



# Tri County Canary

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



## Benefit for Julie (Engesether) Dulka

A benefit for Julie (Engesether) Dulka will be held on Saturday, March 2nd 3pm-8pm at the American Legion in Red Lake Falls.

In 2010, Julie (Engesether) Dulka of Red Lake Falls, daughter of Marvin Engesether (Plummer), was diagnosed with a Type 2 Ependymoma tumor that was located inside her spinal cord. She underwent surgery right away, but a small portion remained. Julie suffered some neurological symptoms as a result of that surgery. In 2018 her scans showed that the tumor had grown and was backing up spinal fluid this time. She again, underwent surgery

at St. Mary's Hospital at Mayo in Rochester which was a great success. However, there was even more nerve damage in her legs leaving her disabled and unable to return to work. Please join us in supporting Julie and celebrating what has been a very rough recovery.

Freewill donation sloppy joe dinner and silent auction

If you would like to donate an item to the silent auction or make a cash donation, please contact Jessica Pierce 218-686-0706 (jessica.pierce43@gmail.com), Marvin Engesether 218-686-2825, or Jeremiah Hodgson 218-688-2391

## MCGA launches first-ever statewide scholarship for future ag leaders

The Minnesota Corn Growers Association (MCGA) is proud to announce its first-ever statewide scholarship for college students aspiring to become future agricultural leaders.

MCGA will be offering two \$5,000 scholarships to college students who are currently enrolled or will be enrolled as a full-time undergraduate student during the fall 2019 semester. Student have until March 8 to apply.

The statewide scholarship will supplement scholarships long offered through local county corn organizations. It will also give students who many not have access to a local county scholarship the opportunity to apply.

"Our county organizations are excellent at helping students in their backyard achieve their dream of attending college so they can make an impact in our state's ag sector," MCGA President Brian Thalman said. "This is another opportunity for students to receive a scholarship that will help them grow as future leaders."

MCGA scholarship applicants must be a Young Adult member of MCGA who is work-

ing toward a degree in an agriculture-related field. The Young Adult membership, available to ages 16-24, was launched last year for future agricultural leaders who would like to participate in grassroots advocacy today. Along with reduced member dues, Young Adult Members stay up to date on the latest in Minnesota's corn sector, as well as have access to great networking and leadership opportunities. County scholarship applicant requirements vary county to county.

Both the MCGA scholarships and scholarships offered by local county organizations are available at [mncorn.org/scholarships](http://mncorn.org/scholarships). At the website, users are able to select their home county and apply for both scholarships offered by their county organization and the MCGA scholarship.

By launching [mncorn.org/scholarships](http://mncorn.org/scholarships), MCGA strives to more effectively promote scholarships offered at the county level and streamline the application process for students. County organizations are encouraged to contact their district field manager to have their scholarship featured on the website.

## USDA Rural Development has funding available for very low- and low-income individuals and families

USDA's Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. Generally, rural areas with a population less than 35,000 are eligible.

The maximum loan amount for repair is \$20,000 at a one percent interest rate, repayable for up to 20 years. Grants of up to \$7,500 are available to

homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development employee today in your area to see if you qualify. For more information in the following counties: Beltrami, Clearwater, Itasca, Koochiching and Lake of the Woods counties; please contact USDA Rural Development at 3217 Bemidji Ave. N., Bemidji, MN 56601 or 218-751-1942 x 4. You can also visit USDA's website at [www.rd.usda.gov/mn](http://www.rd.usda.gov/mn).

## Title RiverView Foundation Breaks Records on Giving Hearts Day raising more than \$365,000

Crookston, MN – What a day! What a community! Generous donors gave a record-breaking \$365,712 to the RiverView Foundation on Giving Hearts Day, Feb. 14th!

More than 450 non-profit organizations from North Dakota and northwestern Minnesota participated in the 24-hour fundraiser for non-profits that brought in more than \$16 million through about 68,000 donations. The Foundation ranked in the top 10 of those organizations for its fundraising total, earning the Foundation an incentive grant through the Dakota Medical Foundation (DMF). DMF, Impact Foundation and the Alex Stern Family Foundation host Giving Hearts Day

**Significant Generosity, Growth**

The largest giving day in the Foundation's history was made possible through 433 donations, which equates to about \$15,215 per hour! That is almost as much as the Foundation raised

in the daylong event in 2008, the inaugural year of the program, when 38 donors contributed to the Foundation for a grand total of \$17,000.

"Giving Hearts Day is about investing in our local hospital, to keep it strong and vibrant for today and tomorrow," shared Foundation Director Kent Bruun. "I am genuinely grateful for the hundreds of donations given for the benefit of the growing number of patients that RiverView serves."

"There is a feeling of fulfillment and goodness that occurs when a person gives of themselves to help others. This is a testimonial of how much people care and that they appreciate the healthcare services provided by RiverView."

**Building Project gets a Boost**

Donors designating funds in memory or honor of loved ones touched many RiverView programs and projects during the fundraiser. Many donors requested their gifts go toward

the upcoming building project. Undesignated funds will also go toward the Hospital and Clinic Replacement Project, titled "RiverView 2020: Our Vision is Clear".

The new, two-story facility will consist of 81,000 square feet. The top floor of the new build, with a view of the Red Lake River on the east and Castle Park on the west, will house a patient-centered, family-inclusive Inpatient Unit with 21 patient rooms and four family suites. The ground level will be home to all three of RiverView's current Crookston clinics consolidated into one large clinic with one entrance and a registration area just steps from the front door. The new clinic will have 47 patient exam rooms, patient education rooms, and well-equipped spaces for in-clinic procedures.

The facility will also include other amenities, including a meditation chapel, lobby café, relocated gift shop, and an 80

occupant training and conference center.

The project is currently in the bidding stage. A groundbreaking will take place this spring, with a completion date in the fall of 2020. The total cost is estimated at \$47 million, with the Foundation committed to raising at least \$2 million.

The RiverView Foundation works with the constant goal of obtaining financial security for projects and programs that assure RiverView Health has the equipment and expertise to follow its mission of delivering a healthcare experience that consistently exceeds patients' expectations.

If you are interested in learning more about the RiverView Foundation and the programs it sponsors, please contact Bruun at 218-281-9249 or [kbruun@riverviewhealth.org](mailto:kbruun@riverviewhealth.org).

For more information on RiverView's building project, go to [www.riverviewhealth.org](http://www.riverviewhealth.org) and watch the RiverView 2020 video.



Above are just some of the 211 RiverView employees who donated on Giving Hearts Day for a total of \$37,956.

## Keeping Active Benefits People of All Ages

By Karin Haugrud

People are living longer than ever before. Advances in medicine, nutritional awareness, and improved exercise habits have contributed to the rapid growth of the 65+ age group. By the year 2030, there will be more people over age 65 than under age 18.

Exercise is no less important for those in their sixties and seventies than it is for people half that age. No matter what your age, the benefits of exercise are the same – increased energy and self-esteem, conditioned heart and lungs, improved muscle tone, and greater function of bones and joints. Engaging in regular exercise can also reduce the effects of certain chronic diseases, such as diabetes, high blood pressure, arthritis, and osteoporosis.

Sixty-five percent of Minnesota's adult population is not regularly active. Because inactivity increases with age, the majority of Minnesota's older adults are not physically active on a regular basis. Regular physical activity is an important component of a healthy lifestyle, regardless of age.

Why is lack of physical activity a problem for older adults? Physical inactivity is a problem for everyone, but it is particularly evident in older adults. Physiological changes occur with aging. When aging is accompanied by physical inactivity, adults are more likely to be affected by illness, loss of function, and loss of independence.

There are many sports and activities you can choose from in order to achieve your fitness goals. The best choices, however, will be those activities that you truly enjoy. It's much easier to stay with something that's fun to do. Walk, ride a bike, or

dance. Even things like working in a garden and cleaning the house are good for you.

Walking is a great way to achieve overall fitness year-round. It strengthens your cardiovascular system, tones and limbers up your muscles, and burns off unwanted calories. Walking at a brisk pace gives you the same aerobic benefits as jogging.

Walking also reduces blood pressure, improves sleeping habits, helps digestion, alleviates constipation, raises metabolism, and helps to reduce loss of bone mass in post-menopausal women.

While it is important to stay active, it's also important to play it safe. Go slow. Build up your activity level gradually. As

you become fit, you can increase the sessions to every day, and if you wish, you can make each session longer. If you choose a fairly vigorous activity, begin each session slowly. Allow a 5-minute period of stretching and slow movement to give your body a chance to "warm up."

Exercise at a comfortable, steady pace that allows you to speak to someone without running out of breath. Exercising at this pace gives your muscles time to relax between each repetition.

At the end of your workout, take another 5 minutes to "cool down" with a slower exercise pace. This lets your heart rate return to normal and helps your muscles and joints remain flexible.

If you experience any shortness of breath, dizziness, cold or clammy skin, nausea or chest pains while exercising, stop exercising immediately and contact your physician.

It's never too late to increase your physical activity or start an exercise program. Get an okay and some guidelines from your physician before you start.

This article is made possible with Older Americans Act dollars from Dancing Sky Area Agency on Aging. The Senior LinkAge Line® makes it easy for older adults and their families to find services in their community. Call the Senior LinkAge Line® at 800-333-2433 to speak with an information specialist, or check out our website at [MinnesotaHelp.info](http://MinnesotaHelp.info).

## Garden Valley Technologies Partners with Netflix

Garden Valley Technologies is partnering with Netflix to provide customers the highest quality viewing experience possible. In February, Netflix provided Garden Valley with two servers that are installed at the main central office in Erskine. These servers are updated daily with the most popular and trending titles Netflix has to offer. The local servers allow Garden Valley customers to access their favorite movies and episodes quicker than from a server located farther away. Having the internal Netflix servers also provides a more reliable Internet connection that will result in fewer networking issues that equates to better viewing. Garden Valley is a leader in providing the latest in telecommunication services with a nearly 100% fiber-to-the-home base and this partnership with Netflix is just



Garden Valley is a progressive telecommunications and technology company serving 26 exchanges and surrounding communities in beautiful northwest Minnesota since 1906. Garden Valley is a member-owned cooperative providing business and residential consumers with advanced integrated communications and technological solutions; high speed Internet, Digital HD TV, Security, 4G LTE Cellular, Smart Home technology and Voice services. Innovate > Advance > Connect.

one more step to providing customers with the best service for online Netflix content.



## Wedding Announcement

Together with their families, **Terri Erickson and David Churness** request the pleasure of your company at their wedding on Saturday, the second of March, two thousand and nineteen at six o' clock in the evening at the Bagley American Legion, 112 Main Ave. N, Bagley, MN. Reception to follow. (No gifts please). R48-49P

**Save The Date ~ March 10<sup>th</sup> 2019**

**SPAGHETTI - BINGO**

Fund-raiser for the  
**Red Lake County Fair**

At the Oklee Hall  
Serving food at Noon  
Bingo Starts at 1:00 p.m.



## Northern Jazz to Perform Winter Concert at Northland

Proceeds to support Northwest Minnesota Community Bands

February 25, 2019 – Come out and cast off the winter doldrums with the Northern Jazz as they perform in the Gunderson Commons at Northland Community & Technical College in Thief River Falls on Thursday, March 7. The doors will open at 6:30 with the music beginning at 7:00. A free will donation will be collected to support the Northwest Minnesota Community Bands, a local 501(c)(3) that supports both the Northern Jazz and Northland Community Band. Light snacks and beverages are included for the audience to enjoy during the concert.

A wide variety of music will be played this evening with a heavy dose of Latin Jazz mixed in. Plenty of music to tap your feet to or dance to including swing era hits, jump swing and rock numbers with familiar titles like In the Mood, Little Brown Jug, Star Dust, Rock Around the Clock, and Twist and Shout. The Latin Jazz music will include several styles including samba, calypso, mambo,

rhumba, and bossa nova with titles like Besame Mucho, Havana, and Mambo No. 5.

The Northern Jazz is a community-based instrumental jazz group under the direction of Linda Samuelson boasting a talented group of 20 musicians. On saxophone we have Erin Wohl, Molly Fridstrom, Lacie Hovland, Deb Ernst, Lori Sorvig, Amanda Hawk, and Tom Hovland. Our trombone section is comprised of Reid Froiland, Jim Lehrer, Katie Hahn, and Ryan Schwarz. The members of the trumpet section are Mark Lehrer, Trandon Lehrer, Bob Dahlen, and LeRoy Ose. Rounding out our ensemble is the rhythm section including Brianna Geer, Regina Goodhall, Diane Bach, Edie Brandli, and Nate LaRoque. The Northern Jazz performs in and around the area for private and public events. If you are interested in having the Northern Jazz play for a specific function you can contact Ms. Samuelson at 218-683-8717.

