



Tri County Canary

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



On hand to accept donations from Clearwater-Polk Electric's Operation Round-Up were (from left, front) Roberta Anderson, Laura Dahl, Susie Brovold, Laura Dropps, Micah Tramm; (row 2) Karen Stormo, Christine Musselman, Shirley Graftaas, Lindy Caspers, Marilyn Hood, Tamara Edevold; (back) Janelle Melbo, Kim Hanse, Kayla Nyegaard, Nancy Colligan, Seth Tramm and Al Rasmussen, with trustee Cindy Benson at far right.

Operation Round-Up donations to date: \$405,698

A sum of \$11,438 was awarded via 26 checks to worthy causes in the latest round of Operation Round-Up donations. To the assemblage of persons present for the awarding of checks, Clearwater-Polk Electric Operation Round-Up Trustee Cindy Benson noted that since the program

began in 1997, the total of donations comes to \$405,698.

Benson then asked that recipients follow up by letting the trustees see the fruit of the donations, by providing some details as to how they were used.

Recipients in this round included the following: Bagley

After Prom, Bagley All School Reunion, Bagley Area Arts Collaborative, Bagley Art in the Park, Bagley Babe Ruth Baseball, Bagley Community Theater, Bagley Elementary Kindergarten, Bagley Elementary Library/Media Center, Bagley Elementary School Math Night,

Bagley Elementary Special Education, Bagley Early Childhood Initiative, Bagley Senior Center, Breakfast on the Farm.

Clearbrook-Gonvick School first grade and sixth grade, Clearbrook-Gonvick Summer Rec, Clearwater County Historical Society, Clearwater County

Nursing Service, Clearwater County 4-H, Clear Waters Life Center, Clearwater County Sheriff DARE Program, Friends of Itasca, Gully 100!, ISD 162 Community Education, NW Minnesota Foundation-Red River Valley Emerging Leadership, Progressive Ag Safety Day.

Bemidji Area Deep Winter Greenhouse

By Bernis Ingvaldson

The Regional Sustainable Development Partnerships (RSDP) and Bemidji Community Food Shelf Farm welcomed the public to their Deep Winter Greenhouse Field Day on May 28, 2019.

Carol Ford began by sharing her story. Carol and her late husband Chuck Wabel were some of the first in the state to envision winter gardening. After successfully showing it could be done, they wrote "The Northlands Winter Greenhouse Manual". Chuck then received a Bush Foundation leadership fellowship. But after Chuck got cancer and passed away a month later, she faced the decision of whether or not to continue. But continue on she did, and with support from the Bush Foundation, converted the fellowship into a grant that laid the groundwork for RSDP deep winter greenhouses statewide. She is now an invaluable resource to the whole state as an RDSP Program Coordinator along with continuing to operate her Garden Goddess Greenhouse at Milan.

Another winter greenhouse is located at Lida Farms at Otertail. Ryan Pesch, UMN Extension officer by day and veggie producer by night, shared his farm's story. Instead of just replacing their run-down greenhouse, Ryan and his wife Maree invested more money and built one that could be used in winter as well. They dug a bigger hole into the side of a hill for a root cellar where they store their root vegetables and built a 16'x32' greenhouse with glazed polycarbonate window panels in front. They grow about \$3,300 worth of winter greens between January and March, and bring in close to another \$2,000 with sales from their root cellar. They are able to start their veggie transplants, such as onions, very early. They also put up a wind turbine. But he also cautioned that when farmers are starting up, there may be other investments initially more crucial to the whole farming operation, such as tractors or plowing equipment. Regarding costs and profitability, Ryan quoted some averages taken from statistics gathered from the greenhouses in the RSDP area: 7.3% return, 8.6 year payback time, \$20,000 to build, \$61/sq ft (ranging \$20 - \$83/sq ft) plus interior growing containers such as rain gutters. \$900/year operating (not including labor). Purchasing soil mix is more expensive than heating,



Carol Ford, author of "The Northlands Winter Greenhouse Manual", welcomes visitors to the Deep Winter Greenhouse Field Day at the Bemidji Community Food Shelf Farm.

which can run as low as \$.45/day depending on construction and weather.

Architect Dan Handeen highlighted some of the design decisions that went into the Bemidji greenhouse: a 60 degree south-facing angle, corresponding with coldest day of the year - Jan. 21 - versus the shortest day of the year in December, sides heavily insulated to R21 specs, ceiling is R30. A duct at top, with help of an electric fan, channels hot air to the 4 feet of river rock underground. When it is -20F outside, it is 100 inside. The Bemidji greenhouse does not have a lot of pumps and electronics in order to show how a simple design can be effective. They did put a lot of temperature sensors into the rock below for research purposes. The single biggest expense in the construction was the rock. He recommends gravel about 1.5" in diameter as larger rocks take longer to heat and to move the air in and out, smaller rocks lose heat too fast. Consistency in the size of rock is also important. There is no barrier between rock bed and soil so condensation can percolate down. Condensation in the building itself has not been a problem. The building is sealed tightly and a plate collects what moisture does gather at the bottom of the windows and directs it to the concrete floor.

One of the keys to the success of winter greenhouses is knowing which plants to grow. Certain Asian greens such as komatsuma respond fine to less amounts of daylight while spinach hasn't done so well. Sprouts have a fast turnaround if there's a market, while other growers cut a baby green mixture every week for their customers. Pea shoots are surprisingly popular for restaurant as well as home sales. Field peas seed can be used for this, and are one of the easiest and cheapest crops to grow.

The University of Minnesota has done research into soil medium and recommends a mixture of peat, compost and blood meal or alfalfa meal. Once the soil has been exhausted it can be recycled into garden soil outdoors. Most growers use rain gutter troughs, stacked vertically to maximize space.

One of the benefits of attending Field Days is that one often not only learns from the presenters but also from the attendees. Jane Gislason from Tenstrike came in order to research the possibility of adding a winter greenhouse on to their home. She has already experimented with growing micro-greens in a coconut husk medium and freely shared her vision for this type of nutritious crop which she has found very easy to grow with minimal in-

puts. Borage, for example, only requires a 10 day to 2 week turnaround, and no additional soil or fertilization is needed as the water provides all that is needed at this early stage of growth.

Whether one is a commercial farmer or a window-sill grower, attending a Field Day brings inspiration to try a new

Greenhouse...
continued on page 7



Carol Ford from Milan (left) and Jane Gislason from Tenstrike (right) listen as Claire Hodge, researcher with the UMN Department of Horticulture, explains the soil mix that is used to fill gutters.

