



Tri County Canary

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



Pam Goebel and Shannon Engebretson share a cooperative relationship with each therapist running their own business in Gonvick.

Pam Goebel and Shannon Engebretson, two massage therapists in Gonvick

By Bonnie Kirchman
Two massage therapists with different experiences and backgrounds met this year in Gonvick. Out of that meeting, a cooperative relationship has grown, with each therapist running their own business, while sharing the same space in the Clearwater Life Center of Gonvick.

Pam Goebel has been providing massage therapy in the area for several years. She grew up in Gonvick and graduated from Gonvick High School. She moved away from the area for many years, but was able to return around 10 years ago. Pam tried working in Bemidji after she returned to the area, but wanted to be in a career where she could feel she was part of her community in the Gonvick area. At a Thanksgiving dinner, her relatives were discussing

their concerns about their massage therapist leaving the area and they would have to drive longer distances to get services. Pam was struck by the need for therapy services here, started exploring, and was soon enrolled in classes at Northland Technical College in Thief River Falls.

Pam's decision proved to be a good one as she was able to open her business, Clearwater Massage, in her community of Gonvick. She likes being located in the building that was once her school. Pam also enjoys filling a need in her community, by providing massage therapy in a convenient location for many clients.

Shannon Engebretson's

Pam and Shannon are excited to make a difference in the lives of people through their continued work as massage therapists.

path to Gonvick is quite different from Pam's. She is from Montana, and graduated from a massage therapy program there in 2015. For Shannon, the field offered her an opportunity to help people and she found that she liked being able to spend time with clients, listening to them and tailoring her treatments to their specific needs. She practiced in Montana until January of this year, when, after marrying Brian Engebretson, she relocated here. Shannon knew she wanted to continue practicing massage therapy in her new home. Brian and his family told Shannon about Pam, and Shannon thought it might be a good idea to meet her.

"I came to talk to her about practicing in the area," Shannon said. But as Shannon and Pam talked, the idea of having both therapists share the space began to develop. Since Pam generally sees her clients on Monday through Thursday, the space is open for Shannon to work on Fridays.

Although Pam and Shannon attended different schools, their programs of study were similar. They took courses on anatomy, physiology, and kinesiology, learning about the human body and how it works. They also took courses on business and ethics. Lab work and practicums allowed them to practice what they were learning in classes. Both Shannon and Pam continue to study, both through their own research and through classes that focus on various aspects of their field.

While each therapist develops their own particular style of practice, Shannon and Pam both focus on using massage techniques to relieve stress that their clients are experiencing. Reducing stress has enormous health benefits, including helping with pain management, anxiety, sleep issues, and recovery from illness and injury. Because massage treatments are less invasive than many of the more traditional medical treatments, massage often poses fewer risks than other treatment methods.

An important aspect of massage therapy is providing clients with a safe space where clients can relax and let go. Pam and Shannon create this type of space by considering all the senses. Low lights, music, essential oils, and a heated table are part of the calming environment used for treatment.

"This also helps me to be calm and focus on the client," Pam said.

Privacy and confidentiality are also important to the client's sense of comfort and safety during massage therapy. Besides protecting their clients' personal information, Pam and Shannon also respect the modesty of their clients. They have been trained to drape their clients, covering them with blankets and sheets throughout the treatment session. Only the body part the therapist is directly working on, such as the neck or shoulder, is uncovered. Clients can also experience chair massage, which does not require them to remove their clothing.

Shannon and Pam see a wide variety of clients in their practices. They treat people of all ages, including children. Many who come have job-related issues that arise from postures or repetitive motions used at work. An advantage of massage therapy is the amount of one-on-one time the therapist spends with their client, making it easier to learn more about the client. As each client is different, both therapists approach their clients by first assessing their unique needs and then providing treatment based on that assessment. Pam and Shannon are also aware that a client may have varying needs from session to session, so they also adapt to that as they provide massage therapy.

Massage appointments can be made for 30 minutes or an hour. Gift certificates are also available for both half hour or full hour sessions or for chair massages. Employers can even request that therapists bring their massage chair into the place of business and allow their employees the opportunity to have a massage during the work day, possibly as part of a wellness day program.

Appointments are available with Pam on Monday through Thursday, generally from 9 until 5. Shannon schedules appointments regularly from 9 until 5 on Fridays. Both therapists also try to be flexible in scheduling if a client isn't able to be seen during the regular hours. Pam can be reached by texting or calling her at 218-280-2356. Shannon's phone numbers are 406-579-6925 (cell) or 218-776-3953 (land line). Shannon and Pam will be happy to schedule appointments or answer questions about the services they provide.

Shannon expressed appreciation for the warm welcome she has received from her new community. Both she and Pam are excited to make a difference in the lives of people through their continued work as massage therapists.

Celebrate Erskine's 64th Water Carnival

Erskine's 64th annual Water Carnival is coming up May 30th – June 2, 2019. This family fun event takes place in downtown Erskine with Midwest rides & Amusements all four days on the midway.

A two night rodeo is set at the old high school just two blocks away, food stands & dunking stand, a free street dance on Friday with Nashville recording artist Jake McVey and a beer garden.

Saturday activities are: Pancake breakfast put on by Erskine Fire & Rescue a good will offering, Take a kid fishing day – no license required at Cameron lake beach front, firemen's water challenge, bike give away, golf scramble at Oak Lake Golf

Course, Big fish 5 k – 10k walk/run starts at 9:30 in front of American State Bank, bean bag toss, face painting, Flea Market and Craft Show and Free Street Dance with music featured by Catalyst. Ending the evening with fireworks over Lake Cameron at 10:15pm.

Sunday is also packed with lots of fun options. A classic car, tractor and bike show starts at noon, Raffle tickets are available for \$2,000 in prizes sold by the Rotary Club, Bicycle give away, Kiddie parade at 4:30, Commercial Club has bingo at 1:30, kids turtle races and Tractor pull and kiddie parade. Grand parade starts at 5pm.

Come out to enjoy the fun!

Garden Valley Annual Meeting in Erskine on Tuesday, June 4

The 114th Annual Membership Meeting of Garden Valley Telephone Company d/b/a Garden Valley Technologies will be held on Tuesday, June 4, 2019, in the auditorium of the Win-E-Mac School near Erskine, Minnesota. The auditorium is located on Highway 59, one-half mile north of Highway 2.

