement of Nondiscrimination and Equal Employment Opportunity

In accordance with Federal civil rights law and the U.S. Department of Agriculture (USDA) civil rights regulation and policies, the USDA, its Agencies, officers, and employees, and institutions participating in or administering USDA programs (including Garden Valley Telephone Company) are prohibited from discriminating based on race, color, creed, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, local human rights commission activity, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue S.W., Washington, DC 20250-9410, by fax (202) 690-7442, or email at program.intake@usda.gov.

Garden Valley agrees with, and has fully complied with, all nondiscrimination and equal employment requirements. The Company has not received any complaints in regard to these provisions.

Garden Valley Telephone Company is an equal opportunity provider and employer. All employment is decided on the basis of qualifications, merit, and business needs.

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BINGO
51#s for \$1000
6:30 pm SAT., Jan. 26th

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Areas of interest include: Clearbrook, Leonard, Gonvick, Gully, Trail, Oklee, Brooks, Bagley, Ebro, Lengby, Fosston, McIntosh, Erskine, Mentor, Shevlin, Solway, Pinewood, Wilton. Fully licensed and insured. If you have property you would consider leasing please give me a call at 218-533-1180.

Marshall County, MN Land for Rent

Pifer's Land Management is accepting bids for a two-year cropland lease on 157.2 acres. This exceptional land located in NW ¼ Section 22 in Excel Township. Written bids will be accepted until Friday February 8, 2019. Call Dwight Hofland at 701.630.4359 or email dhofland@pifers.com for more information. Owners have the right to accept or reject any or all bids. www.pifers.com, Pifer's Land Management.

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

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COLD WEATHER WORD SEARCH

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

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

COLD WEATHER WORD SEARCH

Answers on page 6

ACCUMULATION	BRISK	FORECAST	PELLETS
AGGREGATE	CLOUDS	FREEZING	PRECIPITATION
ARCTIC	CONDENSATION	GRAINS	SLEET
ATMOSPHERE	CONVERGENCE	GRAUPEL	SLUSHY
BAROMETER	DEPRESSION	GUSTS	SNOW
BITTER	DRIFTS	HAIL	STICK
BLACK ICE	DRIZZLE	ICE CRYSTALS	TEMPERATURE
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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: I customized the front of my truck. Is it legal in Minnesota?



Answer: There are two violations with your customized front end.

1. License plates must be

displayed on the front and rear of the vehicle. The plates must be securely mounted and displayed horizontally with the identifying numbers and letters visible. License plates issued to vehicles must also display the month of expiration in the lower left corner of each plate and the year of expiration in the lower right corner of each plate. Plates cannot be displayed in the front windshield or rear window.

2. The light bar you have mounted is designed for off-road use only. Having this type of auxiliary light on while driving can make it unsafe for approaching drivers. If a vehicle with auxiliary lamps is driven on a public highway, the lamps do not need to be covered if they are within the height requirements of not less than 16 inches

or more than 42 inches above the road. Those outside of the height requirements (including yours) must be completely covered with an opaque material. Only four auxiliary lamps can be on at one time.

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

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

Theology in the Trenches

By Kathleen Kjolhaug

“Be 1 Corinthians 13:1-13”

One day, as I took pause in conversation with another, they made a suggestion. They suggested that I was not to merely read 1 Cor. 13:1-13, but rather I was to pray to BE 1 Cor. 14:1-13.

The next day I opened up the very words my friend spoke of. As I was trying to follow their advice, and as I did, the pages came to life...giving life.

“Now I will show you the way which surpasses all the others.” So far so good. I’m in! If it surpasses all other ways... who wouldn’t want this? I kept reading.

“If I speak with human tongues and angelic as well, but do not have love, I am a noisy gong, a clanging cymbal.” Well, there you go. I’ve made enough gong-like noise in my lifetime to last a lifetime. Have my overtones and undertones been filled with love? Always? Most certainly not. Self has been in the mix, pride has been in the mix, and I’ve landed center stage even though I hadn’t intended it to be as such. Purity of heart is what I do desire...and I believe that desire does please Him. Perfectly imperfect is my new mantra and so confess I must. Confessing allows me freedom to have Him point out a few areas where I need to let love in.

I kept reading. “If I have the gift of prophecy and, with full knowledge, comprehend all mysteries, if I have faith great enough to move mountains, but have not love, I

am nothing.” That brought me to my knees and at the same time new questions surfaced. How is this possible? How are we to profess You alone... all the while moving ourselves out of the way? Help me live this one out...because I can’t...You can. You alone are God and I am not.

“If I give everything I have to feed the poor and hand over my body to be burned, but have not love, I gain nothing.” This sounds like a lot of doing that will produce little fruit if it’s not done in love. Maybe the questions I should be asking are... How can I love? How is it possible? What would it look like? “Love is patient; love is kind. Love is not jealous, it does not put on airs, it is not snobbish. Love is never rude, it is not self-seeking it is not prone to anger; neither does it brood over injuries. Love does not rejoice in what is wrong but rejoices in the truth. There is no limit to love’s forbearance, to its trust, its hope, its power to endure.” Well, there you go. I have my answer.