## Clearwater County Humane Society Meeting

We are excited to see so many people interested in helping with the Clearwater County Humane Society. The love and compassion for animals is what we need. We are striving to create a community of active involvement between people and pets.

The next meeting will be March 2, 2019 at the D & R Café in Bagley. Joy Anderson-President, Theresa Tobon-Treasurer, Robin Beck – Secretary. R49C

## Clearwater Trail Blazers Snowmobile Club ride March 2nd

Clearwater Trail Blazers Snowmobile Club Inc. will be hosting a club ride on March 2nd, 2019. We will gather at the clubhouse in Leonard around 9:00 a.m. and leave at 10:00 a.m. and return sometime in the afternoon/evening to have a light lunch. The club will provide BBQ's, hotdogs, beans, chips, coffee and pop. Anyone that is interested in riding, you are welcome to join in.

## Attention Landowners

We have been having some trouble with landowners blocking the snowmobile trail in their driveways. This is illegal, as we are in the road right of way, and it will harm someone that comes across our trail system and hits it. You, the landowner, will be reliable for anything that happens because of this. We know the banks are getting high with all the snow, but, please push it somewhere else. If it keeps happening, we will have to get enforcement on top of it and then the DNR if it doesn't stop.

Our next club meeting will be on Tuesday, March 12th, 2019 at the clubhouse in Leonard at 7:30 p.m.

## Annual Oklee/Plummer Firemens Association Meeting

Will meet on Saturday March 2<sup>nd</sup>, 2019 at 10 a.m. to be held at the Brooks Community Hall in Brooks MN.

Steve Rosten  
Secretary, Treasurer  
Oklee/Plummer Rural Fire Assn.

## Polk County Sheriff

## Gun Shots City of Fosston

On 02-20-2019 at approximately 1245 hours members of the Polk County Sheriff's Office, Pine to Prairie Violent Crime Enforcement team and the Mahnomen County Sheriff's Office apprehended Roland Edward Vanderplaats dob 7-7-1947 in Mahnomen, MN. Vanderplaats was transported to the Northwest Regional Correctional Center and booked in on Terroristic Threats and Reckless discharge of a firearm in the city of Fosston on 02-17-2019. No further information is being released at this time.

## Assault complaint in Polk County

On 02/23/19, at approximately 12:46 pm., The Polk County Sheriff's Office received an assault complaint that allegedly occurred on Polk County Rd 9 (280<sup>th</sup> St SW) Andover Twp. Polk County, a short distance west of the City of Crookston MN

The Polk County Sheriff's Office responded to the scene assisted by the MN State Patrol. The scene was investigated.

This is an ongoing active investigation and no other information is being given out at this time.



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## COME CELEBRATE A CLASSIC

Join us for a good old time in honor of **DENNIS BOUCHER'S 70TH BIRTHDAY!**  
Saturday, March 9, 2019  
11:00-1:00pm  
McIntosh Community Center



## Rep. Green: This is a 'bad start for the Walz administration'

ST. PAUL – Gov. Tim Walz released his budget proposal for the 2020-21 biennium on Tuesday, highlighted by more than \$3 billion in tax increases over the next two years alone, and \$4.7 billion in tax increases for 2022-23.

The governor's proposal would raise Minnesota's gas tax by 20 cents – a 70-percent increase – vaulting Minnesota's gas tax to fourth-highest in the nation.

"The state has enough tax revenue to improve roads and bridges without tax increases as long as we don't waste it," said Rep. Steve Green, R-Fosston. "We need to make roads and bridges the budget priority most of us agree it is, but the governor apparently is unwilling to do so without raising taxes that will disproportionately hurt lower-income people and residents of Greater Minnesota in general. Between throwing Line 3 back in court and proposing huge tax increases, this is a bad start for the Walz administration and he is creating a deeper divide between rural Minnesota and the Twin Cities."

The governor's plan also includes increases to tab fees, the motor vehicle sales tax, the metro area sales tax, business taxes, and reinstatement of the sick tax, which is set to expire

at the end of the year, adding \$1 billion to the cost of health care for Minnesotans over the next two years.

In 2020-21, the governor's budget raises general fund tax revenue by \$1.2 billion. The extension of the sick tax adds an additional \$947 million, with transportation-related taxes adding \$907 million for a total tax increase of \$3.1 billion. In 2022-23, the tax increases balloon dramatically; the governor increases general fund tax revenue by \$1.4 billion, with another \$1.5 billion for the sick tax and \$1.7 billion in transportation taxes

**GULLY AREA SPORTSMAN'S CLUB UPCOMING EVENTS**

**CLUB MEETING** will be March 30<sup>th</sup>, at 10:00 AM at Shorty's Place in Gully

**COYOTE HUNT CONTEST** will be continuing and will end at noon Saturday, March 30<sup>th</sup> 2019

**SMELT FRY** is scheduled for April 20<sup>th</sup>, 2019 at Shorty's Place in Gully

**Hoping all members are able to attend the next meeting as the plans for the Smelt Fry will be discussed.**

Please join us for a **Benefit for Lisa (Miller) Martinson**

Clearbrook American Legion  
March 2, 2019  
4-7pm  
Lasagna Supper  
Silent Auction @ 6pm

Lisa is the daughter of the late David & Pauline Miller from Leonard. She is a 1997 Clearbrook-Gonvick graduate and currently lives in St. Charles, MN with her husband.

In December 2018, Lisa was diagnosed with an unknown source of cancer that has metastasized to her ovaries, liver and masses on her abdomen wall. The cancer is stage 4.

All proceeds will go towards medical and travel expenses to and from treatments.

If you would like to donate silent auction items, please contact either  
Tammie Ehlers 218-968-2380 OR Sheryl Ehlers 218-776-2053

## RSVP of the Red River Valley Continues Conducting Study

CROOKSTON, Minn. – For the second year in a row The Retired and Senior Volunteer Program (RSVP) of the Red River Valley has been awarded a contract with the Metro Area Agency on Aging's Juniper initiative (MetroAAA), to promote their evidence based Stay Active and Independent for Life (SAIL) exercise classes.

Partnering with the Metro Area Agency on Aging (MetroAAA) in St. Paul, RSVP has broadened the statewide impact on evidence-based health promotion programs. The Juniper program aims to reduce costly medical interventions by encouraging self-management of health conditions, overall well-being and preventing falls.

From Bone Builder's in 2007, to the SAIL transition in 2016, RSVP has been a leader in implementing and providing ef-

fective senior exercise programs throughout the rural region of NW Minn. Recognizing the benefit of evidence based prevention programs, BlueCross BlueShield (BC/BS) of Minnesota has partnered with Juniper this year, providing a higher reimbursement rate for participants who are BC/BS members.

Regular participation in SAIL generates increased social interaction and satisfaction, independent living is enhanced, and the prevalence of falling is decreased. RSVP of the Red River Valley sponsors 32 SAIL sites throughout the region, with over ninety volunteers who faithfully lead exercise classes twice a week.

For information on RSVP and/or SAIL, visit www.crk.umn.edu/units/rsvp or call Program Director Tammy Frohlich at 218-281-8289.

## College News

### Local students named to Dean's list

ST. CLOUD, Minn. (February 19, 2019) - St. Cloud State University has announced the names of more than 1,290 students whose academic achievement placed them on the 2018 fall semester dean's list. To be eligible for the honor, students must have a grade point average of 3.75 or higher on a 4.0 scale.

**Fosston**, Riley Ziermeier, College of Science and Engineering, Manufacturing Engineering Technology, BS

**Solway**, Emily Kivi, College of Liberal Arts, Music, BMUS

Katya Kivi, School of Health and Human Services, Communication Sciences and Disorders, BS

### Area students named to fall Dean's List at Northwest Technical College

BEMIDJI, Minn. (February 21, 2019) - Students hailing from [hometown] earned Dean's List honors from Northwest Technical College in Bemidji, Minn., at the conclusion of the Fall 2018 semester.

To be eligible for the Dean's List, NTC students must be enrolled for at least 12 credits and earn a 3.5 GPA during the semester. A total of 99 students earned Fall 2018 Dean's List honors from the college.

Northwest Technical College, located in northern Minnesota's lake district, is an open, inviting technological learning organization. For more than 40 years, the college has valued life-long learning and the worth and dignity of all people. The college serves 900 students with a high-quality education, an open-enrollment policy and affordable tuition. NTC offers nearly 60 degree, diploma and certificate programs in areas such as business, health, human and protective services and environmental and industrial technology.

**Bagley**, Angela Hanson, Eleesa Hermiston, Austin Knutson, Kamae Leavitt, Aaron Patti, Jennifer Powell

**Clearbrook**, Jeanette Ballard, Lauren Lien

**Erskine**, Lauren Strom

**Fosston**, Stephanie Juve,

Ryley Skadsem

**Lengby**, Emmaline Roy,

Madison Schacher, Stacey Templin

**Puposky**, Jami Mistic

**Red Lake**, Tanisha Beau-lieu

**Red Lake Falls**, Ashley LaCrosse

**Solway**, Anne Lundberg

### Mankato announces Fall Dean's List

MANKATO, Minn. (February 22, 2019) - The Academic High Honor and Honor lists (Dean's lists) for the past fall semester at Minnesota State University, Mankato have been announced by Provost and Senior Vice President for Academic Affairs Marilyn Wells.

Among 3,334 students, a total of 875 students qualified for the High Honor List by achieving a 4.0 straight "A" average, while 2,461 students earned a 3.5 to 3.99 average to qualify for the Honor List.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

**Shevlin**, Lukas Halberg, Senior, Honor List, Physics

NOTE: We receive these lists directly from the colleges. We do our best to include all local students in our publications. In the event someone is missed, please submit the information to richards@gvtel.com and we will publish it.

## Vintage Soul

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**Grand Opening March 1-2!**

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## King Town Farmers Mutual Insurance Company

Annual Meeting Notice

Wednesday, March 13, 2019 at 10:00 a.m.  
Community Center – McIntosh, MN

The purpose of the meeting is:

1. Present the annual report
2. Elect members to the Board of Directors
3. Transact other business that may come before the meeting

A short program on fire prevention will be presented. There will be drawings for cash and prizes.

LUNCH WILL BE SERVED FOLLOWING THE MEETING!

Caillie Boucher  
Secretary/Treasurer



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**KNORR SELECTS**  
**3/\$4** 5.9-6.2 OZ

MINI SPAGHETTI RINGS & MEATBALLS  
**CHEF BOYARDEE**  
**5/\$4** 15 OZ

 **FAMILY PACK 85% LEAN GROUND BEEF**  
**\$2.99** LB

 **BONELESS PORK SIRLOIN ROAST**  
**\$1.69** LB

 **FAMILY PACK BONELESS, SKINLESS CHICKEN BREASTS**  
**\$1.49** LB

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**4/\$5**  
KIEV, CORDON, BROCCOLI/CHEESE, ETC... 5 OZ

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

FAMILY PACK BONELESS PORK  
SIRLOIN CHOPS ..... LB **\$1.89**

GERBER AMISH FARMS 8 PIECE WHOLE  
CUT-UP CHICKEN .....LB **\$1.89**

BAR-S HONEY BATTERED  
CORN DOGS ..... 2.67 LB **\$4.99**

CERTIFIED ANGUS BEEF BONELESS  
EYE OF ROUND STEAK .....LB **\$3.99**

FAMILY PACK BONELESS PORK  
COUNTRY-STYLE RIBS ..... LB **\$1.89**

FAMILY PACK  
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SUGARDALE  
HOT DOGS ..... 12 OZ **89¢**

CERTIFIED ANGUS BEEF BONELESS  
TOP SIRLOIN STEAK .....LB **\$5.49**

SMITHFIELD PORK  
BABY BACK RIBS..... LB **\$2.99**

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CHICKEN BREASTS ..... LB **\$1.09**

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LUNCH MEAT ..... ASSORTED 8 OZ **\$2.99**

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RIBEYE STEAK .....LB **\$9.99**

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WALLEYE FILLETS ..... 16 OZ **\$9.99**

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COTTAGE BACON ..... 12 OZ **2/\$7**

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

HOT DOG OR HAMBURGER  
**LAKELAND BUNS**  
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BROWN BREAD..... 24 OZ **\$2.99**

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SUNSOFT SOLAR PELLETS. **\$4.99**  
SURESOFT RUST BUSTER..... **\$5.79**

CHOCOLATE CHIP, PEANUT BUTTER, ENGLISH TOFFEE, M&M, SUGAR, GINGER MOLASSES, OATMEAL RAISIN OR MONSTER COOKIES  
**GREGORY'S COOKIE DOUGH**  
**\$7.99**  
48 CT BAG FROZEN  
LAND O' LAKES ASSORTED  
CHOCOLATE MILK... 1/2 GALLON **\$1.19**