Meeting to Begin at 10:30am

The meeting is scheduled to begin at 10:30am. Members can register anytime between 8:30am and 10:30am on June 4. Reports will be presented on the cooperative's operations and financial status for the year ended December 31, 2018.

3 Directors to be Elected

All Garden Valley members are eligible to vote for directors at the 2019 annual meeting. Directors will be elected for 3-year terms from District No. 1 (Beltrami, Fertile & Maple Bay exchanges), which is repre-

sented by Byron Ness of Fertile; District No. 4 (McIntosh, Wingler & Bejou exchanges), which is represented by Jim Ferden of McIntosh; and District No. 7 (Bagley, Minerva & Shevlin exchanges), represented by Allen Paulson of Shevlin.

Members attending the June 4 meeting will receive a gift from the cooperative and will be eligible for a number of prizes to be awarded by drawings. Members will be able to view products and service displays, as well as visit with Garden Valley personnel who will be on hand to answer their questions. Lunch will be served following adjournment of the business session and entertainment will be provided by "The Woodpicks" from 9:00 to 10:15am

Garden Valley Technologies is an equal opportunity provider and employer.

A Proud Tribute

We salute those who put their lives on the line for our country, making the ultimate sacrifice in defense of the land they loved. We owe our freedom and our way of life to these brave men and women, and we proudly honor their memories this Memorial Day.

To all of our veterans past and present, and those in uniform today, thank you for your service to our country.

From the staff at the Tri County Canary and Richards Publishing.

Region 2 Arts Council awards 2019 Anishinaabe Arts Initiative Fellowship

The Region 2 Arts Council is excited to announce this year's recipient of the 2019 Anishinaabe Arts Initiative Fellowship, awarded to contemporary artist Delina White. White was selected on April 3, 2019, when the Region 2 Arts Council's Anishinaabe Arts Initiative (AAI) Council convened to review fellowship applications through the AAI program. The AAI Fellowship is made possible by the generous support of the McKnight Foundation, and aims to assist the region's most talented Native American artists in their work by awarding financial support to fund creative time and/or arts experiences. This award is for Native American artists residing in Minnesota's Beltrami, Clearwater, Hubbard, Mahnomen, Lake of the Woods, Becker, Roseau, Cass, and Itasca counties.

Delina White is a Contemporary Artist doing contemporary work based on traditional de-

sign. Of her work she states, "I am a Native Apparel Designer and Beadwork Artist; I am Anishinaabe. My artwork includes working with fabrics that are rich in texture and to the touch, interesting to look in all colors; I am grateful to be able to harvest indigenous materials that I know my ancestors prized, and I am fascinated by traditional designs shared between all Great Lakes and Woodland Nations that are so similar and yet so different, that sets a fire in my soul to create. I sew stories that expresses my pride as a First Nations / Indigenous person to this continent so full of history, heartbreak, love and resiliency."

The Region 2 Arts Council Staff and Anishinaabe Arts Initiative Council members would like to thank each of the Anishinaabe Arts Initiative Fellowship applicants and congratulate Delina White as the 2019 AAI Fellow!



Pam Goebel works on Shannon Engebretson at the area they share for their massage therapy.



Let the fun of local shopping begin!

Mentor Farmer's Market begins May 25th, 8 a.m. to Noon.
Expect to see all your favorite vendors from last year and new vendors have joined our circle as well. We have missed our customers and are ready for a terrific new season in the park.
Come to say hello, check out our vendors new and old, and stay for breakfast. Drafts Food Truck from Crookston will be in the park.



We had an AWESOME 50th wedding anniversary celebration hosted by our children - Aaron & Jill, Abby & Tom, Angie & Shannon and grand kids Mariah, Morgan, Owen, Nolan, Madison, Alexa and Parker.

The program presented by our family and the stories told by several friends was memorable and enjoyed by all. We also very much appreciated the message given by Pastor Merseth. We thank Dahlen's for preparing and serving a very tasty meal. The DJ's Arlan and Shannon did a great job of providing good dancing music.

We want to thank everyone that celebrated with us either in person or in thought and for the cards and gifts we received.

From the bottom of our hearts, we say a BIG THANK YOU!
Carol and Korydon Chervestad

09C

Construction begins on Highway 59 and Highway 2 overpass

BEMIDJI, Minn. – Construction on Hwy 59 bridges crossing Hwy 2 and BNSF Railroad east of Erskine, began on Monday, May 20. Highway 59 will be closed at that time. Thru Hwy 59 traffic will be detoured using county roads 35, 8 and 41 to McIntosh.

Currently crews are working on reconstruction and replacement of the concrete pavement on Hwy 2 between west city limits in Erskine to the Oak Lake rest area. Traffic is currently in a 2 lane 2 way configuration on the TH 2 eastbound lanes. Bridge repair and maintenance will also be completed on the Hwy 59 overpass as well as replacement of curb, gutter, storm sewer and culverts.

Motorists can expect delays and should obey traffic control.

The project will benefit the highway with better safety, longer lasting road surface and bridge.

For real-time traffic and travel information in Minnesota, visit www.511mn.org or get the free smartphone app at Google Play or the App Store.

May we never forget the freedoms that we enjoy this Memorial Day are because of the sacrifices of those who gave their all.

Wishing you a beautiful Memorial Day weekend.



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We are pleased to introduce Lucy Jean-Duong Kriel. Lucy is pictured with her daddy, Luke Kriel, of Phoenix, AZ; her grandmother, Connie (Jensen) Kriel, of Chandler, AZ; and her great-grandmother, Bonnie Jensen, of Oklee, MN. Lucy arrived December 14, 2018.

Start making plans for the 43rd annual Grandma's Marathon

The 43rd annual Grandma's Marathon weekend, June 21 and 22, is quickly approaching. If you are interested in applying for media credentials or a copy of the Media Guide, please complete and return the enclosed Media Credential Application no later than Friday, May 31st.

This year Grandma's Marathon is celebrating 43 years and we are thrilled to celebrate the 29th anniversary of the Garry Bjorklund Half Marathon and 26th anniversary of the William A. Irvin 5K. To assist your planning, below is a schedule of some

of the race weekend's events:

Friday, June 21
12:00 p.m. Marsh Nelson Media Luncheon – Join us for this complimentary lunch!
1:15 p.m. Grandma's Marathon Women's Elite Media Conference
1:50 p.m. Grandma's Marathon Men's Elite Media Conference
6:00 p.m. 26th annual William A. Irvin 5K
Saturday, June 22
6:15 a.m. 29th annual Garry Bjorklund Half Marathon
7:45 a.m. 43rd annual Grand-

ma's Marathon

In addition, we would be glad to provide you with a list of race participants from your area if you supply a preferred list of zip codes, as indicated on the attached form. This is a great way to get to know who from your area is participating in Grandma's Marathon, even if you are unable to make it to Duluth during race weekend.