Trail plans for July 4th

The City of Trail and the Trail Community Club will again be sponsoring their annual July 4th events. Jam session will be held from noon to 4:30. There will be a Kiddie parade at 1:00 p.m. followed by street games at 2:00.

The ping pong drop will be held along with free ice cream and a beer wagon.

You can dance with July Lee and the White Rose Band from 6:00 to 10:00 p.m. in the pavilion.

Thanks to the many donations they will be having the annual fireworks at dusk to make it the traditional 4th of July celebration at Trail.

Saddle up for the 29th Gonvick Lions Rodeo

The Gonvick Lions Club will be having their 29th annual rodeo on two big nights July 12 and 13. Both days it will start at 6:00 p.m. featuring Wojo's Rodeo. It will feature full nine events from barrel racing to bull riding.

Saturday, July 13 will start at 8:00 am with the Samhold Youth Group serving a pancake breakfast at the church from 8 am to 10 a.m. This is a Mission Trip Fund raiser for the Summer of 2020.

Kandi's Kitchen will have specials going on Main Street.

There will be a parade at 2:00 p.m. Registration for the parade is 12:45 to 1:45 on Saturday by the Gonvick Community Center. Come one come all.

The Gonvick American Legion will be serving their tasty monthly fish fry at the air conditioned legion building from 4:30 to 7:30 p.m.

The second day of rodeo fun starts at 6:00 p.m. at the rodeo grounds.

Advance rodeo tickets can be purchased in Gonvick at Northern Bail & Convenience (NB&C), Northern State Bank and Kandi's Kitchen; in Clearbrook at Y-92 C-Store and Border State Bank; in Gully at Shorty's Place and in Leonard at Reichert's Saddlery.



Tiered trays of specially selected produce can be grown all winter, as well as giving early starts to transplants.



Kathy Wiederholt from North Dakota State University Carrington Research Center contributed her experiences in growing cold hardy fruit at the Field Day at The Honeyberry Farm Nursery & U-Pick at Bagley on June 24. The U-Pick is open daily through the end of July and their next special event will be July 15 with Annie Klodd from UMN Extension Education speaking on "Organic Options for treating Spotted Wing Drosophila" at 1:00 p.m.. See www.honeyberryusa.com for more information or call Jim and Bernis Ingvaldson at 218-694-3071.



July marks the 1 year anniversary of moving Off The Tracks Grooming to Gonvick!

We couldn't be happier and are so thankful to all of our customers and the community for making us feel welcome. In Celebration we are offering **10% off STORE WIDE**. This **INCLUDES** dog food and essential oils. (Dog beds Excluded.)

Call or stop in to see what we have to offer. Please call ahead for your grooming appointments.

218-487-2207



R15-18C

College News

Mayville State University announces Spring 2019 Dean's List

Dr. Keith Stenehjelm, Vice President for Academic Affairs at Mayville State University, announces that the following students have been listed on the Dean's List for the Spring Semester of 2019 at Mayville State University.

In order to be named to the Dean's List, each student has attained a grade point average of 3.50 or higher and has successfully completed a minimum of 12 graded credit hours of regular academic credit from Mayville State.

Grygla - Leah Schulz;
Oklee - Samantha Smith
Plummer - Brittney Bray
Red Lake Falls - Kayler Knott, Adam LaCrosse

Normandale Community College Graduates List

BLOOMINGTON, Minn. (June 24, 2019) - Normandale Community College honored more than 1,200 graduates at its graduation ceremony on May 20 at Orchestra Hall in Minneapolis, Minn.

Graduating from Clearbrook - Madison Leigh Ulrich, Associate of Arts, Liberal Education

Over 340 graduates participated in the ceremonies. The ceremony honored Summer 2018 and Fall 2018 graduates, along with the candidates for Spring 2019 graduation. Normandale congratulates these individuals who reside in your community on their graduation

UND graduation list released

The University of North Dakota announced its graduation list for the spring 2019. Named to the list were:

Bagley - Courtney R. Fultz, Bachelor of Science in Nursing
Brooks - Mickala M. Morinville, Bachelor of Science in Nursing, Summa Cum Laude
Clearbrook - Kristyn F. Bergh, Doctor of Physical Therapy

Fosston - Camille J. Hagen, Bachelor of Science in Dietetics, Magna Cum Laude

Bryan Johnson, Master in Physician Assistant Studies

Grygla - Anastasia J. Cole, Bachelor of Arts, Communication

McIntosh - Kaysee M. Mandt, Bachelor of Science in Public Health Education, Magna Cum Laude

Zachary C. Plante, Bachelor of Accountancy, Summa Cum Laude

Mentor - Kael M. Fontaine, Bachelor of Science, Geography

Amy J. Glass, Master of Education, Reading Education

Puposky - Ashley M. Wavrin, Master of Science, Nursing

Red Lake Falls - Alex M. Erickson, Bachelor of Arts, Visual Arts

Jenna M. Nelson, Master of Occupational Therapy

Rob A. Proulx, Doctor of Philosophy, Earth System Science and Policy

Shevlin - Lydia A. Swanson, Bachelor of General Studies

Look for more college news on page 6 of the Canary section.

Start saving with a **BANG!**

Check out our **UBM Direct Savings Account and CD Specials!**

Ultima Bank Minnesota
All locations will be closed on July 4th.

www.ultimabank.com • 800-421-2588

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Continue celebrating America and buy local on Saturday July 6th, 8-noon. Mentor Farmers Market will have 17 vendors with produce, canning, art work, soaps and more. The Driftwood food truck from Red Lake Falls will be serving breakfast and lunch cuisine. And the return of our own Alex Conwell will welcome customers with his spirited fiddle. Alex started in the park while still attending high-school. He is now a graduate from Oberlin college in Ohio. Remembering his roots he returns to the area and shares his talent on violin. He is remembered by many of our returning customers and he will make it a memorable morning for new customers. We are ready to meet you at the Park in the heart of Mentor MN.

HAPPY BIRTHDAY HAPPY BIRTHDAY

90th
Birthday Party

for Allen Barsness
Saturday, July 6th
1-3 pm
Oklee Cafe

HAPPY BIRTHDAY HAPPY BIRTHDAY



The Front Fenders will return to 2nd Street Stage Friday, July 5. Band members are Bougie and Huffs, vocals; Rodger Nichols, drums; Mike Schlick, rhythm guitar, vocals; Cameron Wheeler, bass guitar, vocals; Joe Rudd, lead guitar, vocals; and Lee Massey, keyboards, sax, harmonica, banjo, vocals.