As of late, I’ve had to go to a Physical Therapist. He helps strengthen the muscles in my lower back. I suppose His Word, if I practice what He suggests, would be the equivalent of strengthening my soul and He could be called my Spiritual Therapist. He strengthens the heart muscles each time I work out and put into action what He is prescribing.

Why would a person want this? Why? Because “Love never fails. Prophecies will

cease, tongues will be silent, knowledge will pass away. Our knowledge is imperfect and our prophesying is imperfect. When the perfect comes, the imperfect will pass away.” If it never fails, why would we try anything else? It will fail. When I already have a cheat sheet of what works...why would I do anything else? Truth-be-told, we all think we know what’s best and sometimes...we just go our own way and do our own thing paying little attention to His advice.

“When I was a child I used to talk like a child, think like a child, reason like a child. When I became a man I put childish ways aside. Now we see indistinctly, as in a mirror; then we shall see face to face. My knowledge is imperfect now; then I shall know even as I am known. There are in the end three things that last: faith, hope, and love, and the greatest of these is love.”

Who wouldn’t want the greatest? If it’s the best, the greatest, lasts forever, and is highly recommended by the One who is all knowing from the beginning of time, then, who wouldn’t want this?

I do. Many of us have said those two words not having a clue as to what they truly mean. Daily I must confess that I know nothing about love. Intentionally I must pray that He, the perfect One, take away the imperfect. It is a simple first step and I continue to pray that I may BE 1 Corinthians 13:1-13. Amen.

Boost your immune system and fight colds with probiotics

By Jean Larson, licensed and registered dietitian at *Essentia Health*.

Did you know about 70 percent of your immune system resides in your gut?

Probiotics are beneficial bacteria that live in our digestive tract and help digest food, synthesize vitamins and support our immune systems. Eating more foods packed with probiotics during cold and flu season may lessen the impact of the common cold. According to a systematic review from the British Journal of Nutrition, certain probiotics strains, *Lactobacillus* and *Bifidobacterium*, were found to lessen the duration of respiratory infections in adults and children.

To maintain a healthy digestive tract and immune system, it’s helpful to consume probiotic-rich foods or even take supplements. These foods contain live bacteria cultures or have been fermented with benign bacteria.

Fermentation has been used throughout history as a way to preserve food. But don’t confuse fermentation with pickling. Both are forms of food preservation, but pickled food won’t provide the probiotic benefits.

Fermentation occurs when bacteria convert carbohydrates and sugars in whole food items (like vegetables or milk) to an acid that helps preserve the food. To get the maximum benefits from fermented foods, read product labels and choose only those that contain “active, live cultures.” Raw and unpasteurized is best unless you have a compromised immune system.

Probiotic foods are easy to come by in supermarkets these days. You’ll find them in the produce section. Select foods that have been refrigerated and say they have live cultures or have not been pasteurized since the heat of pasteurization kills the good bacteria. It’s also simple and inexpensive to make probiotic foods at home.

Sources of probiotics include:

- Fermented vegetables: sauerkraut, kimchi, pickles, beets, carrots
- Fermented fruits: chutneys, jams, green papaya, pickled jackfruit
- Yogurt, kefir, sour cream, buttermilk with live and active

cultures (pick plain and no added sugar)

- Kombucha, a fermented beverage
 - Fermented condiments: homemade ketchup, relishes, salsas and pickled ginger
 - Water kefir, coconut milk kefir
 - Homemade coconut milk or cashew yogurt
 - Beet kvass, a fermented beet juice
 - Natto, miso, tempeh and tamari sauce
- My patients often ask how they can incorporate more probiotics into their meals. Here’s what I often suggest:

Breakfast

- Scramble eggs with fermented salsa or top with fermented hot sauce or kimchi.
 - Swap juice for a glass of beet kvass.
 - Make a smoothie with unsweetened kefir or yogurt.
- #### Lunch or dinner
- Add fermented pickles to tuna, salmon, egg or chicken salad.
 - Serve your salad with a side of kraut, fermented beets or fermented chutney.
 - Top tacos with fermented jalapeno slices.

Snacks

- Combine kefir with frozen berries.
 - Cut up veggies and serve with a kefir dill dip.
 - Enjoy a glass of kombucha.
- Here’s a recipe for a kraut packed with probiotics. It’s adapted from “Wild Fermentation.”

Green Cabbage, Carrot and Ginger Kraut

- 1 head green cabbage
- 2 tablespoons grated ginger, or more to taste
- 10-ounce bag organic shredded carrots
- 1 tablespoon sea salt

Wash two 1-quart wide-mouthed mason jars with soap and very hot water or sterilize the jars with hot water.