GENERAL MILLS  
**REESE'S PUFFS CEREAL**  
**3/\$5** 11.5 OZ  
KELLOGG'S FROOT LOOPS, CORN POPS, FROSTED FLAKES OR APPLE JACKS  
CEREAL-IN-A-CUP ..... 1.5-2.1 OZ **79¢**

BBQ, CLASSIC, WAVY ORIGINAL OR SC&D  
**LAY'S POTATO CHIPS**  
**\$2.19** 9.5-10 OZ  
ASSORTED BAKED SNACKS (6.25-7.625 OZ); ASST. SUNCHIPS (7-10 OZ) OR ASSORTED KETTLE COOKED  
LAY'S ..... 7-8 OZ **4/\$10**

CARROT LEMON, GINGER LEMON, PASSIONFRUIT LEMON OE HIBISCUS LEMON  
**WILD HARVEST ORGANIC JUICE**  
**3/\$2** 23.6 OZ  
BLACK CHERRY APPLE JUICE  
V-8 ..... 46 OZ **\$2.59**

**DAWN DISH LIQUID**  
**\$1.19** 8 OZ  
FRESH CORAL BLAST  
TIDE PODS..... 72 CT **\$9.99**

DEAN'S DAIRY PURE ASSORTED  
**SOUR CREAM**  
**\$1.19** 16 OZ  
FRENCH ONION OR RANCH  
KEMP'S DIP ..... 8 OZ **89¢**

ESSENTIAL EVERYDAY CHOCOLATE CHIP, CHOCOLATE CHUNK OR VARIETY  
**CHEWY GRANOLA BARS**  
**\$1.99** 10 CT  
WILD HARVEST ORGANIC ANIMAL CRACKERS (6 OZ) OR ORGANIC VAN. WAFERS .. 8 OZ **\$1.39**

ASSORTED RIPPLES OR APPETIZERS ON THE GO  
**OLD DUTCH**  
**2/\$5** 8-8.5 OZ  
PUFFCORN, CARAMEL PUFFCORN, CHEESY PUFFCORN OR SOUR CREAM & ONION RINGS  
OLD DUTCH ..... 7-9 OZ **2/\$4**

LIBBY  
**PEAR SLICES**  
**4/\$3** 15 OZ  
JUICE PACKED DOLE PINEAPPLE TIDBITS  
DOLE ..... 8 OZ **5/\$2**

SCOTT  
**PAPER TOWELS**  
**9/\$10** MEGA ROLL  
ANTI-VIRAL FACIAL TISSUES  
KLEENEX..... 68 CT **5/\$6**

LAND O' LAKES  
**AMERICAN CHEESE SLICES**  
**\$6.99** 3 LB  
LAND O' LAKES ASSORTED  
COTTAGE CHEESE ..... 24 OZ **\$2.39**

TRADITIONAL CLASSIC OLIVO  
**PASTA SAUCE**  
**2/\$3** 24 OZ  
ESSENTIAL EVERYDAY EXTRA VIRGIN  
OLIVE OIL ..... 2 LITER **\$7.99**

SPRING MIX, BUTTER BLISS, FIELD GREENS, PREMIUM ROMAINE, HEARTS OF ROMAINE, ITALIAN, VERY VEGGIE OR BABY SPINACH  
 **DOLE SALADS**  
**2/\$4** 5-10 OZ

PURIFIED, DRINKING OR DISTILLED  
**ESSENTIAL EVERYDAY WATER**  
**69¢** 1 GALLON  
DISINFECTANT WIPES  
CLOROX..... 3 PK-105 CT **\$3.99**

**SUPREME DOG FOOD**  
**\$16.99** 50 LB  
TUFFY'S DINNERTIME  
CAT FOOD ..... 40 LB **\$17.99**

STOUFFER'S  
**YANKEE POT ROAST**  
**\$4.59** 40 OZ FROZEN  
TENDER BROCCOLI CUTS  
BIRD'S EYE..... 14.4 OZ FROZEN **99¢**

CAROLINA TANGY  
**HEINZ BBQ SAUCE**  
**99¢** 18.6 OZ  
LEMON PEPPER QUINOA & BROWN RICE  
HODGSON MILL ..... 5 OZ **99¢**

PEELED BABY CUT CARROTS..... 16 OZ **99¢**  
CAULIFLOWER .....LB **\$1.39**  
SWEET MINI PEPPERS..... 16 OZ **\$1.99**  
WHOLE OR SLICED BABY BELLA MUSHROOMS ..... 8 OZ **\$1.69**  
ROMA TOMATOES .....LB **99¢**  
GREEN GIANT RUSSET IDAHO POTATOES ..... 5 LB **\$1.79**  
RUSSET POTATOES ..... 10 LB **\$2.99**  
HONEYCRISP APPLES..... LB **\$1.69**  
BLUEBERRIES ..... PINT **\$2.59**  
MANGOES ..... EA **\$1.29**

**aisle 23**  
wine, spirits and beer  
24 PK-12 OZ CANS BUD LIGHT, BUDWEISER OR MICHELOB GOLDEN LIGHT  
**BEER ..... \$19 99**  
750 ML WOODFORD RESERVE BOURBON RYE OR RESERVE  
**BOURBON ..... \$34 99**  
1.75 LITER SVEDKA  
**VODKA..... \$16 99**  
750 ML DARK CHOC., DUTCH CHOC., RASPBERRY, WHIPPED CREAM  
**CHOCO VINE ..... \$8 99**

375 ML CANS ASSORTED CRAFTERS UNION  
**WINE ..... \$4 99**  
750 ML SEVEN DEADLY ZINS OR RED  
**WINE..... \$13 99**  
750 ML CANTI MOSCATO  
**WINE..... \$8 99**  
750 ML KENDALL JACKSON  
**CHARDONNAY..... \$14 99**

HEATH/WAFFLE CONE OR SNICKERS/M&M  
**BREYER'S ICE CREAM**  
**3/\$10** 48 OZ  
ICE CREAM SANDWICHES  
KEMP'S..... 12 PK **\$3.29**

**KEMP'S ASSORTED ICE CREAM**  
**\$4.99** 132 OZ PAIL  
ORANGE CREAM OR FUDGE BARS  
KEMP'S ..... 12 PK **\$2.99**

# CLASSIFIED ADS

## Preschool Bus Driver Positions Available

Do you like working with young children & their families? Would you like to work in a family friendly environment? Would you like to work for an agency that promotes professional growth and has room for career advancement?

Inter-County Community Council is accepting applications for an opening in our Head Start program:

**TRF Bus Driver:** 10-20 hours a week, 9 month position, working with our 4 year old classrooms in Thief River Falls to provide transportation to and from their homes, GED or high school diploma and CDL (commercial drivers license) required, experience with young children preferred, training will be provided (buses are 20 passengers maximum, if more than 10 children ride the route a bus monitor will ride along, and all children are in seat belt systems). Currently have a morning only route available, potentially a morning & afternoon route. **Open until filled.**

**Substitutes:** We are building our roster of substitutes for all of our classroom positions (Thief River Falls, Oklee, Fosston, Win-E-Mac, and Bagley) for teachers, bus drivers and classroom assistants. These are an on-call basis. **Open until filled.**

Application and position specific information, including job duties, salary and educational requirements are available on our website at [www.intercountycouncil.org](http://www.intercountycouncil.org). Send completed application and resume to Inter-County Community Council, Human Resources, PO Box 189, Oklee, MN 56742 or [hr@intercountycouncil.org](mailto:hr@intercountycouncil.org). Call 218-796-5144 x. 1028 for more information.

ICCC is an equal opportunity employer.

R48-49C



## UNIVERSITY OF MINNESOTA EXTENSION

The University of Minnesota Extension is hiring 4-H Program Coordinators.

One opening in each of the following Minnesota counties: Blue Earth, Carver, Clearwater, Freeborn, Jackson, Pennington, Rice, Roseau & Washington. Positions range from half-time to full-time.

4-H Program Coordinators work in partnership with communities to build engaged youth who are able to learn and lead in a global society. Primary responsibilities are program leadership and management; volunteer systems support and management; marketing and communications; and fiscal management.

To access complete job descriptions and apply online, go to: <https://z.umn.edu/4HPCPositions>

Priority deadline is March 8. Positions will remain open until filled.

The U of M is an equal opportunity educator and employer.

Are you passionate about empowering youth with skills they need to lead for a lifetime?



Find more than a job. Find more in yourself.  
**Find your calling.**

**Fosston, MN**

**Essentia Health Living Center is now Hiring:**

RNs – Long Term Care

LPNs – Long Term Care

Nursing Assistants – Long Term Care

**Essentia Health Hospital:**

Medical Lab Technician or Medical Technologists – 0.6 – 1.0 (Sign On Bonus Included!)

RNs – 0.8 / Casual

**Essentia Health Clinic:**

Clinic LPN – 0.8

Patient Access Representative – 0.8

**Essentia Health offers competitive salary and benefits**  
Be part of a supportive team committed to providing quality resident/patient-centered care.

For more information and to apply on line, visit us at [www.EssentiaHealth.org/Careers](http://www.EssentiaHealth.org/Careers)

Or call 218-786-2188

EOE/Minorities/Females/Vet/Disabled

R45th

## EMPLOYMENT NOTICE HEAVY EQUIPMENT OPERATOR

Clearwater County will be taking applications to fill Heavy Equipment Operator positions for an employment roster. Future positions will be filled as needed from the roster created by this interview and testing process. There are two full-time positions open at this time.

The applications will be screened for the following minimum qualifications: Class A Commercial Driver's License, three years of experience operating heavy equipment including motor graders, tandem trucks, loaders, backhoes, and dozers, and high school graduate or GED.

Applications are available at the Clearwater County Highway Department, 113 7<sup>th</sup> St. NE, Bagley, MN 56621, (218) 694-6132 or on our website at [www.co.clearwater.mn.us](http://www.co.clearwater.mn.us). Applications must be received no later than March 25, 2019. **Clearwater County is an Equal Opportunity Employer**

R49-51C



## NEW EMPLOYMENT OPPORTUNITIES

T&D Rolf Farms Inc. of McIntosh has full-time positions **IMMEDIATELY** available at hog facility. We are seeking motivated and reliable individuals to work in our gestation and farrowing barns. If interested please contact David Rolf at 218-280-4169

M48-50C

## 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 [jb Burgess@clearbrook-gonvick.k12.mn.us](mailto:jb Burgess@clearbrook-gonvick.k12.mn.us)

Position open until filled.

R44-49C

**We design &  
print wedding  
invitations!  
Call Richards  
Publishing  
218-487-5225**

## The City of Clearbrook

is looking for a  
**Kloster Park Manager  
& Pool Manager.**

Seasonal positions from the middle of May to the end of August. A background check is required.

Please contact the City office at 218-776-3213 for a full job description or for an application.

## Cashier Position

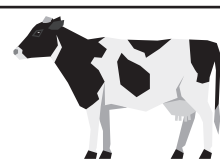
Win-E-Mac Travel Center in Erskine has an opening for a part time cashier. Flexible hours. Must be willing to work nights and weekends. To apply, stop in to fill out an application or call 218-687-3887 ext. 3 to have an application mailed to you.

R49-50C

## Full time Night Custodian Win-E-Mac Public School ISD #2609

is seeking to hire a Full or Part Time Custodian. Good pay and benefits. Please mail a letter of interest, and an on-line application to Superintendent Randy Bruer at [rbruer@win-e-mac.k12.mn.us](mailto:rbruer@win-e-mac.k12.mn.us) or Win-E-Mac School, 23130 345th St SE, MN 56535. Position will be opened until filled or June 28, 2019. Phone: 218-563-2900 [www.win-e-mac.k12.mn.us](http://www.win-e-mac.k12.mn.us)

M48-50C



## HELP WANTED

Golden Sunrise Dairy Inc. of McIntosh is seeking a motivated and reliable individual to work in dairy barn. Duties include, but are not limited to, milking cows and feeding young stock. If interested please contact Tim Rolf at 218-280-3991

M48-50C

**New Full Mattress With Boxspring**  
\$179 Queen Set \$209, Twin Sets \$159, King Pillowtop Sets for \$429  
**Brother's Discount Furniture** All Styles of Mattresses Available Today Just Call Us 218-766-0064. A Family Doing Business Since 2012

R46-49C

## STOP IN FOR ALL YOUR BUILDING NEEDS



**FABRAL**  
29 Gauge Painted or Galvanized Steel Roofing or Siding Available. CALL FOR CURRENT PRICING

**Contact our local Rep Mike Cooper at 218-556-9479**



Please Call Us for a Quote  
**FALLS Building Center**

• Post-Frame Buildings • Garages  
• Building Materials • Shops  
• Siding and Roofing • Homes  
• Windows  
218-253-2585 • 1-800-480-2756  
P.O. Box 477 • 907 Main Avenue South  
Red Lake Falls, MN 56750

R49C

**RUMMAGE SALE** - Embassy basement 3rd/Eaton, Fosston, **Friday Mar. 1st**, (most items 50¢) **Saturday, Mar. 2nd**, (\$2 bag day) 9 am-noon both days.