The Front Fenders will return to 2nd Street Stage

The Park Rapids Downtown Business Association invites you to celebrate summer at 2nd Street Stage Thursday evenings through Aug. 15 except July 4th when the concert will be Friday, July 5.

This will be the eighth year of the great community get-together that 2nd Street Stage has become.

The free concerts run from 6 to 8 p.m. (7 to 9 p.m. Aug. 8) with bands, a beer garden, cornhole tournaments and family activities on the second block of South Main. Bring your own lawn chair.

The beer garden will open at 5 p.m. for a social hour while you find your spot, listen to the sound check and greet neighbors and friends. Support this great event by buying an official 2019 button and receive \$2 off all beverages at the beer garden.

The Park Rapids American Legion will sponsor a fun night Friday, July 5. The Fargo-based band has been entertaining audiences since 1995. From Florida to Washington and Vermont to California, their energy, enthusiasm and musical excellence fire up their audiences. Their focus is on fun and great music, with Paul Bougie and Christine Huff out in the crowd getting everyone involved and

engaged, and five tremendous musicians on stage playing the greatest hits from the '50s, '60s, '70s, '80s and '90s, plus some of today's hottest pop tunes and country favorites.

Arrive at 5 for the social hour, sponsored by Patrick J. Sullivan Insurance Agency.

To see the complete summer line up, go to www.parkrapids-downtown.com.

Weekly stage sponsor is R.D. Offutt Farms. TruStar Federal Credit Union is weekly sound sponsor. This activity is also made possible, in part, by the voters of Minnesota, through a grant from the Region 2 Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

Polk County Fair Chocolate Contest 2019

Love chocolate? We do too! Love to cook and bake with chocolate? Even better! Come share your prepared chocolate delicious-ness with us!

You are invited to enter in the 2019 Chocolate Contest at the Polk County Fair. This event is sponsored by Al & Laura's Foods, Kappes-Liberian Agency, Inc. and Palubicki's Family Market.

Entries must be submitted by 6:30 pm Wednesday, July 10th. Judging begins at 7:00 pm on the Hanson Free Stage. Cash

Country Music Jam

At The Embassy Community Center, 603 3rd St. NE, Fosston on Sunday, July 7th, 1:00-5:00. Everyone is welcome!

Mentor Farmer's Market and Artisan Creations

OPEN

May 27th - Sept. 28th

OPEN EVERY SATURDAY

(rain or shine)

8AM - NOON,

May 25th - Aug. 31st

9AM - 11AM,

Sept. 7th-28th

Large variety of local food produce, meats, baked goods, ready to eat food, herbs, cut flowers and unique craft items.

www.mentorfarmersmarket.org
Like us on Facebook @Mentor Farmers Market

Polk County Sheriff

On 06/30/2019 at approximately 2000 hours, the Polk County Sheriff's Office received a report of a reckless boater on Union Lake in Polk County. Deputies responded to Union Lake and deployed a PCSO boat. The suspect boat was located, stopped for a separate boating offense and escorted into the public landing. The male operator of the boat was identified as Emelian A Frolov, age 23, from Erskine, MN. There were also seven other adults riding in the watercraft with Mr. Frolov.

Mr. Frolov was arrested for a boating while impaired offense and transported to NWRCC in Crookston, MN. No one was injured during this incident.

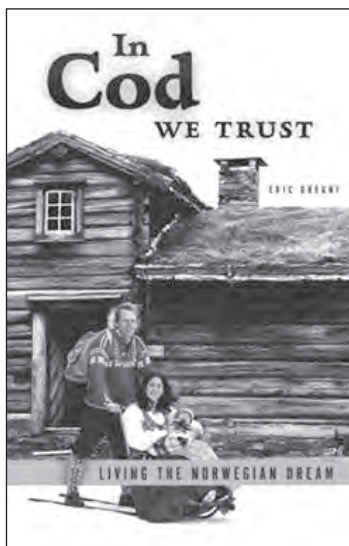
The Polk County Sheriff's Office would like to remind the public to keep safety on the water as a high priority while you are out enjoying our lakes and rivers. If you see any situation which could endanger others on the water, you are encouraged to contact the Polk County Sheriff's Office.

In Cod We Trust, Living the Norwegian Dream

ERIC DREGNI, Author

Fed pickled herring and gjetost brown cheese as a toddler, Eric Dregni grew up in Norway's colony in America: Minnesota. As the recipient of a 2004 Fulbright Fellowship in Creative Writing, Dregni lived in Trondheim, Norway where he survived a dinner of rakfisk (fermented fish) thanks to 80-proof aquavit, took the "meat bus" to Sweden for cheap salami with a busload of knitting pensioners, and discovered his great-grandfather's house in the Lusterfjord only to find out it had been crushed by a boulder then swept away by a river.

He is a freelance writer for Metro, The Norwegian-American Weekly, and the Minneapolis Star Tribune and author of thirteen books, including Minnesota Marvels: Roadside Attractions in the Land of Lakes, Vikings in the Attic, Let's Go Fishing, and several others. Currently, Dregni is an assistant professor of English



and Journalism at Concordia University in St. Paul. He lives in Minneapolis with his wife and two kids, Eilif and Otto.

The July 11th, Sons of Norway program will feature Eric Dregni speaking on his book, In Cod We Trust. The public is welcome to the meeting at 6:30, followed by the program.

Highway 71 south of Bemidji near Kabekona now open to traffic

BEMIDJI, Minn. —Motorists on Highway 71 south of Bemidji can now resume travel as normal as the project to replace a box culvert near Kabekona has completed.

MnDOT crews have been working since June 3 to replace the box culvert. The \$388,000 project will improve drainage for Highway 71.

Mark your calendar!

The McIntosh Annual Tractor Days is coming on August 24. Get your Antique

Tractors ready for the parade and Pull.

AUGUST 24, 2019

McINTOSH TRACTOR DAY

ANTIQUE TRACTOR PARADE
Line-up begins at 9:00 am at Erickson Park
Parade begins promptly at 11:00 am

TRACTOR PULL
Must be there promptly by 1:00
-Get registered
-Pay fees
at Old Football Field

3 DIFFERENT FOOD VENDORS
Around town all day
Hot dogs • Candy
Popcorn • Pop • Water
and MUCH more!!

Drivers must be at least 14 years of age.