If you have any other requests or questions, please feel free to contact me at mandi@grandmasmarathon.com.

Sanford Bemidji and Northwest Technical College partner to educate about RN and LPN programs

BEMIDJI, Minn. – Sanford Bemidji will host a free informational session with Northwest Technical College about their RN and LPN programs 3:30 p.m. on Tuesday, May 21 in the Neilson Place Social Hall.

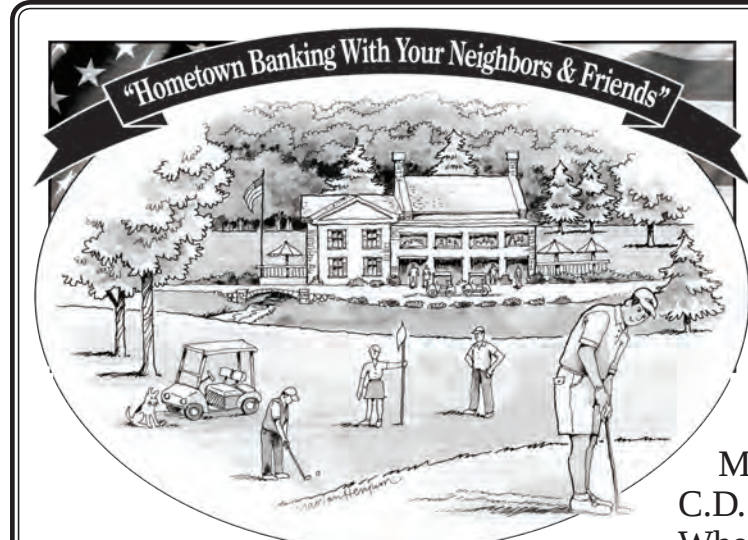
Representatives from NTC and Sanford Health will be in attendance to provide informa-

tion and answer questions for those interested in enrolling in their RN or LPN programs. Topics discussed will include how to apply, financial aid options, classes required prior to enrollment and resources available to applicants.

A Sanford Leadership, Education, and Development

(LEAD) representative will also be present to talk about the LPN scholarship program available to applicants.

For more information about the session, community members can email Cheryl Buck, human resources advisor, at cheryl.buck@sanfordhealth.org.



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ASSORTED BREW PUB OR
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HUNT'S TOMATOES
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No nights, no weekends, no holidays. Experience preferred but will train the right applicant.
Monday-Friday 7:30-1:30. Please contact Nicole Cook for inquiries (218) 280-3484 M9-9C

CNA Training
Do you like helping people? Are you interested in starting a career in healthcare? If you are, this is a great place to start! Our CNA training program includes part time and full-time class options. The classroom and lab portion of the program are held at the MSL Training Center on main street McIntosh and clinicals are held at McIntosh Senior Living. If you are interested in registering for a class or for more information, please contact Carissa at: (218) 563-2715 or carissa@macseniorliving.com M9-11C
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BRAND NEW LISTING!
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FARMChek Services is seeking a full-time accountant, tax experience preferred. Requirements: Accounting and payroll knowledge; excellent computer skills with Excel, Word, and Outlook; experience with client communication; and ability to manage workload efficiently. Positions available in our Bagley and McIntosh offices. Send resume to sarah@farmchek.com or to FARMChek Services, Attn: Sarah, PO Box 338, McIntosh, MN 56556. M9-10C

WIN-E-MAC SCHOOL will be pre-selling next year's carpentry house which will be constructed during the 2019-2020 school year. The board will examine bids at the July 17th School Board meeting. The house will be built on the school site. Max width is 28ft. and max length is 48ft. Bid information is available upon request and all bidders must contact the school in order to ensure the scope of the project is feasible and fits the requirements of the carpentry class. **Bids are due on July 11th at 4:00pm** and should be in the form of a percentage of the total cost to build the house minus subcontracting and inspection costs. The Win-E-Mac School Board reserves the right to accept or reject any and all bids.
For bidding information and questions, contact Randy Bruer at the Win-E-Mac School. **PHONE:** 218-563-2900. **EMAIL:** rbru@win-e-mac.k12.mn.us M9-10C

Jr. Recorder Position
The Clearwater County Recorder's office is taking applications for a potential job opening as a Jr. Recorder Clerk. The position would be on a full time basis with benefits. Salary range is \$13.32 to \$17.57 per hour.
High School diploma or equivalent and 2 years of related work experience preferred. Applications and job description can be found on the Clearwater County website at www.co.clearwater.mn.us or by stopping at the service center window.
Clearwater County is an equal opportunity employer. R9-10C

The Clearbrook-Gonvick School District has an opening for a **H.S. English Teacher**. Clearbrook-Gonvick has small class sizes, a supportive community, and a great staff. If you have questions please contact Principal Carl Dugstad at 218-776-3112 ext 103.
Requirements: MN Teaching License in English/Language Arts. Extra Curricular Activities are available.
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Fax: 701.461.5971
e-mail: mheinzen@american-federal.net
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HELP WANTED
The Clearbrook-Gonvick School has an opening for a full time Cooks Assistant for the 19-20 school year. This position will be approximately 35 hours per week.
Must enjoy working with kids, be able to lift up to 50 lbs. and pass a background check. Previous experience preferred.
For more information contact Robin Proffit at 218-776-3112 ext. 320 or Jenetta Mathson at 218-776-3112 ext. 105. Position is open until filled. R8-9C

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

I was born in the front room of the house I now live in on December 24, 1933. This part of the house is log. It was covered with some kind of pressed green paper about 1/8th of an inch thick, now it is covered with ½ inch thick celotex.