Remove outer leaves of the cabbage and scrub the outside of the cabbage. Chop or shred cabbage into fine ribbons (the finer the chop, the more juices that will be released). Combine with shredded carrots and grated ginger.

Salt the vegetables lightly. Squeeze the salted vegetables

with your hands until the cabbage is soft and has released a pool of juice at the bottom of the bowl. (You may choose to divide the shredded vegetables into two batches).

Pack the vegetables into your prepared mason jars. Press them down with force so that air pockets are expelled and the juice rises over the vegetables. Place one of the outer cabbage leaves over the top of the packed vegetables, fold the leaf, and press down, submerging it fully under the liquid to prevent loose pieces from floating to the surface.

Screw the top on to each jar. Each day, release the pressure caused by the gas from fermentation by loosening the jar lids to “burp” the kraut.

Allow the kraut to ferment three days to three weeks, tasting along the way. Flavor and texture will change, becoming more acidic and softer with longer fermenting times. If you’d like to slow fermentation, move to the refrigerator and enjoy within a few months.

Senator Mark

Johnson encourages nominations for 2019 Minnesota Woman Veteran of the Year

(St. Paul-MN) The Minnesota Women Veterans Initiative is now accepting applications for its annual Minnesota Women Veteran of the Year Award. Residents of Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau counties are invited to nominate outstanding female veterans who have honorably served in the United States Military and have displayed leadership within their civilian community.

“This is a great opportunity to acknowledge mothers, daughters, sisters, friends, and neighbors for their sacrifices during the course of their service in our nation’s military forces,” said Senator Mark Johnson (R-East Grand Forks). “I hope that members of our community will take the time to recognize the commitment of these outstanding service women in Senate District 1 and nominate them to receive this award.”

The Women Veterans Initiative’s mission is to improve the lives and well-being of women who have served in the military through access and innovative programs and services.

Submissions are due February 28. The nomination form can be found at https://mn.gov/mdva/assets/2019-02-23-nomination-form_tcm1066-363150.pdf

The award will be presented at the 2019 Minnesota Department of Veterans Affairs Women Veterans Conference at the YMCA Maplewood Community Center on March 23.

Details on the application process:

- Anyone may nominate a Minnesota resident female veteran.
- Submissions from Minnesota veterans, Veteran Service Organizations (VSOs), County Veterans Service Officers (CVSOs) or veterans groups are encouraged and welcomed.
- Nomination forms must include the nominee’s general information along with a narrative explaining why the veteran is being nominated for the award. Nominations not selected may be retained for future award consideration.
- Nominations may be forwarded to womenveteransinitiative@gmail.com OR mailed to Women Veterans Initiative, Minnesota Humanities Center, 987 Ivy Avenue East, St. Paul, MN 55106.

For any further assistance, please contact Senator Mark Johnson’s office at Sen.Mark.Johnson@Senate.Mn or via phone at 651-296-5782.



Talking Tractors Across the USA!

By Auctioneer Eric W. Mickelson

I received a letter a few weeks ago that made me happy. A former neighbor, Marie (Bourque) Van Vooren, sent me a letter telling me she still gets the Oklee paper (in California) and enjoys reading my tractor column. (Thank you!) Not only that when she is done she sends the articles to a cousin of hers in Washington who had found and has all the tractors that his dad had over the years! I love the letters and phone calls I get from people who read my articles and were once from our area and have something to say. I have gotten letters from many places in Minnesota, Colorado, Montana, and now California. I love hearing from all of you so if you have a tractor story to share please call or write.....I’d love to hear from you!

Hearing from Marie sparked a few childhood memories. When I was growing up in Garnes Township, just north of the Lost River, we had a couple neighbors just south of the Lost River who also farmed. William (Bill) and Eunice Bourque and Walter and Emma Pederson. When I was young and we got company I would ask them, “Do you know Bill Booo-k and Walta Pedison, you should know them!” I couldn’t say their names, but I knew they were good guys and good neighbors!!

Walter farmed with a 70 John Deere gas, and E-3 Coop, and an RC Allis when I knew him. I was always interested in the Coop and the Allis. We had John Deere’s, which I loved, but seeing the “different colored” tractors in the field always turned my head. The RC was always hooked to a #5 John Deere mower. The E-3 did many of the misc. chores around the farm and the “big” 70 did the main field work.

Bill lived directly across the river from us. When I grew up you could see his red barn from our house, until it went down in a storm. Bill had a 400 Case and an M Farmall that I remember. Once he crossed the river in



This picture was in the Oklee Herald just a few weeks ago in the Who Dat section. I couldn’t help run it again. This is my neighbor Walter Pederson plowing with his 70 John Deere in 1989.

the winter to cut some wood. When he returned the rear wheels of the M went through the ice as he was beginning to climb the bank. I was not around when it got pulled out, but I would have liked to witness that.