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CRYSTAL FARMS MOZZARELLA, CHEDDAR,
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REGULAR SHRED; MEXICAN TACO, CHEDDAR OR
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SHREDDED CHEESE
3/\$5 8 OZ

KRAFT ORIGINAL OR 1/3 LESS FAT
PHILADELPHIA CREAM CHEESE
\$1.99 8 OZ

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

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

DEAN'S ASSORTED
ICE CREAM..... 56 OZ SQUARE **4/\$10**

FRIED OR GRILLED
DELI CHICKEN
\$7.99 8 PIECE

HOMESTYLE
POTATO SALAD LB **\$1.99**

HEINZ KETCHUP
\$1.79 38 OZ

KRAFT ORIGINAL
MIRACLE WHIP 30 OZ **\$2.39**

ASSORTED
PEPSI COLA PRODUCTS
\$6.99 24 PK - 12 OZ CANS

LEMON-LIME, FRUIT PUNCH, ORANGE OR GLACIER FROST
GATORADE 8 PK-20 OZ BOTTLES **3/\$10**

REESE'S PEANUT BUTTER CUPS,
KIT KAT BAR, HERSHEY'S BAR
WITH ALMONDS OR
HERSHEY'S
MILK CHOCOLATE BARS
10/\$3.50

VAN CAMP'S
PORK & BEANS
3/\$2 15 OZ

THE PIONEER WOMAN
PEACH WHISKEY BBQ SAUCE
99¢ 18.5 OZ

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

FAMILY PACK 85% LEAN
GROUND BEEF
\$2.99 LB

GREAT FOR GRILLING!
SMITHFIELD PORK
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GREAT FOR GRILLING!
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BONELESS, SKINLESS
CHICKEN BREASTS
\$3.99 Lb

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\$6.99 ASST. VARIETY 20 OZ

ANGUS FARMS BEEF BONELESS
CHUCK ROASTLB **\$3.99**

FAMILY PACK BONELESS CENTER-CUT
PORK LOIN CHOPS.....LB **\$2.79**

FAMILY PACK
CHICKEN DRUMSTICKS..... LB **99¢**

JOHNSONVILLE FRESH
BRATS..... ASST. VARIETY 19 OZ **2/\$7**

ANGUS FARMS BEEF BONELESS
CHUCK STEAK.....LB **\$4.59**

PORK
SHOULDER ROAST LB **\$1.89**

GERBER AMISH FARMS
WHOLE CHICKENS.....LB **\$1.69**

SMITHFIELD "DELI FRESH"
LUNCH MEAT... ASSORTED VARIETY 8 OZ **\$2.69**

ANGUS FARMS BEEF BONELESS
BALL TIP STEAK.....LB **\$4.99**

ELLIOTT'S "SUNDAY'S BEST"
PORK SAUSAGE LINKS 12 OZ **2/\$5**

FAMILY PACK SPLIT
CHICKEN BREASTS..... LB **\$1.19**

OSCAR MAYER - ORIGINAL, BUN-LENGTH OR JUMBO
WIENERS 16 OZ **3/\$7**

ANGUS FARMS BEEF BONELESS
RIBEYE STEAK..... LB **\$10.99**

FAMILY PACK HICKORY
SMOKED BACONLB **\$2.99**

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RAW SHRIMP..... 16 OZ **\$6.99**

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REESE'S PUFFS BATS
4/\$5 11.5 OZ

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DORITOS
\$2.19 9.5-10 OZ

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SNACK CRACKERS
\$2.99 SMALL SIZE

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HALF & HALF
5/\$4.50 PINT

MILK CHOCOLATE OR CHOCOLATE FUDGE
PILLSBURY BROWNIE MIX
4/\$5 18.4 OZ

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C&SC RIPPLES POTATO CHIPS (14.5-15
OZ), RESTAURANTE BITE SIZE OR TOSTADOS
TORTILLA CHIPS (20 OZ)
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WILD HARVEST ORGANIC
GRAPE JUICE
99¢ 10 PK-6 OZ POUCHES

HEFTY 9"
FOAM PLATES
\$2.99 50 CT

DEAN'S DAIRY PURE ASSORTED
SOUR CREAM
2/\$3 16 OZ

OREO BIG
CRUNCH BARS
\$1.59 10.5 OZ

SEEDLESS
WATERMELON
\$3.99 EA

ESSENTIAL EVERYDAY PIMENTO STUFFED
GREEN OLIVES
\$2.99 21 OZ

COTTONELLE ULTRA CLEAN CARE
BATH TISSUE
3/\$10 6 PK-DOUBLE ROLL

KRAFT
AMERICAN SINGLES
\$2.59 12 OZ

ORIGINAL, DOUBLE STUF,
GOLDEN, MEGA STUF OR ORIGINAL THINS
NABISCO OREOS
\$3.39 10.1-15.35 OZ

BLUEBERRIESPINT **\$2.99**
MANGOES **4/\$3**
LEMONS OR LIMES **4/\$2**
PEACH, SWEET TEA, LEMONADE, HONEY GREEN
POM TEAS 12 OZ **2/\$3**
SWEET CORN..... **10/\$4.50**
CLASSIC COLESLAW 14 OZ **99¢**
FRESH ASPARAGUS LB **\$2.99**
HYDRO TOMATOES LB **\$1.49**
SWEET VIDALIA ONIONS LB **99¢**
RED POTATOES 10 LB **\$3.99**

30 PK-12 OZ CANS
BUSCH LIGHT
BEER **\$19.99**
750 ML MARGARITA OR MUDSLIDE
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E & J VSOP
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1.75 LITER
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VODKA..... **\$16.99**

1.5 LITER ASSORTED
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WINE..... **\$8.99**
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PIE CRUST MIX
3/\$2 11 OZ

CLASSIFIED ADS



Red Lake County Central High School Library Media Specialist

RLCC is taking applications for a Library Media Specialist position 1.0 FTE for school year 2019-20. Minnesota Teaching License in this content area preferred, position closes July 19th. Please send letter of application, resume, and 3 letters of reference to: Randy Pederson, Principal, PO Box 100, Oklee, MN 56742

R14-15C

Clearwater County Department of Human Services is accepting applications for an Eligibility Worker.

An online application and test is required for this position. Applications need to be completed by 4:30 p.m. July 5, 2019. The test needs to be completed by midnight July 10, 2019. The starting pay for this position is \$17.99 per hour. To see position description and to apply, go online to <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>

We are an equal opportunity employer

R14-15C

Clearwater County Department of Human Services is accepting applications for a Child Support Officer.