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

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

Thank you, Norris Syverson

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

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— Norris Syverson

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

MOTORCYCLE WORD SEARCH

Answers on page 6

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OBITUARIES

Services held for Ray Berg

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

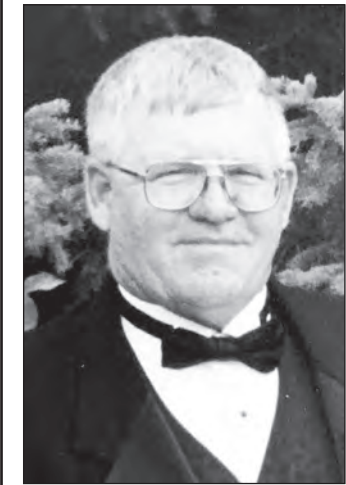
Ray was born April 6, 1937 in Bagley, to Arthur and Ragna (Widseth) Berg. Ray graduated from high school in McIntosh and attended Concordia College in Moorhead. He married Jean Christenson in 1962 raising four children in Crookston before divorcing in 1981. Ray had a varied career. He sold insurance and Berg's BBQ mix, helped operate two cafes (the B&B Cafe in McIntosh, established by his parents, and the B&B Jr Cafe in Crookston), drove taxi, and sold auto parts at McIntosh Co-Op Creamery & Repair Shop. He was a member of Our Savior's Lutheran Church in McIntosh. His hobbies included singing in

church choir and barbershop groups, and fishing.

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

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

Funeral services were held at 11am on April 13, 2019 at Our Savior's Lutheran Church. Private interment. The family wishes to thank the staff at Bethany, Mitch Names and nephew Joe Berg for their help with Ray's end of life care. Memorials preferred to the American Cancer Society.



Services for James Sundrud

James Sundrud, age 68, of Gully, MN, passed away unexpectedly on Saturday, May 18th, at his home.

A memorial service will be held at 10:30 a.m. on Thursday, May 23rd, at the Carlin Funeral Home in Fosston with the Rev. Jill Torgerson officiating. Interment will be in Vernes Lutheran Cemetery, rural McIntosh, MN. Family will greet friends for one hour prior to the service on Thursday at the funeral home. Arrangements are with the Carlin Funeral Home of Fosston and messages of con-

dolence may be sent at www.carlinfuneral.com.

James Allen Sundrud was born to Orvin and Sylvia Sundrud July 4, 1950 in Hill River Township. Jim graduated from Fosston High School in 1968. He then attended Staples Technical School for drafting. He married Marilyn Bachand. They had four daughters, Jennifer, Cynthia, Tamera, and Stacy.

He enjoyed his years of farming, custom harvesting and working construction for Thorson, Inc. Jim also loved deer hunting, snowmobiling, ice fishing, playing cards, and watching a good old western.

Survived by children: Jennifer (Shawn) Maroney of Inver Grove Heights, Cynthia (Jacob) Melby of Gonvick, Tamera (Craig) Anderson of Trail and Stacy (Tyler Swartz) Sundrud of Dunn Center, ND. Grandchildren: Lauren Melby, Dana Melby, Tatum Melby, Wyatt Anderson, Jesse Anderson, Alexa Anderson, Bella Anderson, and Korra Sundrud. Siblings: Ordean (Carol) Sundrud, Raymond (Lynn) Sundrud, and LuAnn (Mark) Rindahl.

He was preceded in death by his parents, Orvin and Sylvia Sundrud.



Services held for Mark Brobst

Mark Wayne Brobst passed away peacefully at his home in Grygla, MN on May 12, 2019 at the age of 55, after a tough, well-fought battle with cancer.

Mark was born on October 19, 1963 in Valley City, ND to James and Kathleen (Bohrer) Brobst. He attended school at North Central of Barnes County, ND and graduated in 1982. He went to one year of Diesel Mechanics at NDSSS in Wahpeton, ND. He and Colette (Rohde) were married on September 16, 1983. They moved to Medina, ND in the fall of 1983 where Mark worked as a mechanic and the city of Medina. They later moved to Valley City in 1987, where Mark grain farmed and raised beef cattle. He also had a livestock hauling business- Brobst Trucking. In the fall of 1994, Mark and Colette moved to Grygla, MN where he managed the ranch he later purchased in 2005. Mark also worked at North Star Dairy in Lancaster, MN as a herdsman and later managed the Dairy.

Raising beef cattle was

his true passion; and he was very involved until his death. Mark's hardworking attitude will never be forgotten. Mark enjoyed riding a "good horse" and every aspect of the cattle business...especially watching his calves grow and prosper on green grass. He proudly watched his boys show cattle in 4-H and was eager to see his grandchildren follow in their footsteps. Mark loved spending time with his family, particularly his eight grandchildren, making homemade ice-cream with them. He did love to grill and smoke meat for family and friends. He was a member of the Grygla Lions, the Grygla Go-Getters, and the Community Bible Church, a volunteer at the Medina Fire Dept. and the Roseau County 4-H.

He is survived by his wife, Colette Brobst of Grygla; sons, Clayton (Kristen) Brobst and kids Bryar, Olivia, and Cort of Clinton, MN; Clinton (Matia) Brobst and kids Lakylie, Kamdyn, Blakelee and Whitley of Grygla; and Michael (Katie) Brobst and son Braxton of Grygla; his mother, Kathy Brobst of Moorhead, MN; siblings, Lori (Dave) Pederson of Washburn, ND, John (Dawn) Brobst of Fargo, ND and Scott Brobst of Queen Creek, AZ. He was preceded in death by his father, James.

Funeral services were held on Friday, May 17, 2019 at 2 pm at Grace Lutheran Church in Grygla. Visitation was held on Thursday from 5-7 pm at the church. Interment was at the Valle Cemetery in Grygla. In lieu of flowers, memorials are preferred to the Grygla Lions or the Grygla Fire Department. Online guest book at: www.helgesonfuneral-home.com



Services for Mary Garland

There will be a graveside celebration of Mary Elizabeth Garland's life on Friday, May 24, 2019 at 1:30 at Zion Lutheran Church of Eddy, Bagley, Minnesota. Mary

passed away December 20, 2018 at American Lutheran Home in Mondovi, Wisconsin. All are welcome to attend!!

Mary was born February 25, 1949 to Harold and Dorothy Garland at Montreal, Missouri. She lived most of her life in Maryland before moving to Wisconsin to be near family. She is survived by her two sons- Colin (April Brill) Kao and Ben (Tatjana Buhk) Kao, and a foster son- Jorge Mendoza. She is also survived by three sisters- Pat Brenn and Judy (Tom) Walsh of Wisconsin and Alice Orsini of Florida, three brothers - John (Grace) Garland of Bemidji, Bob Garland of Clearbrook, and Dan (Gail) Garland of Shevlin, Minnesota. She was preceded in death by her parents and one brother, David Garland!