R49C

**FOR SALE**  
**Gully Schoolhouse Grocery For Sale**  
For more details call 218-796-5478. Great family business!

O45-4C

## Olson Gravel, Inc. Excavating & Concrete (218) 268-4765

Dependable service & quality products  
Same day delivery available  
Basement & septic installation  
We deliver anywhere!

•Wash •Beach Sand •Class 5 Mod •River Rock  
•Peat •Black Dirt •Road Gravel •Rip Rap  
Service with Front Discharge Trucks

**Excellent Prices on Concrete #4 and #5 Rebar (Steel or Fiberglass Rebar)**

M48-47C

## John's Cross Lake Auto Body



• **Repair** • **Refinish** • **Glass**  
• **Replace** • **Insurance** • **Frame**

39473 365th St SE, Fosston, MN 56542  
Phone/Fax: 218-435-1365

R7-new-47n

## DEADLINE NOON FRIDAYS

## OKLEE LUMBER INC

**Quality Construction Materials**  
• Building Materials Sales  
• Windows & Window Treatments  
• Paints & Painting Supplies



**ASK ABOUT OUR COMPLETE BUILDING PLANS SERVICES!**  
We're glad to help you with any building problem you may have.

301 Lambert St  
Oklee, MN 56742  
[www.okleelumber.com](http://www.okleelumber.com)  
218-796-5131

O27C

## PERFECT STARTER HOME OR RENTAL PROPERTY



#4266 - More room than you would perceive! So don't let the size from the outside deceive you! This quaint 2-3 bedroom home has just been tastefully renovated with all new cabinets, flooring, bathroom, appliances, and so much more. Call today!

**SOLLIE REALTY**  
Fosston, MN  
218-435-1525  
[www.sollie.net](http://www.sollie.net)

R49C

## PUBLIC NOTICE

In accordance with Minnesota Statutes 331A.12, the Clearwater County Highway Department will publish transportation project advertisements for bid on the official Clearwater County web site at [www.co.clearwater.mn.us](http://www.co.clearwater.mn.us) and go to Government, Bids and RFPs and then Current Advertised Projects.

**Expected projects to be advertised in 2019 include:**

Aggregate Crushing and Surfacing, Pavement Markings, Grade Widening, Bridge & Culvert Replacement on CSAH 2, Bituminous Surfacing on CSAH 30, 31, 27 and 35, Bridge/Culvert Replacement on CAR 105 over Heir Creek, Reconstruction on MCSAH 57 & 42 in Clearbrook, Bituminous Surfacing on MCSAH 5 in Clearbrook

R49-51C

## Household

**FLOORING SALE:** In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as \$1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171

M38C-C

## Richards Publishing

**FAX SERVICE** at Richards Publishing, Gonvick. Send \$1.50 first page, \$1.00 each additional. To receive, 50¢ per page.

R55C

**LAMINATING DONE** from business card size to letter size, while you wait. Richards Publishing Co., Gonvick.

R55C

**PASSPORT PICTURES** at Richards Publishing, Gonvick. \$10.00. Call to set up an appointment. 487-5225

R55C

**PASSPORT PICTURES  
487-5225**



**MCAN**

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

**Minnesota Classified Advertising Network**



## EMPLOYMENT

### KMS PUBLIC SCHOOLS

has FT Industrial Technology position available fall 2019. Apply: [www.kms.k12.mn.us](http://www.kms.k12.mn.us), attaching letter of interest, resume, transcripts, copy of current Minnesota licensure, three letters of recommendation.

### KMS PUBLIC SCHOOLS

has FT Physical Education position beginning fall 2019. Apply: [www.kms.k12.mn.us](http://www.kms.k12.mn.us), attaching letter of interest, resume, transcripts, current Minnesota licensure, three letters of recommendation.

## HELP WANTED - DRIVERS

### VAN DRIVERS WANTED

No CDL required. Professional Transportation Inc. (PTI) is hiring! Transport railroad crews. FT/PT. Company provided vehicle and fuel. Apply online [www.jobspati.com](http://www.jobspati.com); 800/471-2440, option 1

## SAVE MONEY!

Call your local newspaper or MNA 800-279-2979 to find out how you can save money by placing your advertisement here!

## WANTED TO BUY

### MOTORCYCLES WANTED!

Japanese bikes and British bikes. Street bikes and dirt bikes. NO Harleys, scooters, mopeds. Cash to you! Trailer pickup. Call today: 612/720-2142

## FARM EQUIPMENT

### GOT LAND?

Our hunters will pay top \$\$\$ to hunt your land. Call for a free info packet & quote. 866/309-1507 [www.BaseCampLeasing.com](http://www.BaseCampLeasing.com)

## SEED/FEED/GRAINS

### SEED TREATMENT

for soybean White Mold and SDS! Ask your seed dealer for Heads Up Seed Treatment. Local data available. Cost effective. [www.headsupST.com](http://www.headsupST.com) or 866/368-9306

## MISCELLANEOUS

### MAKE \$500 CASH DAILY

Easy work excellent pay!! Amazing recorded message reveals details. Call anytime for free video 218/743-6566 Ext. # 7

## A PLACE FOR MOM

The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is free, no obligation. Call 844/347-2104

## MISCELLANEOUS

### START SAVING BIG ON MEDICATIONS

Up To 90% Savings from 90DAYMEDS! Over 3,500 Medications available! Prescriptions req'd. Pharmacy checker approved. Call today for Your free quote 844/209-2877

### Your ad here!

Only \$279 to reach a statewide audience of 2.5 million readers!!! 1-800-279-2979

## SAVE ON YOUR NEXT PRESCRIPTION

World Health Link. Price match guarantee! Prescriptions required. CIPA certified. Over 1,500 medications available. Call today for a free price quote. 866/237-5131 Call now!

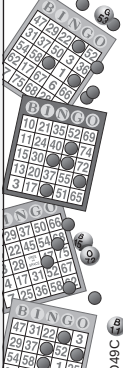
## DONATE YOUR CAR

truck or boat to Heritage For The Blind. Free 3-day vacation, tax deductible, free towing, all paperwork taken care of 844/220-9501

## DISH NETWORK

\$69.99 for 190 channels. Add high speed internet for only \$14.95/month. Best technology. Best value. Smart HD DVR included. Free installation. Some restrictions apply. Call 855/562-4309

# DINING & entertainment



## BAR BINGO! AND PADDLE WHEEL

**SATURDAY, Mar. 2<sup>nd</sup> • 6:30 PM**

56#s at **\$1000**  
— UP TO \$1000 MAXIMUM —

SPONSORED BY:  
**The Mentor Firefighters  
Relief Association**

Lawful gambling license  
#05817-003

### CAROL'S COZY BAR & GRILL

Brooks, MN • 218-698-4608

### CAROL'S COZY BAR & GRILL

Brooks, MN • 218-698-4608

**BINGO**

56#s  
for \$1000

**6:30 pm  
SAT.,  
MAR. 2<sup>nd</sup>**

REMEMBER...  
**TACO TUESDAY**  
LUNCH & DINNER  
**WEDNESDAY NIGHT**  
Dine in only!  
**\$5.00** Burgers & Fries

### DINNER SPECIALS

— FRIDAY ONLY —  
**Walleye**  
— FRIDAY & SATURDAY —  
**Steak, Shrimp & Broasted Chicken  
Dinner & BBQ Ribs**

**EVERY THURSDAY**  
\* Broasted Pork Chops  
LUNCH & DINNER WITH DESSERT  
Potato Klub Thursday Feb. 28<sup>th</sup>

Specials will start  
Weds. March 6<sup>th</sup>

HOURS: M-SAT: 8 A.M. - 1 A.M.  
SUNDAY: 11:00 A.M. - MIDNIGHT  
KITCHEN HOURS ...  
closes 9:00 p.m.

BAR BINGO & PADDLE WHEEL MEAT RAFFLE

## BAR BINGO & PADDLE WHEEL MEAT RAFFLE

**PROGRESSIVE - BLACKOUT** 60 #s for **\$1,000**

**SATURDAY,  
Mar. 2<sup>nd</sup>** at **6:00 pm**  
License: #32290-001

**FRI. & SAT.  
SPECIAL**  
**MEATBALLS**  
— 5:00-10:00 pm —

**SMEAR  
TOURNEY**  
every **TUESDAY**  
at 7 pm

### SHORTY'S PLACE,

GULLY

## POTATO KLUB

**Dee's  
Leonard Cafe**  
will be having  
**POTATO KLUB**  
Every Thursday  
10:00 am until Gone  
(218) 968-2399

**NOW SHOWING**

**FALLS CINEMA**

**UPCOMING MOVIES**

Opened: **2/22/19**

**SIDE 1**

**How to Train  
Your Dragon  
The Hidden  
World**

Rated: PG  
1 hr. 44 min.  
Fri. 7 & 10  
Sat. 1, 4, 7 & 10  
Sun. 1, 4, 7  
Mon.-Thurs. 7

Opens: **3/1/19**

**SIDE 2**

**Isn't it  
Romantic**

Rated: PG-13  
1 hr. 29 min.  
Fri. 7 & 10  
Sat. 1, 4, 7 & 10  
Sun. 1, 4, 7  
Mon.-Thurs. 7

**Coming Soon**  
**Captain Marvel**

Falls Cinema wants to give you a  
**FREE MOVIE** on your birthday so bring  
your ID and have a movie on us!

SUBJECT TO CHANGE, PLEASE CHECK WEBSITE

Hwy. 59 South, Thief River Falls  
Box Office Hotline: 681-9945  
[www.fallscinema.com](http://www.fallscinema.com)

**Fri.,  
Mar. 1<sup>st</sup>**

**BINGO!**  
at  
**6:30pm!**

**BLACKOUT**  
in 55 #s or less  
for **\$1000!**

**MARCH 30TH**

Annual Spring  
Opener at the  
Lions Hall

**APRIL 6TH**

Goodridge Fire and Rescue  
Fund-raiser  
With Live Music by Tami Lee  
& the Northern Lights

### GOODRIDGE LIQUOR STORE

*Early Bird Deadline Fast Approaching!*

**JASON ALDEAN** JUNE 14 & 15 | WINSTED

**OLD DOMINION**

*After Friday, March 15, ticket prices go up!*

BUY TICKETS AT [WINSTOCKFESTIVAL.COM](http://WINSTOCKFESTIVAL.COM) OR CALL 320.485.4287

Advertise Your Dining  
Specials Here!

**218-487-5225**

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multiplication?**

Guess again.  
It's newspaper talk for a  
one-column by 3-inch ad.

Too small to be  
effective?

**You're reading  
this one!**

**Richards  
Publishing Co., Inc.**  
Gonvick • 487-5225

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**GVTV | Internet | GV Cellular**

**Security & Smart Home | Phone Service**

RETAIL STORE LOCATIONS: Bagley | Erskine | Thief River Falls

800-448-8260 | [www.gvtel.com](http://www.gvtel.com) | [f](#) [in](#) [v](#)

**Innovate • Advance • Connect**

### 2018 FORD ESCAPE SEL 4WD



T18166

### 2018 FORD F-150 SUPERCREW XLT 4X4



T18218

**2018 Ford Escape SEL 4WD** 1.5L EcoBoost Engine, 6-Speed Automatic Transmission With Select Shift, Power Liftgate, Leather Trimmed Seats, Rear View Camera, Sync3 With 8" Touchscreen, 10-Way Power Heated Front Seats, Remote Keyless Entry, Securicode Keyless Keypad, Sync Connect, Engine Block Heater, 17" Sparkle Silver PTD Aluminum Wheels.

MSRP .....\$31,040

**SAVE OVER \$6,500**

Retail Customer Cash .....-2,500  
Retail Bonus Customer Cash .....-1,500  
Auto Show Retail Customer Cash -1,000  
Select Inventory Dealer Cash .....-500  
Thief River Ford Discount .....-1,010

**Your Price \$24,530**

**2018 Ford F-150 SuperCrew XLT 4x4** 3.5L V6 EcoBoost Engine, Electric 10-Speed Auto, Remote Start System, Reverse Sensing System, 18" Chrome-Like PVD Wheels, Engine Block Heater, Pro Trailer Backup Assist, Voice-Activated Navigation, 36 Gallon Extended Range Fuel Tank, Integrated Trailer Brake, Tailgate Step, Power-Sliding Rear Window, LED Box Lighting, 110V/400W Outlet.