An online application is required for this position. Applications need to be completed by 4:30 p.m. July 5, 2019. The starting pay for this position is \$19.82 per hour. To see position description and to apply, go online to <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>

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R14-15C



Energy Auditor

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

Energy Auditor: Responsible for assessing energy efficiency and health and safety conditions in client's homes, prescribing cost effective remedies and providing clients with energy conservation and health and safety education. Experience in carpentry, home rehabilitation, heating systems or related fields. Full time

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycc.org. Send completed application and resume to ICC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycc.org. Applications must be received by 4:30PM on Friday, July 12, 2019. Call 218-796-5144 x1016 for more information about the position.

ICCC is an equal opportunity employer.

R15-16C

SOCIAL SERVICES DIRECTOR

Cornerstone Nursing and Rehab Center, a 47 bed skilled nursing facility in Bagley, MN, is seeking a full time Social Services Director to plan, organize, direct and carry out the overall operations of the Social Services department in accordance with state and federal regulations and facility policies and procedures. This position works closely with our healthcare team, residents, families, and outside agencies, to ensure the needs and overall well being of each resident are maintained. Responsibilities include working with the admission/discharge process, care conferences, resident/family councils, assisting with financial components, guardianship and conservatorship, while ensuring resident rights are respected and honored. Must possess effective communication skills and understanding of social and psychological aspects of the aging process, must possess leadership ability and the willingness to work well with others. Bachelors of Science degree in Social Work or related human services field preferred with knowledge and experience in health care required. Full benefit package included. Resume can be sent to 416 7th St. NE, Bagley, MN 56621 or kswanson@cornerstoneshc.com. E.O.E

R15-16C

Help Wanted

Labor on Concrete crew 40-50 hr. per week
Call for information
218-766-7838.

R14-15C

HELP WANTED Site-Manager

The Clearwater County Food Shelf is in need of a site-manager.

This salaried position is approximately ten hours per week.

Primary duties include: ordering, inventory, and supervising volunteers.

Email/send letter of interest to: CCFS President Jodi Quade jquade@gvtel.com or 36935 Lomond Drive, Bagley, MN 56621

R13-15C



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M14-15C



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R15-17C

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R14-15C



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R12-15C

BIG THINGS HAPPENING! TWO NEW LISTINGS!



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House and mobile lot rental currently brings in \$1100 per month the shop might bring in another \$ 1000 per month, the pasture....even MORE!

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R15C



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M15-16C

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R12-15C

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M30E-C

For Sale

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R13-16P

RUMMAGE SALES

Garage Sale: Downsizing

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R15C

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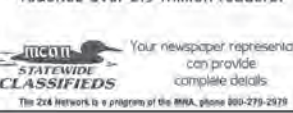
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Bemidji First Friday Art Walk

July 5, 2019
Continuing Exhibits available during general operating hours.

Dunn Brothers Coffee – The featured artist at Dunn Bros will be Kierlyn Ward. Ward uses acrylic and watercolor paints in her artwork, as well as occasionally including metallic leafing. Her paintings have a whimsical feel inspired by trees, plants, flowers or feminine hair. The Dunn Bros exhibit will be a watercolor set of various hair styles in a pseudo-mosaic fashion. Dunn Bros is open 6 a.m. – 7 p.m. and is located at 501 Paul Bunyan Dr SE.

New Exhibits reception times vary:

Neilson Place presents a photography display of “Nature of the North” by George Brook beginning July 4, 2019 and continuing to October 31, 2019. Brook is a self-taught landscape and nature photographer. The majority of his photos are captured in his home area of Northern Minnesota – an area

consisting of a variety of forest areas, many lakes, rivers and a variety of wildlife. There will not be an opening reception, but the public can view the photos during business hours, from 8 a.m. - 8 p.m. 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 July 5th, 2-6 pm and visit with Showcase Artist Robert Panther. Panther began photographing in his early teen years with an old Kodak 35mm camera, a hand held light meter, and a roll of Kodak Pan-X black and white film. View his photographic celebration of nature featuring the love of the outdoors and the love of photography. Panther's work has earned awards both regionally and locally and several have been published. Two of his photos from Quetico Provincial Park have been used in the Heart of the Continent Partnership's website, a joint Canadian/American geotourism

project and partners with the National Geographic Society. Gallery North's Featured Artist is Kaia Edlund. Edlund's mother taught her the art of Wychinanki Paper Cutting in the Polish style. This is a very colorful and detailed art form. She also paints with acrylic paints, again using lots of color. Her paintings are abstracts of landscapes, horses, dogs, cats and wild animals using bright colors. Stop by Gallery North's First Friday reception July 5th from 2-6 pm. Gallery North is located at 310 4th St NW.

Wild Hare Bistro and Coffeehouse will present the photography of Dan Gartrell through the month of July. Gartrell has turned a lifelong interest in photography into his hobby business “Pretty Good Outdoor Photos”, capturing striking landscape and lakescape vistas, close-ups of butterflies and other wildlife, and plants and flowers—especially ladyslippers. Gartrell is a Professor Emeritus at Bemidji State University.

Come to Wild Hare for the opening reception on First Friday, July 5th, from 3 – 5 pm. Wild Hare is located at 523 Minnesota Ave.

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

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

GAMES & PUZZLES WORD SEARCH *Answers on page 6*

ACTION	CROSSWORD	JUMBLE	PUZZLE
BOARD	CRYPTOGRAM	LOGIC	RULES
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Wednesday, July 3, 2019

TRI-COUNTY CANARY 5

Watch for the Miracles

(My three columns that ran June 5th, 12th and 19th were about Mary's Miracle. When I first interviewed Mary, I'd just finished this column the night before not knowing anything about her story. Yes, miracles truly do abound and I was able to gift back to her the very words you are about to read. To God be the glory great things He is doing.)

Miracles are all around... they abound. In steadfast love they rise because He has risen. In bodily form He is no longer here yet His Holy Spirit is. It was poured out upon us once He left this earth; He dwells within.

In Ez. 40:4 it says, "The man said to me, 'Son of man, see with your eyes, hear with your ears, and give attention to all that I am going to show you; for you have been brought here in order to show it to you. Declare to the house of Israel all that you see.'" Ezekiel saw and declared.