Services for Arthur O. Hegg

Arthur O. Hegg, 86, of Clearbrook, Minnesota died at his home on Saturday, May 11, 2019.

A Celebration of Life will be held on, Saturday, May 25, 2019 at 11:00 a.m. at the Good Shepherd Lutheran Church in Clearbrook, Minnesota, lunch and fellowship to follow. Interment will be at Clearwater Lutheran Cemetery in Shevlin, Minnesota at a later date. Flag presentation will be provided by the Melvin Johnson Post #256 of the American Legion Clearbrook, MN.

The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Art was born on January 23, 1933 in Shevlin, Minnesota, the son of Sigurd and Elise (Sather) Hegg. He was baptized and confirmed in the Clearwater Lutheran Church

in Shevlin, MN. He attended District #46 Elementary and graduated from Bagley High School in 1951. Art served his country in the United States Army from January of 1953 in Germany, until he was honorably discharged in December of 1955. He was an active member of the Clearbrook American Legion. Art married his best friend, the love of his life, Mavis Lindom on November 3, 1956. They were married for 62 ¼ years.

He is survived by his Wife- Mavis of Clearbrook, MN.

1-Son- Kim (Darcy) Hegg of Clearbrook, MN.

4-Grandsons- Joshua Hegg of Clearbrook, MN; Brian (Kari) Hegg of Moorhead, MN; Andrew (Chelsey) Hegg of Fargo, ND; and Kevin James of Des Moines, IA

2-Granddaughters- Nichole Kelsey and Kristi (Josh) Burnham of Bemidji, MN

13 great grandchildren

Special friends- Jeri Jo and Kevin Dean Francis of Bemidji, MN.

Sister-in-law- Ann (Lindom) Hutchison of Clearbrook, MN

Brother-in-law- Richard Lester Lindom of Bemidji, MN

He was preceded in death by his parents, and son Kelly; 1 brother Lester Hegg; and 4-sisters- Sally, Bernice, Marian, and Helen.

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



Services held for Lavina Swenson

Lavina Swenson's spirit returned to God gracefully, in full faith, love, peace and thankfulness accompanied by beloved friends and co-workers in one of her many homes in McKinney, TX on Friday, May 10th, 2019 at 11:29 am at the age of 92 years, 1 month, 8 days.

Funeral service was held for Lavina at 10:30 AM Saturday, May 18, 2019 at the Oklee High School Gymnasium, Oklee, MN. Visitation was held one hour prior to the service on Saturday. Burial at Oakland Cemetery rural McIntosh, MN.

Lavina Carolyn Swenson was born on April 2nd, 1927 in the small NW town of Oklee, MN to Selmer & Synneva (Syversrud) Swenson. She was raised on the family farm and professed her lifelong commitment to serve her God and Lord Jesus at the early age of twelve.

She graduated from the

Oklee High School and went to College in Boulder Colorado, then went on to be a school teacher in North Dakota before forsaking all and beginning, in 1953, her lifelong service in the ministry to share the gospel of Jesus Christ according to His New Testament teachings and was active in that ministry until February 2019 when she learned she had ovarian cancer.

She was preceded in death by her parents, Selmer (73) and Synneva (94), who Lavina cared for in their aged years, and oldest brother, Silas (95) and his first wife Cleo (72) and their children John Swenson and Cyndi (Swenson) Youngblood.

She is survived by Silas & Cleo's children, Roger Swenson and James (Cynthia) Swenson, by her older brother Earl and Bergit Swenson (Oklee, MN), and their children, Karen (Doug) Carlson, Curt (Caroline) Swenson, Tim (Donna) Swenson, Don (Cheryl) Swenson, Sherry (Larry) Dake, and her younger brother Ray and Barb Swenson (Brooks, MN) and their children, Carmen (Zach) Fore, Keith (Caren) Swenson, Lynnette (Jeff) Krack, Doug (Brenda) Swenson, Brent (Monica) Swenson, Janelle (Thane) Bergh, and her sister-in-law, Pauline (Polly) Swenson (St. Stephens Church, VA), plus 40 great nephews/ nieces and innumerable family of friends.

Lavina loved her bible, co-workers, family, friends, spiritual music and roses.

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Itasca State Park May Naturalist Programs

Take Flight! Spotting Spring Birds

Saturday, May 25, 2019 from 8-10 a.m. Meet outside Douglas Lodge

Discover the songs and sights of Minnesota's spring migratory birds! Join birder and instructor Ron Miller MD for a birding walk to discover recently arrived breeding birds as well as species passing through on their northward migration.

Are you new to birding? Don't worry, birders of all levels are welcome – this program is designed to improve birding knowledge, create field skills through song recognition and have fun watching birds outdoors. Ron, an avid fly fisherman, began birding waiting for the trout to rise and has taught indoor birdwatching classes to beginning and experienced birders for the past several years. Join us and explore local birding hotspots in the park on a beautiful spring morning.

WHAT TO BRING: Bring binoculars and bird field guide books. Itasca State Park has a limited number of binoculars to lend. Wear comfortable shoes for walking and appropriate layers for the temperatures. Insect repellent and a hat are useful. Bring snack and water if you need it for this short outing.

Toadally Frogs, Campfire

Saturday, May 25, 2019 from 7-7:30 p.m.

Meet in Bear Paw Campground (the grassy area near the tiny log pump house and campsite #70 near the bike trail). If raining, inside the Jacob V. Brower Visitor Center.

Bring your blanket or chair and sit around the campfire exploring the life of a frog and the sounds they make. Remember to bring s'more fixings for after the campfire talk!

Itasca's Wildflower Walk

Sunday, May 26, 2019 from 2-3 p.m. Meet outside Douglas Lodge

What's doing the blooming? Join a park naturalist in search of spring wildflowers on this short walk through the Itasca forest. We will search for large flowered trillium, yellow lady slipper orchids, large flowered bellwort and much more! Bring your camera!

Itasca's Evening Under the Pines: Julie and Bill Kaiser

Sunday, May 26, 2019 from 7-9 p.m. Meet at Forest Inn (across from Douglas Lodge)

Step inside historic Forest Inn and enjoy and evening of music from Bill and Julie Kaiser. From the north woods of Minnesota, Bill and Julie's music has been described as acoustic "folkgrass" with a mix of bluegrass, folk, and original.