MSRP .....\$54,385

**SAVE OVER \$11,500**

XLT Chrome or Sport Discount .....-1,750  
XLT Navigation Discount .....-500  
XLT Power Equipment Group .....-250  
Retail Customer Cash .....-2,500  
Bonus Customer Cash .....-1,500  
Auto Show Retail Customer Cash -1,000  
F-150 Fast Cash .....-1,000  
Thief River Ford Discount .....-3,013

**Your Price \$42,872**

### CURRENT PRE-OWNED INVENTORY!

|                                                                                                                  |                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>'10 Kia Forte FLX</b><br>B1181B Cloth, 205k.....24m/\$159..... <b>\$3,999</b>                                 | <b>'12 Ford F-150 SuperCrew XLT 4x4</b><br>T18185A 5.0L V8, Cloth, 102k.....48m/\$379..... <b>\$18,999</b>       |
| <b>'06 Buick Lucerne CXL</b><br>B2015B V6, 4 Door, Leather, 148k.....36m/\$164..... <b>\$5,999</b>               | <b>'16 Ford Escape SE 4WD</b><br>B2016 Heated Cloth, 1.6L, 38k.....60m/\$343..... <b>\$20,299</b>                |
| <b>'12 Ford Focus SE</b><br>T19019A 4 Cyl, Cloth, 113k.....36m/\$190..... <b>\$6,999</b>                         | <b>'16 Ford Escape SE 4WD</b><br>B2017 Heated Cloth, 2.0L, 32k.....60m/\$364..... <b>\$21,499</b>                |
| <b>'08 Town &amp; Country Limited</b><br>T18188B Navigation, Leather, 146k.....48m/\$156..... <b>\$7,399</b>     | <b>'16 Ford Escape SE 4WD</b><br>S2019 Leather, 2.0L, 27k.....60m/\$365..... <b>\$21,499</b>                     |
| <b>'10 Ford Fusion SE</b><br>S1195 Cloth, 4cyl, 132k.....36m/\$267..... <b>\$7,999</b>                           | <b>'15 Dodge Grand Caravan SXT</b><br>B2005 Power Doors, Leather, 27k.....60m/\$372..... <b>\$21,899</b>         |
| <b>'16 Ford Fiesta SE FWD</b><br>B2000A Heated Cloth, 4cyl, 10k.....60m/\$209..... <b>\$11,999</b>               | <b>'15 Ford Edge SEL AWD</b><br>B1198 Cloth, 2.0L, Rear Camera, 31k.....60m/\$390..... <b>\$22,999</b>           |
| <b>'16 Ford Escape S FWD</b><br>T19026A Cloth, 4cyl, 55k.....60m/\$243..... <b>\$13,999</b>                      | <b>'15 Ford Edge SEL AWD</b><br>S2018 2.0L, Leather, 41k.....60m/\$399..... <b>\$23,599</b>                      |
| <b>'14 Ford Escape Titanium 4WD</b><br>T18219A 2.0L, Leather, Navigation, 92k.....60m/\$269..... <b>\$15,499</b> | <b>'15 Ford F-150 SuperCrew Lariat 4x4</b><br>T19027A 3.5L V6, Leather, 96k.....60m/\$499..... <b>\$29,499</b>   |
| <b>'11 Ford F-150 SuperCrew XLT 4x4</b><br>T18217B 5.0L V8, Cloth, 146k.....48m/\$337..... <b>\$15,999</b>       | <b>'16 Ford Explorer XLT 4WD</b><br>B2023 Leather, Nav., 2nd Row Buckets, 38k.....60m/\$512..... <b>\$29,499</b> |
| <b>'13 Ford F-150 SuperCab XLT 4x4</b><br>T18177A 3.5L V6, Cloth, 110k.....48m/\$348..... <b>\$16,499</b>        | <b>'15 Ford F-150 SuperCrew XLT 4x4</b><br>S2020 3.5L V6, Cloth, 40k.....60m/\$534..... <b>\$31,499</b>          |
| <b>'15 Buick Encore AWD</b><br>T18073A 4 Cyl, Leather, Moonroof, 49k.....60m/\$321..... <b>\$18,499</b>          | <b>'16 Ford F-350 SuperCrew Platinum 4x4</b><br>T19021A Leather, Loaded, 52k.....72m/\$708..... <b>\$48,999</b>  |



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## GAMEPLAY WORD SEARCH

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

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

| GAMEPLAY WORD SEARCH |             |            |         | Answers on page 6 |  |  |  |
|----------------------|-------------|------------|---------|-------------------|--|--|--|
| ABANDONWARE          | CAMPAIGN    | EFFECTS    | LIFE    |                   |  |  |  |
| ACTION               | CHECKPOINT  | ELECTRONIC | MAP     |                   |  |  |  |
| AGGRO                | CLONE       | FARMING    | MOD     |                   |  |  |  |
| ALPHA                | CONSOLE     | FREE       | MODE    |                   |  |  |  |
| ANALOG               | CONTENT     | GAMEPLAY   | PLAYING |                   |  |  |  |
| BALANCE              | CONTROLLER  | GHOST      | PORT    |                   |  |  |  |
| BIT                  | DAMAGE      | GRAPHICS   | RELEASE |                   |  |  |  |
| BOARD                | DEVELOPMENT | HEALTH     | ROLE    |                   |  |  |  |
| BUFF                 | DISPLAY     | INVENTORY  | SHOW    |                   |  |  |  |



## Theology in the Trenches

By Kathleen Kjolhaug

### If We Only Knew or Do We?

(The shortened version.)

If we only knew the ending, at the beginning perhaps...just perhaps...we would not empty out into empty. Baffling it is the human predicament. The long and winding road of life traverses us often times into reverse and the receptacles upon our internal GPS become blocked.

Once the receptors are blocked, we are no longer able to receive. Blocking becomes our mode of operation and we actually become quite good at it. We block all sorts of things. We block out memories, we block out the ability to listen to His still small voice, we block out anger that drives the blockages and all because somewhere along life's route we blocked out pain.

We blocked out pain because that is how we learned to cope. Often times we are so busy trying to avoid further pain that when old pain is triggered, it blocks receptors. When receptors are blocked, the inflow of what can help heal can also be blocked. We run like the wind towards more familiar pain paths because healthy is unrecognizable. We block the very things that can have the potential to help heal.

More questions come when more questions are asked. Why is it so much easier to turn pain inwards when others have had no problem turning pain outwards upon us? Why do we often take the long hard road back to stability by self destructing

rather than receiving Love that can bring healing? I can only go by what I have lived.

My receptors were blocked for a season, and I didn't even know it. Layer upon layer they had crusted over and soon some of my heart valves were clogged. They were clogged because I had not been aware of what my heart needed. My heart needed to confess and when I did, my ability to receive became unblocked.

It began in my quiet time with a simple request. "Show me my sin."

And, He did. Before me they danced for mere seconds tops. Then, each one...each little thought, like a bubble, dispersed into thin air. My sins were gone. Poof! (Note: Confession has always been a part of my life. This was different. Although it was still confession, it took on the form of asking the Lord to show me areas of my life that I was not aware.)

Truth is we could spend the rest of our lives acknowledging our sin...our part in any given situation. After all "I" statements empower. But this time, with a mere nod of my head...the weight lifted as it shifted from my shoulders to His. There was no finger wagging...no shaming. He simply took each thought as I confessed. I could almost hear Him say, Let me take that from you. Place them right here so I may carry the load you were hanging on to. You are free now. Go forth.

There is freedom in Christ. You are no longer bound.

Once I confessed, my receptors were unclogged...free now to receive. The fruit of confession is the ability to receive. The ability to receive love produces compassion. And so it goes. Compassion eventually leads to us being able to forgive others as we have been forgiven...anointing them with His oil as we hand them off to Him to do His work in Love.

If we knew at the beginning what we know at the end, that freedom rather than condemnation comes by way of confession, would we line up to for release rather than cling to the comfort of imprisonment? Would we be dancing in His direction?

"I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden light" (Matt. 11:30).

He's made a way. Waiting a life time to receive that gift would be like looking at a Christmas package under the tree and never ever opening it because there was a ribbon bound round it.

Let's start by placing our fingers upon the ribbon. It takes so little effort. With a gentle tug the ribbon no longer binds. Loosed within is a gift. Receive. "For it was while we were yet sinners..." (Rom. 5:8). Amen.

**PASSPORT PICTURES  
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## Sanford Parent Connection

A support group for parents of kids with special health needs

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

The group meets the last Tuesday of every month from 5 to 6 p.m. in Sanford Bemidji Medical Center's Education

Center, 1300 Anne St. NW, Bemidji. The Education Center is located inside the east entrance of the medical center, to the right of the guest services desk. Free childcare is provided. An upcoming gathering takes place Feb. 26.

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



## Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

**Question:** In the past few weeks, I noticed a major increase in the number of crashes due to slippery roads. Can you explain the importance of driving with due care and what troopers are seeing?

**Answer:** We have been extremely busy this winter responding to many crashes and calls about vehicles off the road. Since we're responding to an increased number of incidents, it increases the chances that we'll get hit from a secondary crash. Multiple squads have been hit by passing motorists in the month of February alone and some of those crashes involved injuries.

We use our patrol cars to secure and protect a crash scene so those involved are protected from other passing vehicles. This becomes extremely dangerous for the troopers that are securing the crash scene and especially if the crash is blocking a lane of traffic on a slippery roadway.

We will request other troopers or available law enforcement agencies to assist us with traffic control by slowing down approaching motorists and warning them of a lane closure. I was struck while I was parked alongside the road while investigating another crash a few years ago. I completely understand the importance of motorists needing to move over for those helping others along the roadway.

motorists also need to pay attention at all times and adjust their speeds to the current road conditions. Always wear your seatbelt, increase your following distance and make sure your lights are on when visibility is reduced.

Our office is the highway and we need your help to keep ourselves and other motorists safe. 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).

If you see the first emergency vehicle parked with its emergency lights on and they are not immediately out with another vehicle, chances are, this is most likely a warning for all the approaching motorists that there is another crash/incident ahead. Please remember to move over if you can when you see flashing lights. If you are unable to move over, slow down significantly.



Photos of three of the fifteen Minnesota State Patrol vehicles that were struck.



## Winter...I'm tired of it!!

By Auctioneer Eric W. Mickelson

Bet I am not the first person you have heard say that this year, "I am tired of winter!"

A long stretch of some below zero temperatures, and snow-LOTS OF SNOW. Everyday for the last month seems like a battle! Will the car or tractor start because of the cold? OR Can we get through these big snow drifts? I had tractor trouble during the cold stretch and thank goodness for neighbors! Josh Vettleson came over three times to feed hay as my tractor was down!

I was ice fishing at LOW about a month ago and at Zippie Bay Resort sat a Versatile Bi-Directional tractor with a loader on one end and a big snowblower on the other. I told my wife, "Now that is what I could use!" Today we do have some more options. We have pickup trucks with blades that can do quite a job on the snow. We also have snowblowers of all shapes and sizes. Skidsteer loaders, payloaders, and snow plowing attachments to fit any vehicle or ATV you have! But back in the day a good loader was a wonderful addition to your farm equipment list!

Back in 1952 when my dad and his parents moved to rural Oklee, they had a different strategy to get down the driveway through the snow. First of all they did not really have a driveway. During the summer they could go east through the field and meet up with the road by Virgil Nelson's and on to town. But in the winter that did not work! So they would go to the road west of the farm, then south across the bridge by Bill Bourque's place. Well often the winter strategy I spoke of was heading out and getting as far as the 1949 International pick up could go, then going to get the horses to pull the pick up the rest of the way to the road. Then on the way home it was the same. Fight the snow until you get stuck, then go to the barn and get the horses and pull the pick up home. Not quite as convenient as Versatile Bi-Di-



Dad(Mickey Mickelson) on the 1952 A John Deere in November of 1977.

rectional Tractor with a blower and a loader, but it worked!

Recently on Facebook someone posted a picture a Caterpillar Tractor clearing a road in North Dakota. The drifts he was fighting through were nearly up to the wires of the high line poles! Well I remember my aunt and uncle from Louisiana coming to visit earlier that winter, in November of 1977. I believe they flew into Grand Forks and rented a car. But when they got to our place they could not get down the driveway. Dad was

busy pushing snow with a 1952 A John Deere and Farmhand loader. That winter that old A got a workout. There was no snow up to the high line wires, but it was as high as Dad and the A wanted to plow through. I went out and took some pictures of dad and that A plowing snow and every once in a while dig them out and talk about Ray and DoDo coming out in that snowstorm.....I guess it is good to have some deep snow.....it gives us something to talk about!!