Others followed and wrote down what they heard and saw. We still have those writings which help us to see. I like what Matthew mentions in 11:17. "As these men were going away, Je-

sus began to speak to the crowds about John, 'What did you go out into the wilderness to see?'"

And Mark 5:14, "Their herds-men ran away and reported it in the city and in the country. And the people came to see what it was that had happened."

These passages point out that Jesus did speak and through His Word He continues to do so.

As mercy and compassion are always in fashion, you just can't go wrong trying to listen to what it is He is saying. We need not fear what we hear.

I happen to like His never ending communication because it helps me remember that "His love endures forever" (Ps. 136:1). It is steadfast as Christ holds fast. The fact that His grace abounds is a miraculous component because when His mercy and grace show up, it sheds light on the marvelous character of God...drawing us nigh.

His grace on display is miraculous and when you acknowledge it as such, He gets the glory.

You need only look, and

you will see. He is constantly trying to communicate with us giving us glimpses of Himself. The miracle that He, the holy and mighty God of the universe would even try to communicate with a sinner such as I, is the biggest miracle of all. The miracle that He forgives 70x7 and beyond is just plain jaw dropping, and the fact that when I fall short He continues to forgive as I confess...keeps the miracle of grace alive. And the best part is...it truly is open "to all who call upon the name of the Lord" (Rom.10:13).

So how do we respond when we receive the miracle of grace? I believe that when see, hear about it, or personally experience it, we need merely lift up our eyes to the Lord and give thanks. I believe we need acknowledge from where our help comes from. And...when we know and make it known that all is from the Maker of heaven and earth, I believe it just tickles His heart. (Ps. 121:1-2)

Enjoy the process as you not only look and see, but "taste and see the goodness of the Lord" (Ps. 34:8). Amen.

College News

UND Dean's List Spring 2019

The Dean's List comprises students whose grade point average are in the top 15 percent of the enrollment in each of the University's degree granting colleges and schools. A student must have completed no fewer than 12 semester hours of academic work for the semester, of which eight or more hours must be graded work rather than "satisfactory/unsatisfactory."

Bagley-Courtney Fultz
Gonvick-Elizabeth Bodensteiner
Grygla-Madison Bakken
Gully-Carlie Bergerson
McIntosh-Zachary Plante
Red Lake Falls-Megan Lacrosse
Shevlin-Katie Skersick

UND President's Roll of Honor Spring 2019

To qualify for the UND President's Roll of Honor, a student must have an overall cumulative grade point average of 3.80 or higher. The student must also have earned a minimum of 30 semester hours and have completed a minimum of 12 hours at the close of the semester, eight of which must be for traditional letter grades.

Bagley-Bailey Engesether
Camille Merschman
Gonvick-Elizabeth Bodensteiner
Grygla-Madison Bakken
Gully-Carlie Bergerson
Mentor-Tyra Wilson
McIntosh-Zachary Plante
Red Lake Falls-Megan Lacrosse

Northland Community & Technical College Spring 2019 Graduate List

More than 821 students were recognized during Northland commencement ceremonies on May 16-17.

June 26, 2019 — Northland Community & Technical College is proud to announce the members of its graduating class of Spring 2018. More than 821 students were recognized during Northland's commencement ceremonies on May 16-17. Northland Community and Technical College grants certificates (CERT), diplomas (DIP), Associate in Applied Science (AAS), Associate of Arts (AA), and/or Associate of Science (AS) degrees for the successful completion of each student's respective program.

Congratulations to the following graduates:

Bagley: Chesley Martine, Practical Nursing DIP
Fosston: Brianna Benson, Criminal Justice - Law Enforcement AS
Benjamin Miller, Fire Technology AAS; Fire Service Preparation CERT
Gonvick-Myranda Engberg, Welding Process Technology DIP; Welding Process Technology CERT; Welding Manufacturing Technology CERT
Kaili Simpson, Electronics Technology/Automated Systems AAS Highest Honors
Goodridge: Brooke Anderson, Liberal Arts and Sciences AA
Megan Beck, Practical Nurs-

ing DIP Highest Honors
McKenzie Cullen Nursing AS Academic Excellence
Hannah Dietsch, Business Transfer Pathway AS Academic Excellence; Supervisory Leadership CERT Academic Excellence
Ashlyn Henrickson, Liberal Arts and Sciences AA Academic Excellence
Dylan Manderud, Sheet Metal Technician CERT
Rachel Thompson, Electronics Technology/Automated Systems AAS Highest Honors
Jeremy Wiskow, Electronics Technology/Automated Systems AAS Highest Honors
Grygla: Ashley Moe, Business Transfer Pathway AS Academic Excellence; Supervisory Leadership CERT Academic Excellence
Gully: Clayton Blaser, Welding Process Technology DIP Highest Honors; Welding Process Technology CERT Highest Honors; Production Welding CERT Highest Honors
Lengby: Joshua Granly, Nursing AS Academic Excellence

Mark Twite, Architectural Technology and Design DIP; Intro Architectural Technology & Design DIP
McIntosh: Jarrin Gundersen, Criminal Justice - Law Enforcement AS Highest Honors
Hannah Rolf, Animal Science AAS
Cole Shaver, Carpentry-Residential DIP Highest Honors
Mentor: Matthew Johnson, Aviation Maintenance Technology AAS

Oklee: Zachery Charpentier, Collision and Refinishing Technician CERT
Zachery Charpentier, Sheet Metal Technician CERT
Bridget Erlandson, Practical Nursing DIP
Red Lake Falls: Wyatt Casavan, Construction Electricity DIP
Mariah Derosier, Nursing AS Highest Honors
Kurtis Ellefson, Customer Service CERT; Sales, Marketing, and Management AAS
Brandi Klipping, Radiologic Technology AAS
Benjamin Largis, Criminal Justice - Law Enforcement AS Highest Honors
Chase Schmitz, Precision Agriculture Equipment Technician AAS

Northland Community & Technical College President's & Dean's Lists

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

PRESIDENT'S LIST: Spring 2019 Semester

The President's List for students earning academic honors for the spring 2019 semester at Northland Community and Technical College - East Grand Forks and Thief River Falls has been released. Students must have at least 12 earned credits as of the last day of the semester and a semester grade-point average of 3.75 to 4.0 must be achieved to be eligible for the Northland Community and Technical College President's List.