Well when Bill’s auction sale came up my Dad bought his Super 92 MF combine, and he also bought for me Bill’s No. 11 Massey Harris steel wheeled side delivery rake. When Walter’s sale came around I wanted to buy that E-3 Coop so bad, but I didn’t have the cash!! But I did buy his #5 JD mower that was hooked behind his RC Allis, and I bought his air compressor. I used Walter’s #5 mower and Bill’s rake for many years. Dad, Mom and I used that 92 Massey combine for many seasons. The air compressor filled many tires for me. I still have ALL of those items. The mower and rake are lined up in my “hay” machinery row. The combine is sitting in a row with a couple other combines. The air compressor is in my shed, but the pipe that supplies air to the tank broke off. I plan to fix up the mower and rake as I have others for parts, the combine may stay in it’s spot for a long time, and the air compressor is not hurting anything in the corner of the quonset. None of them will probably leave this

farm, at least as long as I am alive. You see they belonged to a couple of special guys, “Bill Booo-k and Walta Pedison.” I don’t know if you knew them, but you should have!!

How about a little tractor trivia.

1. The RC Allis Chalmers used the motor of a B Allis on the chassis of a ____ Allis.
A. A B) B C) C D) WC

2. The E-3 Coop tractor was the same as what Cockshutt model?

3. The 70 John Deere replaced what model in the letter series?
A.) A B) B C) G D) R

4. The 400 Case was manufactured from 1955-1957 in _____.
A) Brantford, Ontario B) Racine, Wisconsin C) Milwaukee, Wisconsin

5. What tractor Model replace the M in the Farmall line?

Answers: 1. D. WC 2. 30 Cockshutt 3. C. G 4. B. Racine 5. The Super M

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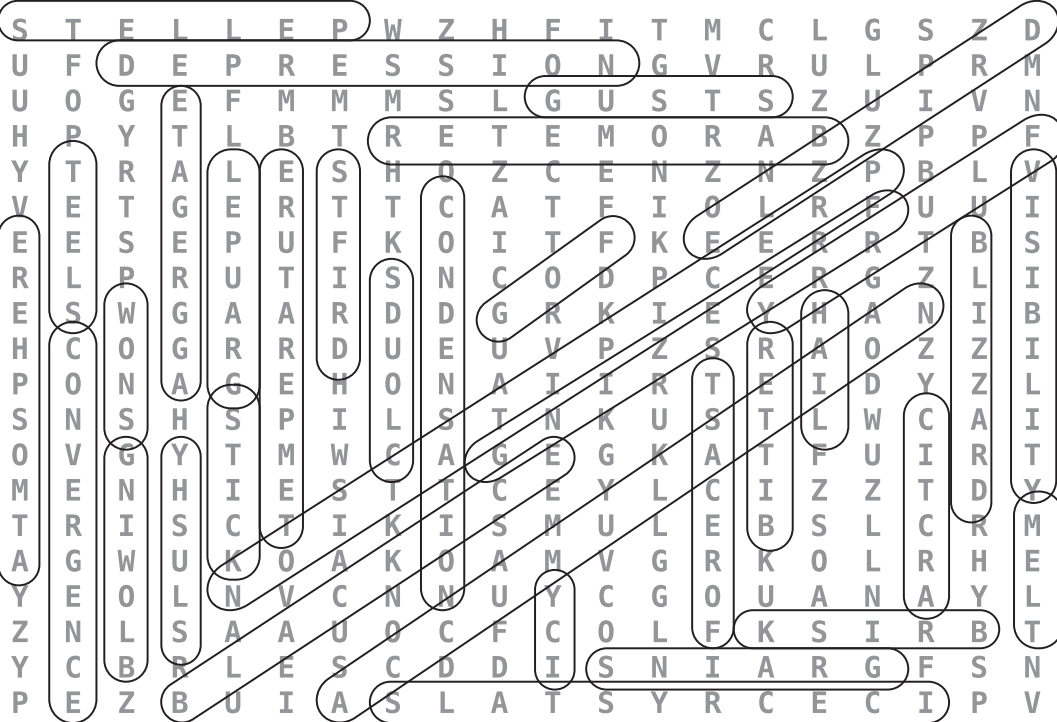
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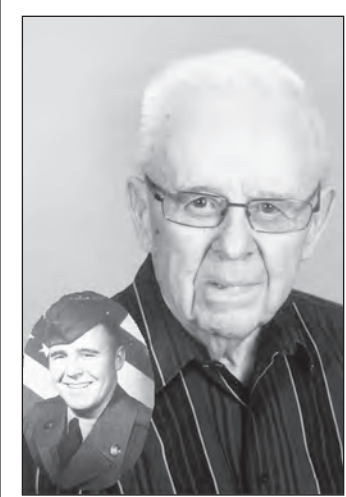
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OBITUARIES



Services for Harlow Berg
Harlow Berg, 86, died peacefully, surrounded by his loving family, on Thursday, January 17, 2019, at Sanford Medical Center, Bemidji, MN, of complications from Parkinson's disease.