Itasca's Mysteries in History: The Itasca Biological Station

Tuesday, May 28, 2019 from 10—11 a.m. Meet at the new Biome Center located on the Itasca Biological Station (along Main Park Drive, watch for signs).

In 1907 the University of Minnesota (U of M) held its first field classes in Itasca State Park. Join us at the Itasca Biological Station and Laboratories for a tour of this historic location. Discover the old and the new! Tour the new Itasca Campus Center before we head out to locate the site of the State Park House, where Mary Gibbs lived in 1903. Learn about current research projects and classes as we visit one of the few 1930s National Youth Administration or NYA constructed buildings in the state as we follow the route of the 1920s era Jefferson Highway as it passed through the field station.

Five Facts in Five Minutes: Mammals of Itasca

Thursday, May 30, 2018 from 10 a.m.-Noon

Near the Mississippi Headwaters (under the porch of the Mary Gibbs Mississippi Headwaters Center if rain.)

Only have a minute to learn about Itasca State Park? Check out a unique feature at the naturalist station as you visit the Headwaters of the Mississippi River.

Five Facts in Five Minutes: Mammals of Itasca

Friday, May 31, 2018 from 10 a.m.-Noon

Near the Mississippi Headwaters (under the porch of the Mary Gibbs Mississippi Headwaters Center if rain.)

Only have a minute to learn about Itasca State Park? Check out a unique feature at the naturalist station as you visit the Headwaters of the Mississippi River.

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State Fair's 2019 Free Entertainment Lineup Announced

St. Paul, Minn. – The 2019 Minnesota State Fair free entertainment lineup features more than 900 shows throughout the Great Minnesota Get-Together's 12-day run – all free with fair admission. Highlights of this year's free stage lineup are below.

Note: The full lineup of free entertainment, including additional acts, showtimes and artist information, is available at mnstatefair.org.

Leinie Lodge Bandshell Tonight! sponsored by Jacob Leinenkugel Brewing Co. Bandshell Tonight! shows begin at 8:30 p.m.:

- Belinda Carlisle (Aug. 22 & 23)
- Herman's Hermits Starring Peter Noone (Aug. 24 & 25)
- Lonestar (Aug. 26 & 27)
- One Night of Queen Performed by Gary Mullen & The Works (Aug. 28 & 29)
- Tony! Toni! Toné! (Aug. 30 & 31)
- Dessa (Sept. 1 & 2)

Leinie Lodge Bandshell daytime entertainment sponsored by Jacob Leinenkugel Brewing Co.:

- Dawson Hollow
- Mac McNally
- Chubby Carrier and the Bayou Swamp Band
- Chad Przybylski and his Polka Rhythms
- The Quebe Sisters
- Brandon Lay
- The 34th Infantry Division "Red Bull" Band
- AC Jones
- The War and Treaty
- Mollie B & Squeezebox
- Tonic Sol-fa
- Colt Ford
- Jaida Dreyer
- Bill Kirchen and Redd Volkaert
- Lucky Chops
- Matt's Family Jam
- The Peterson Brothers
- The BB King Blues Band

Featuring "The Voice" Michael Lee

- The Sound Exchange
- MSF Amateur Talent Contest Semifinals sponsored by JACKS® Pizza

West End at Sunset at the Schell's Stage at Schilling Amphitheater sponsored by August Schell Brewing Co.:

- Nooky Jones
- Early Eyes
- Aby Wolf
- Pert Near Sandstone
- First Avenue Goes To The Fair
- Jaedyn James & The Hunger

Schell's Stage at Schilling Amphitheater at West End Market daytime entertainment sponsored by August

Schell Brewing Co.:

- MNHS presents History On-A-Schtick
- Sarah Morris
- Joyann Parker
- Mentalist Noah Sonie
- The Minnesota State Fiddle Contest

- Sawyer's Dream
- Hit Ticket
- USAF Band of Mid-America Starlifter

- Six Mile Grove
- Fantastick Patrick
- Fab 6: A Beatles Tribute
- Pushing Chain
- The Kate Escape
- Minnesota Americana-

- Roots Music Contests
- Craig Clark Band
- John Bush
- Craig Ebel & DyVersaCo
- The Galactic Cowboy Orchestra

- AlléZ-OOPS!

Bazaar After Dark at the International Bazaar Stage sponsored by Summit Brewing Co.:

- Westside Band
- MPPELLAZ
- Kat Perkins
- iLLism
- Malamanya
- Free Fallin – A Tribute to Tom Petty

International Bazaar Stage daytime entertainment sponsored by Summit Brewing Co.:

- Cheremosh Ukrainian Dance Ensemble
- Intoxicats
- Papa Shalita
- Native Pride Dancers
- Chuck Thiel & His Jolly Ramblers

- Blue Book Band
- Dirty Shorts Brass Band
- Grupo Mio
- Atahualpa
- Patrick Adams
- VocalEssence Singers Of This Age

- Tom Mason and the Blue Buccaneers

Ramberg Music Cafe Stage sponsored by Cal Spas

- The Fairlanes
- Steve Noonan
- Tony Cuchetti
- Rich Lewis Band
- Jim Berner's Music Legends

- Vicky Emerson
- Big Bob Scoggin
- Tim Patrick and his Blue Eyes Band

- Honky-Tonk Jump
- The Christopher David Hanson Band

- Bill & Kate Isles
- Jolly Zuks

Family Fair Stage at Baldwin Park sponsored by Green Mill Restaurant

- Sean Emery
- Break-Shop Bump'n

- Greg Frisbee
- The Chipper Experience
- Kenny Ahern
- Babaloo Music & Fun
- AlléZ-OOPS!
- The Dollypops
- Six Appeal
- MSF County Fair Talent Contest

Other free entertainment venues and highlights include:

- All-Star Stunt Dogs Splash and Timberworks Lumberjack Show at The North Woods sponsored by Good Health Saunas.
- Laser Encore's Laser Hitz Show, where high-powered laser beams choreographed to hit music dance in the skies above the fairgrounds nightly at 9:15 p.m.
- Mia Dorr's Premier Karaoke in The Garden sponsored by Treasure Island Resort & Casino.

• The daily parade at 2 p.m. with floats, special guests and the State Fair High School Marching Band Competition, sponsored by McDonald's.

• 3rd Lair SkatePark's pros showing off skateboard and BMX bike skills at its new location at Adventure Park.

- The Festival of Nations

Demonstration Stage presented by The International Institute of Minnesota, a showcase of dance and music from around the world.