Bagley-Cori Bonik, Undeclared; Jonathan Danielson, Electronics Tech-Automated Sys; Timothy Johnson, Liberal Arts & Sciences
Fosston: Ella Carlin, Undeclared; Amanda Gustafson, Undeclared; Jaclyn Hubbard, Undeclared; Kayla Juve, Undeclared; Kaydn Norberg, Practical Nursing; Austin Schmidt, Undeclared
Gonvick: Kaili Simpson, Electronics Tech-Automated Sys
Goodridge: Megan Beck, Nursing; Benjamin Groven, Welding Technology; Ashlyn Henrickson, Liberal Arts & Sciences. Jordan Skibicki, Construction Electricity; Nolan Smith, Undeclared
Gully: Clayton Blaser, Welding Process Technology
Lengby: Krister Anderson, Construction Electricity
McIntosh: Jarrin Z Gundersen, Criminal Justice - Law Enforcement; Cole Shaver, Carpentry-Residential
Oklee: Wojciechowski, Electronics Tech-Automated Sys
Plummer: Calyssa Eskeli; Andrew Fish, Liberal Arts & Sciences; Lisa Kolseth, Liberal Arts & Sciences
Ponemah: Allyssa Dow, Practical Nursing
Red Lake Falls: Madison Derosier, Practical Nursing; Emma Duden, Liberal Arts & Sciences; Whitney Grenier, Sales, Marketing & Management; Pearl LaCoursiere, Undeclared; Kelsey Landman, Liberal Arts & Sciences
Shevlin: Nathan Johnshoy, Precision Agriculture Equipment Tech
Winger: Felisata Egoroff, Undeclared

Clearbrook - Justina Kruchowski, Liberal Arts & Sciences

Fosston - Ella Carlin, Undeclared; Amanda Gustafson, Undeclared; Jaclyn Hubbard, Undeclared; Kayla Juve, Undeclared; Kaydn Norberg, Practical Nursing; Austin Schmidt, Undeclared

Gonvick - Kaili Simpson, Electronics Tech-Automated Sys

Goodridge - Megan Beck, Nursing; Benjamin Groven, Welding Technology; Ashlyn Henrickson, Liberal Arts & Sciences. Jordan Skibicki, Construction Electricity; Nolan Smith, Undeclared

Gully - Clayton Blaser, Welding Process Technology

Lengby - Krister Anderson, Construction Electricity

McIntosh - Jarrin Z Gundersen, Criminal Justice - Law Enforcement; Cole Shaver, Carpentry-Residential

Oklee - Michael Wojciechowski, Electronics Tech-Automated Sys

Plummer - Calyssa Eskeli; Andrew Fish, Liberal Arts & Sciences; Lisa Kolseth, Liberal Arts & Sciences

Ponemah - Allyssa Dow, Practical Nursing

Red Lake Falls - Madison Derosier, Practical Nursing; Emma Duden, Liberal Arts & Sciences; Whitney Grenier, Sales, Marketing & Management; Pearl LaCoursiere, Undeclared; Kelsey Landman, Liberal Arts & Sciences

Shevlin - Nathan Johnshoy, Precision Agriculture Equipment Tech

Winger - Felisata Egoroff, Undeclared

DEAN'S LIST: Spring 2019 Semester

The Dean's List for students earning academic honors during the spring 2019 semester at Northland Community and Technical College - East Grand Forks and Thief River Falls has been released. Students must have at least 12 earned credits as of the last day of the semester and a semester grade-point average of 3.5 to 3.74 must be achieved to be eligible for the Northland Community and Technical College Dean's List.

Erskine - Jakson Knutson, Collision & Refinishing Technician

Fosston - Olivia Landsverk, Undeclared

Goodridge - Dylan Manderud, Auto Body Collision Technology; Jeremy Wiskow, Electronics Tech-Automated Sys

Grygla - Carson Amirayan, Aviation Maintenance Technology; Trystan Jelle, Surgical Technology

McIntosh - Elena Snegirev, Pharmacy Technology

Mentor - Kara Wilkinson, Practical Nursing

Oklee - Jeri Gustafson, Electronics Tech-Automated Sys; Linsey Thompson, Practical Nursing

Red Lake Falls - David Dufault, Precision Agriculture Equipment Tech

Winger - Bailee Burcham, Practical Nursing

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.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol



Q u e s - tion: What are the laws about fireworks in

Minnesota? Can you provide some safety tips for those who plan on purchasing their own fireworks?

Answer: Here are some safety tips provided by the Department of Public Safety State Fire Marshal Division.

If you purchase your own fireworks:

- Remember that if it flies or explodes, it is illegal in Minnesota. You could face fines and confiscation of illegal fireworks.
- Use them in an open area, away from houses and other

structures.

- Light them on a solid and non-combustible surface.
- Use a long lighter meant for a gas grill to light fireworks, and stay as far from the wick as possible.
- Dispose of spent fireworks in water or sand.
- Do not relight a dud.
- Ensure children are supervised.
- Follow the instructions on the package carefully.
- Never use them while intoxicated.

During this Fourth of July holiday period, law enforcement will have extra patrols that will be looking for those who choose to get behind the wheel while

under the influence.

No matter how much you intend to drink, plan for a safe ride — designate a sober driver, take a cab/public transportation or stay at the location of the party.

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).

4th of July

By Auctioneer Eric W. Mickelson

Happy Independence Day! I hope everyone has been enjoying summer. This week marks the mid-summer celebration of Independence Day. On July 4, 1776, the Declaration of Independence was ratified and solidified the colonists will to continue their fight against England in hopes of forming a new country of their own, the United States of America. During that struggle several future leaders of our country stepped forward. Two of those patriots were Thomas Jefferson and John Adams. They both fought hard for our independence.

Of course later John Adams became the second president of the United States and Thomas Jefferson the third. These two men fought together to achieve freedom from England. Later in their political careers they found themselves at odds with each other. Adams envisioned the new country as having a strong central government while Jefferson thought the federal government should take a more hands off approach. Jefferson envisioned the US as a land of small towns and farms. (I kinda like this guy!)

The coincidence that both of these men died the same day,

July 4, 1826. As the story goes in their later life they had revived their friendship. John Adams last words were said to be, "Thomas Jefferson still lives!" Unfortunately he was wrong as Jefferson had actually died five hours earlier.