Funeral services will be held on Saturday, January 26, 2019 at 11:00 a.m. at Samhold Lutheran Church in Gonvick, MN with and hour of visitation prior to the services at the church. Military Honors will be accorded by American Legion Post # 304 of Gonvick, Minnesota. Interment will be at Samhold Lutheran Cemetery. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Harlow Edward Berg was born on September 8, 1932 to Robert and Getta in Gonvick, Minnesota.

Harlow was drafted into the Army during the Korean War (1953 - 1954). He was in the Heavy Mortar Company 53rd Infantry stationed in Fort Richardson, Alaska. After his honorable discharge he partnered with his Dad, Robert Berg, Sr., in the Standard Oil Bulk Industry, located in Gonvick, serving Gonvick, and the surrounding communities including Gully, Trail, Pine Lake, Berner, Red Lake and Clearbrook.

Harlow married his high school sweetheart and best friend, Patricia "Tippy" Eck in June of 1952. His son Tim was born in 1953, his son Kevin in 1957, and daughter Terri in 1961. In July 1961, Harlow became the sole Standard Oil Agent following his father Robert Berg, Sr.'s retirement. Harlow and Tippy purchased the bulk business from Standard Oil, becoming Gonvick Oil Company in 1976. In addition to Harlow's ownership of Gonvick Oil he was a rural mail carrier for the Gonvick Post Office for several years. He retired as rural mail carrier from the Gonvick Post Office in 1988.

Harlow had a strong loyalty and devotion for his community of Gonvick and was therefore very active. He participated in many different organizations including the

Gonvick Fire Department for 40 years, Samhold Lutheran Church as a sexton, on the board as a trustee, Gonvick-Trail School Board, and Gonvick City Council. He was a lifelong patriot of his country. Following his military service, he joined the Gonvick American Legion and was a member for 62 years. He served as an adjutant for numerous years as well.

Always quick with a smile and very witty, Harlow loved people and had a friend wherever he went. His interests included farming, hunting, snowmobile racing, sports, especially watching his sons' and grandsons' sporting events, and auction sales. Whenever he and a friend were able to go to an auction sale it was a good day. Full of energy and ready for fun, most of his days included visiting with "the boys" and at many times being a prankster.

Forever the businessman he enjoyed the art of negotiating the "best deal". Frequently after Tippy had finalized a purchase he would follow up after her in getting a better price. His last business venture was the creation and establishment of Harlow's Home Care Agency. Following his rehab and recovery from a stroke, his agency provided him the opportunity and ability to return to live in his home with Tippy in the spring of 2018.

Harlow treasured his home of Gonvick, Minnesota, and was happiest spending time driving around with Tippy, visiting with friends, and checking out the fields and the crops. He and Tippy enjoyed dancing, especially to polka. The last song he listened to while being hospitalized was the beer barrel polka. In his later years special times included enjoying time at his home, especially spring and summer days, with Tippy, sitting on the porch swing in their patio.

He is survived by his beloved wife Tippy, his three children, Tim (Roxanne), Kevin (Sheryl), and Terri (Keith), his five grandchildren, Derek (Molly), Matt (Melissa), Jonny (Molly), Megan, and Jenna, seven great grandchildren, Owen, Evie, Greta, Ethan, Regan, Nora, and Charlie, his sisters-in-law, Virginia (Ginny) Berg, Mavis Eck, and many nieces, nephews and cousins. He was preceded in death by his parents, Robert and Getta (Clemenson) Berg and his brother, Robert Berg, Jr.

The family would like to thank all those that have helped them and Harlow, and a special thanks to Dr. Craig Haggerty, MD. Blessed be his memory among us.

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



Services for Agnes M. Skime
Agnes M. Skime, 80 of Bemidji went to be with her Lord on Thursday, January 3, 2019 at her home.

A celebration of life will be held at 11:00am, Friday, January 25, 2019, at the Calvary Lutheran Church in Bemidji, MN with Rev. Genelle Netland officiating. Private burial will be held by her family at the Calvary Cemetery in Bemidji.

Agnes was born on May 2, 1938 in Rolla, ND to Edward and Elda (Tuenge) Lentz. She attended grade school and high school in Rolla, ND. She completed a two year course through St. Scholastica in Duluth, and became a licensed medical record librarian. She worked and managed the Medical Department at the IHS Hospital in Cass, retiring

in November 1990 after 32 years of service.

She married Ronald Skime in Rolla, ND on July 26, 1959 and continued to live in Bemidji. She had one son, Robert M. Skime who was born August 22, 1960, and was very proud of the kind and loving, successful man he became.

Agnes had many hobbies; reading, crossword puzzles, embroidering, gardening, spending time with grandchildren and their parents, baking, sharing her baked products with friends and relatives. She had a kind and loving heart and provided assisted living help when needed by her mother-in-law until she moved with her daughters and an aunt until she passed. She was willing to help anyone who called upon her for help.

She is survived by her husband, Ron; son Rob (Jennifer); grandson, Trenton; granddaughter, Paige; sisters, Laverne Gores, Adeline Guderjahn; brothers, Ted, Vern, and many nephews and nieces.