- Arts A'Fair, a celebration of performing arts in Minnesota with dance, theater and musical showcases.

- The Giant Sing Along, allowing fair guests to sing together in a field of microphones – karaoke style.

- Thank A Farmer Magic Show sponsored by Minnesota Livestock Breeders Association and Minnesota Farm Bureau Foundation on the Christensen Farms Stage, where children of all ages learn about the role agriculture plays in our daily lives.

About the Minnesota State Fair: The Minnesota State Fair is one of the largest and best-attended expositions in the world, attracting more than 2 million visitors annually. Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is always 12 Days of Fun Ending Labor Day. Visit mnstatefair.org for more information. The 2019 Minnesota State Fair runs Aug. 22 - Labor Day, Sept. 2.

Seven deer test positive for CWD at Crow Wing County deer farm

St. Paul, MN: The Minnesota Board of Animal Health received Chronic Wasting Disease (CWD) test results from the depopulation of a Crow Wing County deer farm on April 16. A total of 102 deer were removed from the farm and all viable samples were sent to the USDA's National Veterinary Services Laboratory for CWD testing. The results are as follows:

- 7 CWD positive
- 82 CWD not detected
- 13 too decomposed/unsuccessful test

"We appreciate the cooperation of the herd owner and the collaboration of the other state and federal partners we've worked with to depopulate this farm and get these CWD test results," said Board Assistant Director Dr. Linda Glaser. "The results give us a clearer picture of the disease prevalence on the farm as we continue our efforts to contain and eliminate any remaining infectious CWD prions in the enclosed property."

CWD is a difficult disease because it is transmitted by abnormally shaped proteins called prions, which are very resistant to traditional disinfection treatments like heat

and chemicals. Depopulation is currently the best available management option to control CWD in cervid herds. After a herd is depopulated there is still a risk of environmental contamination. The land will remain fenced and no farmed cervids may be housed on the site for a period of at least five years to reduce the risk of the disease being spread off the site.

CWD testing is part of many mandatory measures placed upon Minnesota's farmed cervid herds to monitor and control this disease. Current testing procedures require samples taken from the brain and lymph nodes of the animal, and there are no live-animal sampling procedures at this time.

CWD is a disease of the deer and elk family caused by prions, which can damage brain and nerve tissue. The disease is most likely transmitted when infected deer and elk shed prions in saliva, feces, urine, and other fluids or tissues. CWD is not known to naturally occur in other animals. The disease is fatal in deer and elk, and there are no known treatments or vaccines. Consuming infected meat is not advised.

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2019 Pine-to-Prairie Conference Standings				
TEAM	Win	Loss	Points	Overall
Ada-Borup/NCW	6	2	10	10-4
Fosston	5	1	10	9-4
Mahnomen/Waubun	5	2	8	6-4
NCEUH	5	3	6	9-4
Fertile-Beltrami	3	5	5	4-8
Win-E-Mac	4	3	4	7-8
Lake Park-Audubon	0	8	0	0-10
Bagley	0	5	0	1-9

2019 Pine-to-Prairie Conference Offensive Stats							
NAME	Team	AVG	R	2B	3B	HR	RBI
Jayden Heisler	MAW	.583	10	3	0	0	7
Treydon Boushee	FOS	.511	15	6	0	1	16
Braiden Fetting	ABW	.467	16	7	0	2	24
Sunny Resnick	NCEUH	.467	25	7	0	1	10
Kyle Jacobson	FOS	.434	8	1	0	0	10
Riley Resnick	NCEUH	.429	19	5	1	0	23
Parker Syverson	MAW	.406	13	2	0	0	6
Chase Dorman	MAW	.393	9	2	0	0	13
Brett Fetting	ABW	.383	24	0	0	0	10
Drew Larson	FB	.368	6	4	1	0	12
Logan Kettner	MAW	.368	4	2	0	0	2
Ben Burkman	LPA	.368	2	1	0	0	0
Dylan Pearce	FB	.363	15	4	0	0	6
Tate Hoseth	NCEUH	.357	18	5	0	0	11
Beau Fetting	ABW	.353	11	1	0	0	8
Michael Stuhau	FB	.352	8	2	1	0	10
Alec Norum	BGLY	.346	3	2	0	0	5
Avery Okroi	ABW	.333	12	4	1	0	10
Kenly Gordon	BGLY	.333	3	4	0	0	2
Bradley Steinbach	LPA	.333	1	0	0	0	2
Nathan Fortmann	WEM	.325	12	3	1	0	4
Jon Starkey	MAW	.320	6	3	1	0	5
Colby Stevenson	ABW	.312	23	3	0	0	7
Tate Maesse	NCEUH	.308	8	7	0	0	18

2019 Pine-to-Prairie Conference Pitching Statistics							
NAME	Team	W-L	IP	SO	ERA	Saves	
Braiden Fetting	ABW	2-1	16.2	17	0.00	0	
Logan Miller	NCEUH	1-0	10	6	0.70	0	
Jon Starkey	MAW	2-0	12	11	1.75	0	
Sam Zima	MAW	2-0	3.1	4	2.10	0	
Logan Kettner	MAW	2-0	9.2	8	2.17	0	
Dustin Osland	WEM	4-2	34.1	60	2.45	1	
Connor Nelson	NCEUH	3-1	22.1	22	2.50	0	
Riley Resnick	NCEUH	2-0	14	18	2.50	0	
Drew Larson	FB	2-2	19.2	21	2.75	0	
Brett Fetting	ABW	4-0	24	18	2.92	0	
Kyle Jacobson	FOS	2-2	32.1	55	3.89	0	
Michael Stuhau	FB	2-1	25.2	29	4.56	0	
Alec Norum	BGLY	1-2	18.1	35	4.58	0	

2019 Northwest Diamond Conference Standings				
TEAM	Win	Loss	Points	Overall
BGMR	9	3	15	9-7
Ada-Borup West	7	3	12	10-4
NCEUH	7	4	11	9-4
Fosston	5	2	10	9-4
Sacred Heart	6	3	10	7-6
West Marshall	7	5	9	7-5
Red Lake County	4	3	8	6-8
Win-E-Mac	3	6	5	7-8
Kittson County Central	3	7	5	3-7
Fertile-Beltrami	2	7	3	4-8
Northern Freeze	0	13	0	0-13