### How about a little tractor trivia!

1. The model A John Deere had nearly a 20 year production run spanning the years \_\_\_\_\_.  
A) 1934-1952 B) 1933-1953 C) 1932-1950

2. Early model A tractors had a \_\_\_\_\_ speed transmission.  
A) 3 B) 4 C) 5 D) 6

3. In 1940 John Deere upgraded the A to a \_\_\_\_\_ speed transmission.  
A) 5 B) 6 C) 8 D) 10

4. The "late" styled model

is my favorite. What year did they start producing these tractors.

A) 1939 B) 1945 C) 1947 D) 1949

5. In 1977 Versatile came out with the model 150 Bi-Directional tractor. Where was it manufactured?

A) Fargo, ND B) Red Lake Falls, MN C) Winnipeg, MAN D) Toronto, ONT

**Answers:** 1. A. 1934-1952 2. B. 4 3. B. 6 4. C. 1947 5. C. Winnipeg

## My Younger Days

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

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

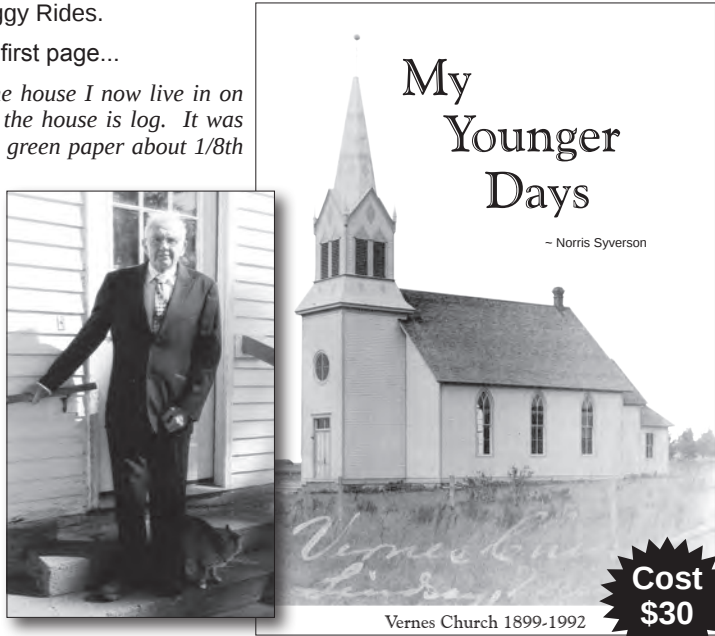
*I was born in the front room of the house I now live in on December 24, 1933. This part of the house is log. It was covered with some kind of pressed green paper about 1/8th of an inch thick, now it is covered with 1/2 inch thick celotex.*

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

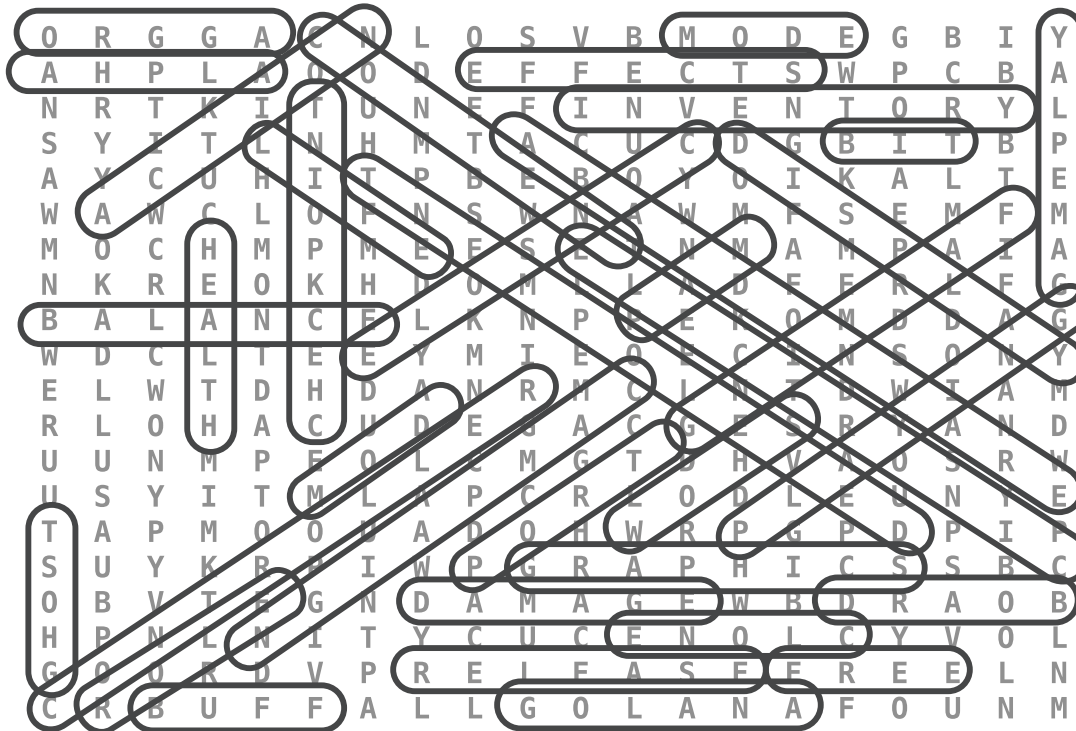
**"I hope every reader will seek the Lord and make sure you have the Lord Jesus deep in your heart for this is the Will of God."**

Thank you. Norris Syverson

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



### Word Search Answers



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# OBITUARIES



### Services for Al Wasson

Al Wasson, of Shakopee (formerly of Prior Lake & Clearbrook) joined his Lord and Savior in heaven on Saturday, February 9, 2019 at the age of 96. He was a loving husband, father, grandpa and great-grandpa, and a proud veteran. A Celebration of Life Service will be held on Monday, March 4, 2019 at 11:00 AM with visitation one-hour prior at Ballard-Sunder Funeral & Cremation (4565 Pleasant St. SE) in Prior Lake. Pastor Mike Golay of Friendship Church in Shakopee will preside, and Al will be laid to rest at Fort Snelling National Cemetery. Al's urn bearers will be Gary Bjerke, Bruce Bjerke, Ron Tveitbakk, Jerry Tveitbakk, & Chris Johnson. Wayne Torgerson as honorary urn bearer.

Lunsford & Elizabeth (Dickey) Wasson celebrated the birth of their son, Albert Joshua Wasson, on March 5, 1922. Al was the fifth of seven children. He grew up on the family farm in Arkansas. Al was a mischievous boy, but the life of a farmer gave him a strong work ethic that served him well throughout his life. When Al was just 16, his father died suddenly. Al was now the man of the house, so he quit school to run the family farm.

During WWII, Al was drafted into the United States Army. He landed at Normandy Beach and was involved in the Battle of the Bulge. During his service, Al marched across France, Germany & Austria. He was tasked with carrying a brown- ing automatic machine gun, and his partner "Shakes" carried the ammunition. Once the war was over, Al drove a medical vehicle until he was honorably discharged. Al received several medals for his dedicated service.

After his discharge, Al followed his sister and cousin to California to look for work. Al never found his dream job in California, but he found his

dream girl. His cousin introduced him to Harriet Bjerke. The first time he saw Harriet, she was standing on the street corner wearing a "mink" coat. Al was thrilled to have found a beautiful woman who had money. He later found out it was actually a squirrel fur coat and not mink. But it was too late, Al had fallen deeply in love with Harriet.

On November 30, 1946, Al & Harriet exchanged wedding vows in Reno, NV. They moved back to Clearbrook, MN and settled in Harriet's hometown to raise their family. Al & Harriet were blessed with two wonderful children, Sharon & Robert.

Al provided a good life for his family. He and Harriet farmed for the first 12 years of their marriage before buying the local Mobile Service Station. Al ran the station for more than 20 years. He loved the work and was always there to help his customers. Al eventually became the Mobile Distributor for the entire northern region of Minnesota.

In retirement, Al & Harriet moved to Prior Lake to be closer to family. They also spent a lot of time with family and friends at their cabin on Clearwater Lake in Northern Minnesota. Al enjoyed hunting, fishing and spending time with family. Al & Harriet traveled the country in a motorhome visiting family in Arkansas, Texas & California. Family was the most important thing in Al's life. He especially loved being a grandpa to Katie, Josh & Aimee. When they were little, he loved bouncing them on his knee and singing "Going up Cripple Creek" as they bounced.

Al was a true jokester. He loved being silly, telling animated stories and putting smiles on the faces of those he loved. Al was a hard-working, strong man who would do anything for anyone.

He will be remembered for his strong integrity and generous heart. Al is survived by his wife, Harriet; children, Sharon (Thom) Cowhey, Robert (Eva) Wasson; granddaughters, Katie (Chris) Johnson & Aimee Jarnot; great-grandkids, Colin, Grace & Raina; other loving relatives and friends. Al was greeted in Heaven by his grandson, Josh Cowhey; parents, Lunsford & Elizabeth Wasson; brother, James Wasson; infant sisters, Emily and Iola; sisters, Willamae Wasson, Jewell (Porter) Tipton & Vera (Kirby) Jenkins.

Ballard-Sunder Funeral & Cremation proudly serves the Wasson family. [www. BallardSunderFuneral.com](http://www.BallardSunderFuneral.com) Cremation



### Services for Hedwig Reindahl

Hedwig Reindahl, age 96, of Fosston, MN, passed away on Wednesday, February 20th, at the Villa St. Vincent Nursing Home in Crookston, MN. Funeral services will be held at 1:00 p.m. on Wednesday, February 27th, at the Carlin Funeral Home in Fosston with Pastor Seth Johnson officiating. Interment will be in Clearwater Cemetery, rural Oklee, MN, in the spring. Visitation will be held for one hour prior to the service on Wednesday at the funeral home. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be sent to [www. carlinfuneral.com](http://www.carlinfuneral.com).

Hedwig "Hedy" Jane Sikora was born on March 6, 1922 in Kooi, Wyoming to parents Paul and Agnes (Malyurek) Sikora. She was raised on a ranch in Decker, Montana. She moved to Chicago where she met her future husband, Sidney, at a canning factory.

She was united in marriage to Sidney LeRoy Reindahl on August 26, 1943 in Oklee, Minnesota. Shortly after their marriage, Sidney left to serve in the U.S. Army during World War II. After the war ended they began their life together in Story, Wyoming. In 1955, they moved to back to Minnesota and resided for two years with grandparents, Theodore and Valborg Reindahl. Then they lived in Vermillion Township, near Tower, Minnesota where

Hedwig raised her family and Sidney worked in the mines. They moved to Fosston, Minnesota and bought a home in 2008. Sidney passed away on January 29, 2015 after 71 years of marriage. Hedwig lived at her home in Fosston until June 1, 2017 when she became a resident of Villa St. Vincent in Crookston, Minnesota.

Hedy liked gardening, flowers, and definitely had a "green thumb". She always encouraged her family to continue their education. Hedy had a great love of classical old music. She played the accordion and dabbled with the piano. She loved to read until her vision no longer allowed reading. She was entertained by Harry Potter books which were written in Montana. Hedy loved seeing her grandchildren and great grandchildren growing up into responsible adults. Many gifts of money, books and baby clothes were bought for the many children.

Survivors include two children, Sidney Reindahl, Jr. (Darlene) of Virginia, MN, and Sedona Reindahl-Fossand of Bemidji, MN; 12 grandchildren, Darryn (Dana) Fossand, Dana Erickson, Erica Fossand (Jenna), Jennifer (Nate) Ainsworth, Charles (Sarah) Hastings, Shannon Reindahl, Melanie Pearson, Wendy Pearson, Heidi Reindahl, Danielle Zika, Erin Reindahl, and Katrina Reindahl; and one sister-in-law, Dellys Rendal. Nieces and nephews also survive.

Hedy was preceded in death by her husband, Sidney; her parents, Paul and Agnes Sikora; two children, Cheryl Hastings and Gene Reindahl; son-in-law, Charles Hastings; brothers and sister, Paul, Mary, Edward, and Joseph; sisters-in-law, Olga Dahlen, Corrine Roisland, Evelyn Lillo, and Gladys Reindahl; and brothers-in-law, Leonard, Kent, and Harold Reindahl.

May her memory be blessed.

A special thank you to the staff of Villa St. Vincent for their wonderful care.



### Services for Kelly Julin

Kelly Richard Julin, age 65 passed away unexpectedly February 20, 2019 at Sanford Medical Center in Bagley, MN.