She was preceded in death by her parents, sisters Rose Thue, Leona Leftwich, brothers, Edward, Marilyn, Walter, and Clarence.

Honorary pallbearers are Trent and Paige Skime and Rita Holmgren Loshe.

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



Services for Gladys Barron

Gladys Ann Skoe Barron passed away on Wednesday, January 16, 2019 at the Thief River Care Center in Thief River Falls, MN.

Funeral service will be held on Thursday, January 24, 2019 at 11:00 AM at Trinity Lutheran Church in Thief River Falls, MN with Reverend John Voelker Officiating. Burial will be held at Greenwood Cemetery in Thief River Falls, MN.

Visitation will be held one hour prior to the service on Thursday at Trinity Lutheran Church.

Gladys Ann Skoe Barron was born on February 16, 1927 at Northome in Itasca County, MN to Ener and Lena (Olsen) Skoe. She was baptized on April 26, 1927 at Island Lake in Northome, MN. On May 24, 1942 she was confirmed at Gethsemane Lutheran Church, Cicero, IL. Gladys attended grade school in Bergville, Itasca County, MN and graduated from J. Sterling Morton High School in Berwyn IL. Gladys attended and received a degree from Bemidji Teachers College in Bemidji, MN. After college she taught at four schools throughout her life: Detroit Lakes, Park Rapid, Mound, and Thief River Falls, MN.

On December 20, 1952 Gladys married Donald Duane Barron at St. John's Lutheran Church in Minneapolis, MN. To this union they had three children: Catherine, Lee, and Darby.

Gladys and Don were pioneers in cultivation of wild rice and were co-owners of

Clearwater Rice Inc. Gladys was secretary of Minnesota Wild Rice Growers' Association and was the first woman elected to Minnesota Wild Rice Growers Association Promotion Council.

Gladys was a member of Trinity Lutheran Church, Thief River Falls, MN where she was a Trinity Lutheran Church Woman President for two years and a member of the church Circle for years. She was also a member of many organizations; she was a Secretary and County Chair for numerous representatives in the Republican Party; served as a 4-H leader; took time for the Homemakers Club; helped organize Couples Bridge; dedicated time to the Legion Auxiliary; she was a wonderful foster parent; and enjoyed Genealogy - Solorlag member and Secretary and Telelog and Nord Tronderlag member.

Gladys and Don got to take a trip over to Norway. She also spent her time collecting family articles and watching her children and grandchildren grow up. Gladys found importance in Genealogy. She had a strong interest in finding and visiting long lost relatives.

Gladys is survived by her brother, Gordon Willis Skoe; children, Catherine (Mark) Hagen, Thief River Falls, MN, Lee (Carey) Barron, Butte, MT, and Darby (Jean) Barron, Thief River Falls, MN; and her 5 grandchildren, Joshua Hagen, Thief River Falls, MN, Michael Hagen, Thief River Falls, MN, Dustin Barron, Butte, MT, Justin Barron, Duluth, MN, and Jared Barron, West Fargo, ND; her Great Grandchildren, Jaida Hagen, Ellie and Kail Hagen, Kaylea Barron, Thief River Falls, MN, Ariana Barron, and Bristol Barron, West Fargo, ND.

She is preceded in death by her husband Donald Barron; parents Ener and Lena (Olsen) Skoe; siblings Earl Skoe, Stanton Skoe, Bena Skoe Petzel, Stanley Skoe, Marie Skoe Rozucky, Emilie Skoe Karkala, Raymond Skoe, Russel Skoe, and Viola Skoe.

Memorials are suggested to Trinity Lutheran Church.

Family condolences may be sent at www.johnsonfuneralservice.com

The Northwest Minnesota Arts Council is Excited to Announce New Artists Added to our Teaching Artist Roster

Warren, Mn. Artists recently trained in our teaching artist roster program (TARP) are available for residencies in our area. Schools can use our Arts Legacy: Artist Residency grant application to easily sponsor one of these local artists into your school! 100% of the costs might be covered by the grant. First come, first served with one per district offered per school year. Artists in our program have created a mock up grant on themselves and a press release that takes most of the work out of applying.

The Teaching Artist Roster Program (TARP) is a training designed to support artists (visual, performing, writing, media, fine art) in refining and developing skills for conducting collaborative, in-depth arts learning experiences in organizations, community settings and schools. A small cohort of artists was selected to participate in this training, conducted by our Training Specialist and guest peer coaches contracted by NWMAC.