2019 Northwest Diamond Conference Offensive Stats							
NAME	Team	AVG	R	2B	3B	HR	RBI
Treydon Boushee	FOS	.511	15	6	0	1	16
Braiden Fetting	ABW	.467	16	7	0	2	24
Sunny Resnick	NCEUH	.467	25	7	0	1	10
Zach Undeberg	NF	.452	5	4	0	0	8
Andy Dostal	BGMR	.444	18	1	0	0	8
Mike Jacobson	WMAR	.438	15	2	0	0	8
Kyle Jacobson	FOS	.434	8	1	0	0	10
Riley Resnick	NCEUH	.429	19	5	1	0	23
Hunter Yutzenka	WMAR	.419	6	1	0	3	15
Brett Fetting	ABW	.383	24	0	0	0	10
Kamrin Weets	BGMR	.380	14	3	0	0	17
Drew Larson	FB	.368	6	4	1	0	12
Dylan Pearce	FB	.363	15	4	0	0	5
Derek Peterson	RLC	.361	10	3	0	1	7
Tate Hoseth	NCEUH	.357	18	5	0	0	11
Beau Fetting	ABW	.353	11	1	0	0	8
Michael Stuhau	FB	.352	8	2	1	0	10
Gus Peterson	KCC	.345	7	2	0	0	9
Ben Cardinal	RLC	.341	10	3	0	0	5
Avery Okroi	ABW	.333	12	4	1	0	10
Dylan Heggedal	BGMR	.333	13	2	2	0	13
Calvin Hanson	KCC	.333	9	1	0	0	2
Brenden Bethke	SH	.333	13	6	0	0	8
Dawson Fusillierat	WMAR	.333	9	8	0	0	8
Beau Walz	NF	.330	0	1	0	0	3
Jason Lindgren	WMAR	.326	9	2	0	0	3
Cullen Rohrich	SH	.325	13	2	0	0	4
Nathan Fortmann	WEM	.325	12	3	1	0	4
Eric Gieseke	RLC	.323	5	1	0	0	9
Oscar Ortiz	SH	.323	7	2	0	0	6
Easton Olson	NF	.321	0	2	1	0	6
Colby Stevenson	ABW	.312	23	3	0	0	7
Willi Rohrich	SH	.312	2	4	0	0	8
Trent Peterson	KCC	.310	5	1	0	0	6
Tate Maesse	NCEUH	.308	8	7	0	0	18

2019 Northwest Diamond Conference Pitching Statistics							
NAME	Team	W-L	IP	SO	ERA	Saves	
Braiden Fetting	ABW	2-1	16.2	17	0.00	0	
Brenden Bethke	SH	3-1	15	31	0.47	0	
Logan Miller	NCEUH	1-0	10	6	0.70	0	
Oscar Ortiz	SH	0-2	26	26	1.35	1	
Evan Szczepanski	SH	3-1	20.2	37	2.03	1	
Kamrin Weets	BGMR	3-1	27.2	23	2.28	0	
Dustin Osland	WEM	4-2	34.1	60	2.45	1	
Connor Nelson	NCEUH	3-1	22.1	22	2.50	0	
Riley Resnick	NCEUH	2-0	14	18	2.50	0	
Drew Larson	FB	2-2	19.2	21	2.75	0	
Hunter Yutzenka	WMAR	1-1	25.2	44	2.81	2	
Brett Fetting	ABW	4-0	24	18	2.92	0	
Brandon Wiskow	RLC	1-1	12	9	2.92	0	
Calvin Hanson	KCC	1-3	26.1	43	3.19	0	
Jarrett Kujava	KCC	2-2	25	34	3.36	0	
Keegan Rustad	BGMR	3-1	26	28	3.46	0	
Jason Lindgren	WMAR	1-1	19.1	13	3.72	1	
Kyle Jacobson	FOS	2-2	32.1	55	3.89	0	
Dominik Vacura	BGMR	1-3	18	19	4.00	0	
Ben Cardinal	RLC	1-1	16	10	4.38	0	
Michael Stuhau	FB	2-1	25.2	29	4.56	0	

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TRFACT Opens 24th Season with Death of a Salesman

Arthur Miller's classic tale of chasing the American Dream comes to life on the Northland Community and Technical College stage when the Thief River Falls Area Community Theater opens its 24th season with *Death of a Salesman*. The show opens on May 22 and runs through May 24th. Performances begin each evening at 7:00 p.m. in the NCTC Theater.

Death of a Salesman was written in 1949 by American playwright Arthur Miller. It won the 1949 Pulitzer Prize for Drama and Tony Award for Best Play. The play premiered on Broadway in February 1949, running for 742 performances, and has been revived on Broadway four times, winning three Tony Awards for Best Revival. It is widely considered to be one of the greatest plays of the 20th century.

Directed by Teresa Rankin McGriff, the cast features Rob Burkel as Willy Loman. Burkel has been seen on the TRFACT

stage in many productions including *The Boys Next Door*, *Barefoot in the Park*, *The House of Blue Leaves* and *Anything Goes*. Also featured in the cast are Scott Pream, Kristi Hanson, David Ahlfs and Ben Wattenphul. Other cast members include Jeffrey Willis, Isaiah Burkel, Sherry Knott, Leah Wattenphul, Kate Mulvey and Tiffany Barta. Carl Dahlberg is the set builder and light designer; Bruce Elseth will design and operate sound.

TRFACT is adding a new feature this season: post-show discussions for its adult-cast shows. According to Jane Anderson, TRFACT Executive Director, "We feel that the nature of each of these shows merits a public discussion for those interested. Because of the topics and depth of subject matter, we feel it's something we can do to help audiences understand shows, an opportunity to ask questions, and to weigh in with their insights to the plays." Following each performance, discussions will take place in the theater for audience members wishing to stay and participate. Andy Mueller, NCTC English Instructor, will host *Death of a Salesman* sessions. The second show of the 2019 season, *Cabaret*, will also offer audiences a chance to explore the concepts of the show more deeply with post-show discussions.

Tickets for *Death of a Salesman* are available at Digikey's East entrance in Thief River Falls during business hours, online through www.trfact.org, and at the door each evening of the performances.

Other shows of the 2019 summer season include *Cabaret*, June 25-29; *The Jungle Book KIDS*, July 10-12; and *The Music Man Jr.* July 24-26, July 31 and August 1-2.

For more information about the Thief River Falls Area Community Theater, visit our website or friend us on Facebook. TRFACT: Small City; Big Theater!"

Big Theater!"



Rob Burkel as "Willy Loman".



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