Memorial services will be held at 2:00 pm Friday, March 1, 2019 at Timbers Event Center (DaRoo's Pizza) 1718 Central St. W Bagley, MN 56621. There will be a visitation on Thursday, February 28, 2019 from 5:00 - 7:00 pm at the Cease Funeral Home in Bagley, MN.

Kelly was born in Hibbing, MN April 25th, 1953 to Orvis and Shirley Julin (Schussman). He attended Bemidji High School and later graduated the Welding Course at Thief River Falls Vocational and Technical College.

Kelly married Lola Kurtz August 26th, 1972. Together they lived in various northern Minnesota towns where Kelly worked for the following businesses: Ewert Concrete Construction, a self-employed logger and Eveleth Taconite Company. In September 1984 Kelly, Lola and two young sons, Wade and Todd moved to Bemidji, MN. Kelly worked as a welder at Berge's Inc. of Cass Lake, MN until becoming disabled in 1987. During the summer of 1993 Kelly and Lola moved to Miles City, MT to help Kelly's health issues. With improved health Kelly moved to Clearbrook, MN and since 2008 made

his home with Lola in rural Bagley, MN.

Kelly loved the cowboy way of life due to his undying belief of fellowship with family, friends, animals, and the outdoors. He enjoyed hunting, fishing, horses, driving his team of haffinger horses and small town life. He was actively involved with Headwaters Horsemen Fellowship of Christian Cowboys, which provided an outlet for his love of playing music with his friends and doing minor ministerial outreach.

Kelly was very skilled in fabricating and repair. He spent many hours restoring his Farmall tractors, helping build Wade's pulling tractor and loved spending time with his grandchildren. Kelly is survived by his wife Lola of 46 years; and two sons: Wade Julin and his wife Lana Schultz-Julien of Bemidji, MN and Todd Julin and his wife Megan of Cotton, MN as well as, his four grandchildren: Haley, Hunter, Adam and Cole Julin; mother, Shirley Julin of Bemidji, MN; his sister, Weezie Johnson and her husband Michael; and two nephews: Trey Johnson of Philadelphia, PA and Brady Johnson of Bemidji, MN. He was preceded in death by his father, Orvis Julin and brother, Tracey Julin.

He will be greatly missed by family and friends.

Messages of condolence may be sent to [ceasefuneral-home.com](http://ceasefuneral-home.com)

## Obituary Notices

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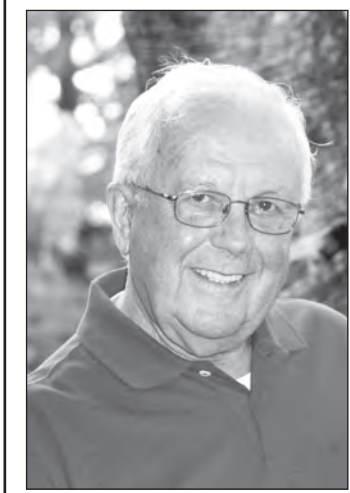
IN MEMORIAM

Inga Otelia Johnson  
June 22, 1913 - January 13, 1998

"Forever in our Hearts"

Floyd Elmer Johnson  
July 7, 1918 - February 10th, 1981

Remembered in love always,  
Cecelia, Merlin and Marlene and families



### Services held for Donald Sorenson

Memorial services for Donald Theodore Sorenson of Baudette, MN were held on Friday, February 22, 2019 at 1 PM at the First Lutheran Church in Baudette. Visitation was held Thursday, February 21 from 6-8 PM, with an 8 PM prayer service at Helgeson Funeral Home in Baudette.

Donald Theodore Sorenson was born on March 7, 1937 at his home in Gonvick, MN to Theodore and Dora (Bruhjell) Sorenson. Don joined his heavenly Father on February 17, 2019. He passed away at Sanford Bemidji Medical Center from heart issues caused by a previous heart attack on January 29th.

Don was baptized on May 2, 1937 and confirmed on December 14, 1952. He attended country school briefly and later Gonvick, where he graduated from in 1955. Following graduation, he worked briefly in construction at the Grand Forks Air Force Base. He married the love of his life, Betty Lue Churness on June 7, 1958. They celebrated their 60th anniversary with their children, grandchildren, and great-grandchildren in Park Rapids, where they spent

their honeymoon. Don and Betty began their married life on a farm near Gonvick where Don farmed and worked various jobs until 1964. They moved to Baudette in 1964 where Don started his career with the MN Department of Transportation. A job transfer brought them to Kelliher in 1967 where they lived until 1973, when he became a supervisor for MNDOT and was transferred back to Baudette. Don retired from MNDOT in 1995.

Don has been active in his communities serving on the city council in Baudette, church council in both Kelliher and Baudette and Kelliher volunteer fire department.

Don is survived by his wife, Betty; daughters, Vicki (Ed) Smith of Carroll, IA, Tami (Rocky) Black, of Big Sky, MT, Valorie (Jeff) Johnson of Thief River Falls, MN and Trudy (Mike) Wilmer of Moorhead, MN; grandchildren Jacob, Noah (Kathy), and Adam Smith, Hannah (Evan) Olson, Kaitlyn Sorenson-Black, Zachary (Jenna), Dylan and Brice Johnson, Aaron (Haley), Alex (Savanna) and Andrea (Jackson Judisch) Wilmer, and great-grandchildren Easton and Blayne Johnson, Kinsley Judisch and the newest great grandson, Max Olson who is only two weeks old. He is also survived by his brothers Les (Judy) Sorenson, Terry (Faye) Sorenson, his sister-in-laws Leila Churness, Ardella (Marvin) Lindberg and Karen (Vern) Vogh and brother-in-law Helmer Hanson, and several nephews and nieces.

He is preceded in death by his parents, Theodore and Dora, his brother, Duane, his sister Bonita and her husband, Per Hopperstad as well as several in-laws and beloved nieces and nephews.



Adults can learn strategies to get more restorative and lengthy sleep.

## Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories "may be appropriate" and "not recommended." This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart func-

tion. Various strategies can help people get more sleep and enjoy better sleep quality.

- Create a luxury bed environment. Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.

- Consider white noise. The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet. It can also block out extraneous noises.

- Keep electronics out of the bedroom. It can be challenging to disconnect from electronics, but it is essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

- See your doctor. If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.

MARCH 1ST

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**NCTC Basketball - Game Box Score**  
**Northland CTC Pioneers vs. Lake Superior College**  
**Date: 2/23/2019 Time: 12:42 PM Site: Unknown Attendance: Unknown**

| Visitors: Lake Superior College |                     |   |          |       |       |          |      |       |      |       |       |    |     |    |    |    |
|---------------------------------|---------------------|---|----------|-------|-------|----------|------|-------|------|-------|-------|----|-----|----|----|----|
| ##                              | Name                | P | TFG      | 2FG   | 3 Pt  | FT       | PTS  | ORB   | DRB  | TR    | PF    | FD | AST | AA | TO | BS |
| 2                               | * Baylee Barningham |   | 1/9      | 1/4   | 0/5   | 2/2      | 4    | 0     | 1    | 1     | 1     | 1  | 1   | 0  | 1  | 0  |
| 5                               | * Malea Boser       |   | 1/5      | 1/3   | 0/2   | 0/0      | 2    | 3     | 5    | 8     | 2     | 0  | 4   | 0  | 1  | 0  |
| 10                              | * Kyndra Beavers    |   | 4/11     | 1/5   | 3/6   | 0/0      | 11   | 1     | 5    | 6     | 4     | 0  | 3   | 0  | 6  | 0  |
| 20                              | * Bailey Wheeler    |   | 5/12     | 2/6   | 3/6   | 0/0      | 13   | 4     | 3    | 7     | 3     | 0  | 1   | 0  | 1  | 0  |
| 21                              | * Carly Hanson      |   | 4/14     | 1/5   | 3/9   | 0/2      | 11   | 0     | 3    | 3     | 4     | 1  | 1   | 0  | 3  | 0  |
| 23                              | Delaney Mjolsness   |   | 1/2      | 1/1   | 0/1   | 0/0      | 2    | 0     | 1    | 1     | 1     | 0  | 0   | 0  | 0  | 0  |
| 35                              | Mia Marple          |   | 1/2      | 1/2   | 0/0   | 0/0      | 2    | 0     | 2    | 2     | 3     | 1  | 1   | 0  | 1  | 0  |
| 42                              | Kalley Rustad       |   | 0/1      | 0/1   | 0/0   | 2/2      | 2    | 1     | 0    | 1     | 0     | 1  | 0   | 0  | 0  | 0  |
| 51                              | Morgan Schlee       |   | 0/0      | 0/0   | 0/0   | 0/0      | 0    | 0     | 0    | 0     | 0     | 0  | 0   | 0  | 2  | 0  |
|                                 |                     |   | 0/0      | 0/0   | 0/0   | 0/0      | 0    | 0     | 0    | 0     | 0     | 0  | 0   | 0  | 0  | 0  |
| Team                            |                     |   |          |       |       |          |      |       |      |       |       |    |     |    |    |    |
| Totals                          |                     |   | 17/56    | 8/27  | 9/29  | 4/6      | 47   | 9     | 26   | 35    | 18    | 4  | 11  | 0  | 17 | 0  |
| Total FG                        |                     |   | 1st Half | 12/34 | 35.3% | 2nd Half | 5/22 | 22.7% | Game | 17/56 | 30.4% |    |     |    |    |    |
| 3 PT FG                         |                     |   | 1st Half | 6/16  | 37.5% | 2nd Half | 3/13 | 23.1% | Game | 9/29  | 31.0% |    |     |    |    |    |
| Free Throws                     |                     |   | 1st Half | 0/0   | 0.00% | 2nd Half | 4/6  | 66.7% | Game | 4/6   | 66.7% |    |     |    |    |    |

| Home: Northland CTC Pioneers |                    |   |          |       |       |          |       |       |      |       |       |    |     |    |    |    |
|------------------------------|--------------------|---|----------|-------|-------|----------|-------|-------|------|-------|-------|----|-----|----|----|----|
| ##                           | Name               | P | TFG      | 2FG   | 3 Pt  | FT       | PTS   | ORB   | DRB  | TR    | PF    | FD | AST | AA | TO | BS |
| 3                            | * Ashley Moe       |   | 1/5      | 0/3   | 1/2   | 1/2      | 4     | 0     | 2    | 2     | 0     | 1  | 1   | 0  | 1  | 0  |
| 4                            | * Hannah Dietsch   |   | 1/5      | 1/3   | 0/2   | 2/2      | 4     | 1     | 7    | 8     | 0     | 1  | 3   | 0  | 3  | 0  |
| 14                           | Holly Steer        |   | 0/1      | 0/0   | 0/1   | 0/0      | 0     | 0     | 1    | 1     | 2     | 0  | 2   | 0  | 1  | 0  |
| 15                           | * Janie Wunderlich |   | 4/15     | 2/9   | 2/6   | 1/3      | 11    | 3     | 4    | 7     | 1     | 3  | 2   | 0  | 3  | 1  |
| 21                           | Taylor Benson      |   | 0/0      | 0/0   | 0/0   | 0/0      | 0     | 2     | 1    | 3     | 1     | 0  | 1   | 0  | 1  | 0  |
| 23                           | Bailey Greene      |   | 1/5      | 1/3   | 0/2   | 2/4      | 4     | 1     | 1    | 2     | 1     | 2  | 1   | 0  | 1  | 0  |
| 25                           | Jozsi Halvorson    |   | 3/6      | 2/3   | 1/3   | 1/3      | 8     | 0     | 2    | 2     | 2     | 2  | 1   | 0  | 1  | 0  |
| 32                           | Tamara Skinaway    |   | 0/0      | 0/0   | 0/0   | 0/0      | 0     | 0     | 0    | 0     | 0     | 0  | 0   | 0  | 0  | 0  |
| 34                           | * Brooke Brandon   |   | 4/6      | 2/4   | 2/2   | 1/6      | 11    | 3     | 2    | 5     | 0     | 3  | 0   | 0  | 2  | 0  |
| 41                           | Carly Mekashi      |   | 0/0      | 0/0   | 0/0   | 0/0      | 0     | 0     | 0    | 0     | 0     | 0  | 0   | 0  | 0  | 0  |
| 45                           | * Brooke Heggie    |   | 10/13    | 10/13 | 0/0   | 1/2      | 21    | 4     | 4    | 8     | 1     | 3  | 3   | 0  | 0  | 0  |
| 52                           | Mya Hough          |   | 1/3      | 1/3   | 0/0   | 2/4      | 4     | 5     | 5    | 10    | 1     | 2  | 0   | 0  | 4  | 0  |
|                              | Jessica Nichols    |   | 0/0      | 0/0   | 0/0   | 0/0      | 0     | 0     | 0    | 0     | 0     | 0  | 0   | 0  | 0  | 0  |
| Team                         |                    |   |          |       |       |          |       |       |      |       |       |    |     |    |    |    |
| Totals                       |                    |   | 25/59    | 19/41 | 6/18  | 11/26    | 67    | 21    | 31   | 52    | 9     | 17 | 14  | 0  | 18 | 1  |
| Total FG                     |                    |   | 1st Half | 14/27 | 51.9% | 2nd Half | 11/32 | 34.4% | Game | 25/59 | 42.4% |    |     |    |    |    |
| 3 PT FG                      |                    |   | 1st Half | 3/9   | 33.3% | 2nd Half | 3/9   | 33.3% | Game | 6/18  | 33.3% |    |     |    |    |    |
| Free Throws                  |                    |   | 1st Half | 7/13  | 53.8% | 2nd Half | 4/13  | 30.8% | Game | 11/26 | 42.3% |    |     |    |    |    |