To view the roster and contact the artist visit our website at: <http://www.northwestminnesotaartscouncil.org/teaching-artist-roster/>

Area artists on our roster include: Jeanne Cooney of Hallock, Kristin Eggerling of Hallock, Christine Foster of Thief River Falls, Mara Hanel of Warren, Celeste Hoffman of Goodridge,

Kim Hruha of Warroad, Jolene Juhl of Greenbush, Misti Koop of East Grand Forks, Aliza Novacek-Olson of Roseau, Stephanie Olson of Thief River Falls, Elizabeth Rockstad of Ada and Marissa Steien of Karlstad offer residencies in humorous or storytelling writing, visual arts, themed portrait drawing, watercolor or acrylic painting, creative expression, glass fusing, performing arts, traditional textiles, mosaic, and music performance. New teaching artists may also be introduced soon including creative movement dance, arts of Mexico, creative writing with made up words, and design concepts with sign lettering.

Schools can apply through our on-line grant system. The Login to create a user and start an application is in the upper right corner of our website. School residencies are first come, first served grants to school districts in our seven-county area. These grants are a maximum of \$2,100.00 to sponsor in a traditional week-long residency. An extra \$400.00 may be requested for residencies with supplies. You will need to contact the artist directly to schedule the residency. Please contact us with any questions about this program or receiving grant funding to bring one of these teaching artists into your school.

Valentine's Dinner Theater Hosted by TRFACT: Barefoot in the Park

Paul and Corie Bratter are newlyweds in every sense of the word. After a six day honeymoon, they get a surprise visit from Corie's loopy mother and decide to play matchmaker during a dinner with their neighbor-in-the-attic Velasco, where everything that can go wrong, does.

A Valentine's Dinner Theater: Barefoot in the Park will be presented by the Thief River Falls Area Community Theater on February 12, 13, and 14 at the Eagles Club at 305 Red Lake Boulevard in Thief River Falls. Tickets are \$25 each and are available at Digikey's East Entrance in Thief River Falls during business hours and online at www.trfact.org

Seating is general admis-

sion, and the doors will open each evening at 6:00 p.m. with the show starting at 7:00 p.m.

The romantic comedy classic by Neil Simon will be performed by an all-star cast that includes Rob Burkel, Sherry Knott, Scott Pream, Carl Dahlberg, Jon Mansk and Alyssa Novak. Directed by Gretchen Weinrich, with lighting and sets by Carl Dahlberg, costumes and props by Jane Anderson, and sound by Bruce Elseth.

The menu will feature a pasta bar with both red and white meat sauces, salad, bread sticks and dessert of brownie bites and mini cheese cakes. A cash bar is also available. Catering is by Becky Carlson of Broadway Station.

Steve Fields
Minnesota Attorney

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Tri County Canary Area SPORTS



Defense for the Clearbrook-Gonvick Bears against the Chargers in last Thursday night basketball action. Shown are Josiah Hubbard (3), Jonny Hamnes (2) and Alex Dawson (43). After a hard fought battle the Bears kept the home victory 90-80.



Jaden Kieson (4) for the Chargers up for the bucket against the Clearbrook-Gonvick defense with Levi Nelson (34), Erick Bergman (32) and Josiah Hubbard (3). Photos by Preuss.



Hudson McMillin (#3) for Grygla-Gatzke scored 9 points in the game against the Clearbrook-Gonvick Bears. Bears shown are Ben Engebretson (#15) and Ethan Dorman (#10).



Nate Zanter is challenged by #96 Matt Harvey racing down the front straight into turn one from last weeks races.

Cold weather canceled Garfield Races

Due to the extreme cold weather the Garfield Lake Ice Racers canceled the races on Sunday. The races will resume next Sunday at noon

Season points as of 1/13

Top Ten

A Class

1. Ryan Julin 103 points
2. John Farrington 103
3. Josh Seely 99
4. Bonnie Farrington..... 90
5. Fritz Myers 89
6. Joel Harvey 81
7. Bob Pawlitschek 78
9. Chad Tabaka 75
10. Ryan/Collette Huston 67
11. Nathan Doughty... 67
12. Cody Hoffman 67

Class B

1. Reid Watson . 106 Points
2. Nate Zanter 104
3. Kevin/Brandon Bahr 104
4. Matt Harvey 103
5. Josh Bitker 97
6. Chris Roller 90
7. Sam Delaney 89
8. Abe Forseman 83
9. Dennis Clark 79
10. Miranda Richardson... 76



Kaleb Stjilstad for the visiting Goodridge,Grygla/Gatzke Charges up for a bucket against the Clearbrook-Gonvick Bears. Players shown are Peyton Verbout (15) and Hudson McMillin (3) for the Chargers. For the Bears Erick Bergman (32) and Hunter Ehlers (5).