|                   | Lak        | NCTC |                   | Lak  | NCTC |                 | Lak  | NCTC |
|-------------------|------------|------|-------------------|------|------|-----------------|------|------|
| Free Throw Pts    | 4          | 11   | 3Pt Points        | 27   | 18   | Pts/Possession  | 0.70 | 0.98 |
| Pts off Turnovers | 20         | 22   | 2nd Chance Points | 6    | 17   | Pts off Bench   | 6    | 16   |
| Total Rebounds    | 35         | 52   | Team Rebounds     | 6    | 4    | Dead Ball Reb   | 1    | 3    |
| Off Rebound %     | 22.5       | 44.7 | Def Rebound %     | 55.3 | 77.5 | Total Rebound % | 40.2 | 59.8 |
| 3Pt Efficiency    | +11.3      | +2.4 | Def. Stops        | 44   | 48   | Pts/Shot        | 0.79 | 0.93 |
| Effective FG%     | 38.4       | 47.5 | FT Rate           | 0.07 | 0.18 | Points in Paint | 8    | 20   |
| Technical Fouls   | Lak        | None |                   |      |      |                 |      |      |
|                   | NCTC       | None |                   |      |      |                 |      |      |
| Officials         | Unknown, , |      |                   |      |      |                 |      |      |

|                        | Qtr 1 | Qtr 2 | Qtr 3 | Qtr 4 | OT 1 | OT 2 | OT 3 | OT 4 | Total |
|------------------------|-------|-------|-------|-------|------|------|------|------|-------|
| Lake Superior College  | 17    | 13    | 2     | 15    | 0    | 0    | 0    | 0    | 47    |
| Northland CTC Pioneers | 19    | 19    | 12    | 17    | 0    | 0    | 0    | 0    | 67    |

## Bemidji First Friday Art Walk starts March 1 with seven places

March 1, 2019  
**Wild Hare Bistro and Coffeehouse** – Wild Hare will continue the exhibit by visual artist and 2017-2018 Region 2 Artist Fellow, Kelli Lien. Ms. Lien is exhibiting both watercolor and collage. This activity is made possible, in part, by a Region 2 Arts Council Artist Fellowship with funding from the McKnight Foundation. Wild Hare is open 7 am – 5 p.m. and is located at 523 Minnesota Ave.

**Neilson Place** continues their exhibit featuring the photograph of Bob Panther. View the work from 8 am – 8 pm. Neilson Place is located on the Sanford WoodsEdge campus, 1000 Anne Street NW.

**Gallery North** – Stop by Gallery North's First Friday open house on March 1st, 2-5 pm and visit with Featured Artist, Gallery North member Charles Alberti. Alberti will be featuring his latest original canvas paintings. Alberti grew up in Chicago. He earned a BFA from the School of Art Institute of Chicago and an M.Ed. and Ph.D. at Loyola University of Chicago. He has had shows in New York, Chicago, California, Connecticut, Texas and Minnesota. His artwork is in private, corporate and museum

collections in the states and abroad. The Arial Gallery in New York once reviewed his work as: "An artist who explores the hidden recesses of the mind with profound and disquieting insight, Alberti probes human psychology by means of brilliantly colored quasi-surrealistic depictions of primal symbols done in a variety of media." Gallery North is located at 310 4th St NW.

**Bemidji State University** – The 10th Annual Midwinter Interlude Faculty/Staff Arts & Crafts Exhibit will hold an Open House on Friday, March 1 from 2-5 pm in the Ramsey Gallery in Bangsberg Fine Arts Complex at Bemidji State University. The show will feature work from faculty and staff across campus as well as musical entertainment and refreshments for the Open House. Come and join us as BSU faculty and staff share their talents and brighten up the midwinter doldrums with their work. The Ramsey Gallery is open to the public with hours from 8 am - 10pm Monday-Friday.

**NWICDC** – The Northwest Indian Community Development Center will be hosting ten local artisans during the March 1st First Friday Art Walk. From

3 – 7 p.m., they will feature fabric art, clay sculptures, acrylic paintings, beadwork and more. A light supper of soup and frybread will be available for \$5. NWICDC is located at 1819 Bemidji Ave N.

**Headwaters Music** – Headwaters Music & Arts will host the tapestries of Kristin Majkrzak through the month of March. The tapestries in this exhibit were all created through the use of hand manipulated weaving techniques, mostly on small looms. The exhibit explores the intersection of the visual and the verbal, featuring tapestries that Majkrzak based on her poetry. An opening reception will take place from 4-6 pm on Friday, March 1st, at Headwaters Music & Arts. Headwaters Music is located at 519 Minnesota Ave NW.

**Watermark Art Center** will host an artist reception on March 1 from 5 – 7 p.m. during the First Friday Art Walk. Featured presenter will be Xilam Balam Ybarra, whose traditional clay flutes are part of Watermark's current exhibit, Madewe – It Is Heard. The exhibit focuses on the ways in which people hear culture, including songs, words, sounds and more. At 5 p.m., Ybarra and his wife,



Xilam Balam Ybarra.

Rebekah, will introduce the flutes in a traditional manner and share about their significance in the Mayan culture. The presentation will involve both discussion and playing of the flutes. Following this, Ybarra will do a demonstration on how to make traditional clay flutes. Ybarra is a 2018 McKnight Ceramics Fellow. He works in a variety of mediums including music, ceramics, painting, screen-printing, stone carving and epigraphy. He is also the co-founder of Electric Machete Studios, a Latinx art & music production house in St. Paul. Watermark is located at 505 Bemidji Ave N.

## Section 8A Tournament Pairings have been announced

Blackduck will host ninth-seeded Goodridge-Grygla at 7 pm Tuesday, Feb 26, in Blackduck. The winner will advance to play Red Lake at 7 pm Thursday, Feb 28, in Red Lake.

Cass Lake-Bena will host sixth seeded Win-Mac, also at 7pm on Thursday the same time that K/N will travel to Baudette to face fourth seeded Lake of the Woods.

Another 7 pm matchup on Thursday between C-G and second seeded Fosston rounds out the subsection pairings.

In the West subsection defending section champion Stephen-Argyle (24-1) claimed the No.1 seed. No.2 Warren-Alvarado-Olso (16-8), No.3 Badger/Greenbush-Middle River (13-13) and No.4. Sacred Heart (13-12) round out the top four.

The subsection semifinals will take place on March 2 at Ralph Engelstad Arena in Thief River Falls. REA will also host the subsection finals on March 5<sup>th</sup> and the section final at 7 pm on March 8<sup>th</sup>.



#34, Chris Roller, brought a new ice racer to the track last week. Photo by Dennis Peterson.

## Garfield Lake Ice Races Cancelled

by Dennis Peterson

Due to the extreme wind, snow and cold the Garfield Lake Ice Racers were forced to cancel the Sunday afternoon races for the third time this season. Racing will resume next Sunday at noon. The club announced its annual Garfield Lake Ice Racers Awards Banquet will be held on March 23rd at the 3rd Base Bar and Grill in Laporte.

### Current Season Points standings:

#### A Class Top 15

1. Ryan Julin, 426 Points
2. John Farrington, 395
3. Bonnie Farrington, 379
4. Ryan/Collette Huston, 368
5. Kalin Honer, 366
6. Joel Harvey, 293
7. Fritz Myers/Nick Garby, 292
8. Bryan Karl, 256

9. John Sharpnack, 247
  10. Bob Pawlitschek, 206
  11. Josh Seely/Sautbine, 184
  12. Reid Watson, 173
  13. William Beckman, 134
  14. John Hadrava, 104
  15. Thomas Arndt, 81
- #### B CLASS Top 15
1. Sam Delaney, 383
  2. Josh Bitker, 361
  3. Abe Forseman, 322
  4. Dennis Clark, 311
  5. Nate Zanter, 306
  6. Nic Lewis, 293
  7. Chris Roller, 290
  8. Rob Martinson, 288
  9. Miranda Richardson, 284
  10. Cody Hoffman, 276
  11. Tony Rohloff, 261
  12. Zack Tolman, 261
  13. Brandon Bahr, 241
  14. Matt Harvey, 237
  15. Nathan Doughty, 219

## Northern Great Plains Youth Institute to be held Monday, May 6, 2019, at University of Minnesota Crookston

CROOKSTON, Minn. – Your idea could change the world! If you are a student in grades nine through twelve during the 2018-19 school year, you are eligible to participate in the Northern Great Plains Youth Institute at the University of Minnesota Crookston on Monday, May 6, 2019.

The Northern Great Plains Youth Institute, an official World Food Prize event, is a potentially life-changing experience offering high school students an opportunity to engage with local leaders and experts on critical global challenges, participate in hands-on activities, and explore exciting ways to make a difference in Minnesota and around the world.

**Select a Mentor, Research an Issue, and Write a Paper**

To participate, students research a global issue they care about and write a two to three page paper under the supervision of a teacher or mentor following the competition guidelines available at <https://z.umn.edu/37cn>. Students who participate can earn a \$1,000 scholarship at the U of M Crookston, gain recognition as a Borlaug Scholar, qualify for internships, and more. Registration and paper submissions are due online by Monday, April 9, 2019.

During the Institute, participants will present their research and recommendations on ways to solve key global challenges in a short speech and small group discussions with statewide experts; connect with other student leaders to share ideas and identify solutions while building lasting friendships; and interact with global leaders, innovators and entrepreneurs working to end hunger and poverty and improve food security around the world.

There is no registration cost to participate in the Institute, and meals will be provided during the event. Larger groups of students (such as entire high school classes) are invited to attend as well.

Papers will be evaluated by the World Food Prize Board of Reviewers, a distinguished group of educators and experts established to mentor and personally encourage students. Reviewers write thoughtful, personalized feedback to each student participant.

To learn more, visit <https://z.umn.edu/ngpyouth> or contact Eleora DeMuth at [demut058@crk.umn.edu](mailto:demut058@crk.umn.edu) or 218-281-8569.

## Minnesota Starwatch for March

By Deane Morrison  
March mornings glow with the light of Jupiter and Saturn, both well up in the southeast to south in the predawn sky. The two planets flank the Teapot of Sagittarius, with Jupiter the higher and brighter planet. Above Saturn hangs the little Teaspoon of stars. Far to the lower left of Saturn, Venus drifts toward the sun's foreglow. On the 1st, a thick crescent moon hangs close to Saturn. The next morning, the moon and Venus make a pretty pair. When daylight saving time returns at 2 a.m. March 10, it makes life temporarily easier for early-bird starwatchers. The biggest difference comes at the outset; on the morning of the

switchover, the sun rises nearly an hour later than the day before. This advantage dwindles away in just a month, so enjoy it while you can.

In the evening sky, Mars holds its own in the west. Meanwhile, the bright winter constellations close in on the red planet as they begin their descent to the horizon. On the 31st, Mars will be lined up with two bright stars: Aldebaran, the eye of Taurus, the bull; and Betelgeuse, Orion's right shoulder. Also that night, the lovely Pleiades star cluster passes close to Mars.

March's full moon arrives at 8:43 p.m. on the 20th. Its closeness to Earth qualifies it as another "supermoon," and it

will rise, round and lovely, as sunset draws near.

This full moon comes just a few hours into spring, which begins with the vernal equinox at 4:58 p.m. on the 20th. At that moment, Earth's axis will tilt neither toward nor away from the sun, and our planet will be lighted from pole to pole.

During the last 10 days of the month, look for the elusive zodiacal light an hour or so after sunset. This time of year, it appears as a faint finger of light pointing up from the sunset horizon along the sun's path, and is visible only in dark skies with no interfering moon. Its soft shimmer comes from sunlight reflecting off dust in the plane of the solar system.

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