Bowling Results

1/14/2019 Week 15 of 28 **Monday Night Ladies * 2018-2019** Page 1

Monday 6:30 pm **Bowl Inn** Lanes 3-8
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		Team Standings		Points		Pins		Scratch		High Scratch		High HCP	
Place	Team Name	W/L	Points	W/L	Points	W/L	Points	W/L	Points	W/L	Points	W/L	Points
1	6 1 OTTERTAIL	49	11	537	381	42869	27141	710	1996	1056	3034		
2	7 2 FARMCHICK	38	22	617	342	43167	28758	717	2081	1050	3035		
3	8 3 BOWLINN BABES	37	23	655	310	43395	30204	777	2214	1101	3108		
4	3 5 KNUTSON BRUSHING	29	31	627	333	43258	27908	739	2053	1074	3058		
5	5 6 CARVER TRUCKING	21	39	552	391	42881	24938	687	1814	1083	2996		
6	4 4 THE CLINIC	0	45	615	343	37739	24824	726	2031	1042	3000		

Lane Assignments
Today 3-4 5-6 7-8
Next Week 5-4 6-1 2-3
2-1 4-3 6-5

Today		5		4		6		1		2		3	
Next Week		2		1		4		3		5		6	
Season High Scores													
Scratch Game	777 BOWLINN BABES	795 KNUTSON BRUSHING	726 THE CLINIC										
Scratch Series	2214 BOWLINN BABES	2081 FARMCHICK	2059 KNUTSON BRUSHING										
Handicap Game	1101 BOWLINN BABES	1083 CARVER TRUCKING	1074 KNUTSON BRUSHING										
Handicap Series	3108 BOWLINN BABES	3059 KNUTSON BRUSHING	2936 FARMCHICK										
Scratch Game	222 BRIDGET LANDOVERK	205 CHRISTY STRANDBERG	201 CATHY BLAIR										
Scratch Series	562 BRIDGET LANDOVERK	506 SUE KNUTSON	502 CONNIE SHEGRUD										
Handicap Game	274 CATHY BLAIR	269 CHRISTY STRANDBERG	261 HEATHER GALLI										
Handicap Series	722 CORY TOLLEFSON	703 HEATHER GALLI	696 KRISCHELLE BRJA										

1/17/2019 Week 16 of 29 **THURSDAY TRIO'S 2018-19** Page 1

Thursday 6:30 pm **Bowl Inn** Lanes 1-8
** DAN'S STANDARD SERVICE WINS THE FIRST QUARTER *

** FARMCHICK WINS THE SECOND QUARTER **

		Team Standings		Points		Pins		Scratch		High Scratch		High HCP	
Place	Team Name	W/L	Points	W/L	Points	W/L	Points	W/L	Points	W/L	Points	W/L	Points
1	4 FARMCHICK	93.5	29	2	75.5	302	93	2	24253	28375			
2	6 THE WRECKING CREW	81.5	22	5	60.7	207	134	3	18581	25520			
3	5 FABULOUS BAKERY B	75.9	22	7	67.7	243	116	1	24476	28220			
4	7 TEAM IND.	82.6	19	4	74.5	152	52	2	13156	14510			
5	1 MAIN STREET	60.0	15	10	74.5	296	101	2	23205	28242			
6	2 DAN'S STANDARD SER	61.9	13	8	77.7	308½	88½	1	24795	29005			
7	3 GULLY TRI CO-OP	47.4	9	10	64.5	231½	127½	1	23312	28496			
8	8 HARWOOD OIL	17.6	3	14	53.0	89	79		9988	13288			

Team Standings												
Place	Team Name	W/L	W/L%	Points Won	Points Lost	Standings Points	Y-T-D W/L	Y-T-D W/L%	Y-T-D LOST	Games Won	Scratch Points	Points 1st
1	4 FARMCHICK	93	29	2		76.5	302		93	2	24253	28375
2	6 THE WRECKING CREW	81	22	5		60.7	207		134	3	18581	25250
3	5 FABULOUS BAKERY B	75	22	7		61.7	243		116	1	14475	28220
4	7 TEAM IND.	82	19	4		74.5	152	52		2	19196	14510
5	1 MAIN STREET	60	10	15		74.5	296	101		21	23205	28242
6	2 DAN'S STANDARD SER	61	13	8		77.7	308½	88½	1	24796	29005	
7	3 GULLY TRI CO-OP	47	4	10		64.5	231½	142	0	23312	24846	
8	8 TEAM IND.	70	10	10		74.5	296	101		21	23205	28242

Individual High Averages
Men 202.70 CODY GOODWIN 189.39 BRYAN LANDSVERK 189.33 TIM ULVE
Women 163.73 DARLENE ROUE 160.14 JANET LANDSVERK 160.14 JANET LANDSVERK

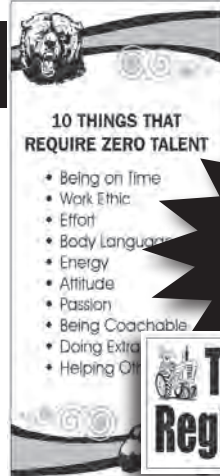
High Individual Match Points
Men 27 ROBERT LANDSVERK 25 PERRY GRUNDYSON 25 MARK DURNING
Women 26 JANET LANDSVERK 15 DARLENE ROUE 10 BRIDGET LANDSVERK



Going up for a layup was Dylan Wold for the Grygla-Gatzke Chargers. against the Clearbrook-Gonvick Bears.

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