We now celebrate this Independence Day proudly as sort of the birthday of our nation. If you come to Plummer, Minnesota, on the 4th you can enjoy one of these celebrations. The Tri River Pioneers will be sponsoring a tractor show following the 11:00 am Parade. I don't really have any "parade worthy" tractors but I think if I was going to bring one I might bring one of my new purchases. My favorite model R or my 1940 model A. Now that model A is a little unique. Someone has replaced the front end with a rear axle from a 55 John Deere combine. They did a good job, no sloppy welds or rough cut metal, it looks nice almost like it could be factory. I thought I would switch it back. But when I went to pick it up the son of the man I bought it from said they had bought it like this and it handled so well they left it alone. He was right the "add on" wide front may just handle better than the

original narrow front and probably better than original wide front would have. So I guess I'll leave it!! It is kind of a one of a kind tractor that way. Maybe you'll see it in Plummer I am not sure, but either way I am inviting you to Plummer for the 4th of July Celebration! See you in Plummer!

How about a little tractor trivia!

1. The model A John Deere was in production from 1934-_____.
2. My 1940 has a _____ speed transmission.
3. In 1941 John Deere switched to a _____ speed transmission in the model A.
4. The first A's were un-styled. In what year did they change to the styled look with the sleek hood and grill?
5. Was the model A ever made in a standard tread version?

Answers: 1. 1952 2. 4 speed 3. 6 speed 4. 1939 5. Yes, the model AR

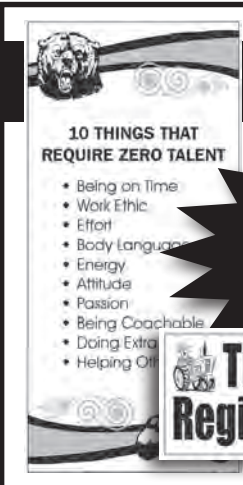


Owen Kotrba and his dad bringing home the MT!



Word Search Answers

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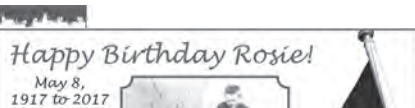
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OBITUARIES

Services for Chase Miles

Chase Ann Miles, 20, died on Saturday, May 25, 2019 at her home in Clearbrook, Minnesota. Rosealee Miles, 42, died on July 9, 2018 near Bemidji, Minnesota.

Memorial services will be held for them on Friday, July 12, 2019 at 5:00 p.m. at the Cease Family Funeral Home in Bagley, MN with a visitation one hour prior. Interment will be at Meadowview Cemetery in Solway, MN. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

A full obituary will appear on and messages of condolence may be sent to ceasefuneralhome.com

Services for Luaine Johnson

Luaine Johnson, Brooks, MN, 85, passed away on Thursday, June 27, 2019 at Essentia Health, Fosston, MN. Funeral Service will be 11:00 AM on Saturday, July 6, 2019 at Zion Lutheran Church, Oklee, MN with Reverend Linda Molitor officiating. Burial will be in Zion Lutheran Church Cemetery, Oklee.

Visitation will be held one hour prior to the service.

Luaine Robert Johnson was born September 26, 1933 in Lambert Township, Oklee, MN, the son of Lloyd and Lillian (Farrington) Johnson. He was baptized and confirmed at Zion Lutheran Church. He attended school in Oklee and graduated from Oklee High School in 1952.

On June 19, 1954, Luaine was united in marriage to Patricia Ann Enger at Oklee, MN.

He was employed at Oklee Co-op Oil, Gully Co-op Oil, Red Lake County Highway Department for 20 years, Cenex, Brooks, MN and Garden Valley Telephone for 18 years. He was a part time farmer. He enjoyed caring for his lawn, gardening, playing horse-shoe, playing cards and most of all playing with his grandchildren and great-grandchildren.

He held membership in the Clearwater Church Board, Zion Lutheran Board and served on Oklee City Council. He also was a member of Farmers Union and Farm Bureau.

Survivors by his daughter, Sandra (Gary) Lee, Brooks, MN and 2 grandchildren; Jeremy (Sarah Beth) Lee and Adam (Sarah Jo) Lee; 7 great grandchildren, Caden, Trevor, Jacob, Teagan, Benjamin, Ethan and Logan; a sister, Eileen Olson and sister-in-law Bernice Klink; and several nieces, nephews, relatives and friends.

He is preceded in death by his wife Patricia; parents, infant sister Evelyn, 2 brothers, Marlyn Johnson and Floyd Johnson and brother-in-law, Goodwin Olson.

Family condolences may be sent to www.johnsonfuneralservice.com

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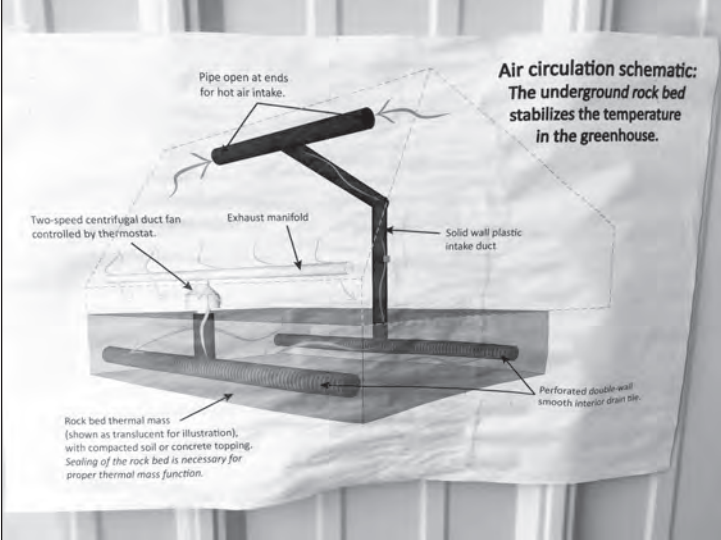
CODE MC11

Greenhouse... continued on page 7

crop or method, and at the very least, appreciate the miracle of growth and the farmers' efforts that goes into bringing food to our tables. The next local Field Day will be held at The Honeyberry Farm at 19756 - 350th St.



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Watermark Art Center announces July classes and art camp

BEMIDJI, MN – Watermark Art Center has an exciting line-up of art classes throughout the month of July. Don't miss these great opportunities for all ages to create art and participate in hands-on learning experiences!

Watermark will host a Paint & Plant party on Tuesday, July 9 from 5:00 – 7 :00 p.m. This is a great event for the whole family! Each family will create a design to paint on clay pots, then add small succulents to complete the project, all for only \$10/family. No pre-registration required. This is a drop-in style class; come between 5:00 – 6:30 to ensure completion of project.

Second Saturday Kids Art will be held July 13 from 1:00 - 2:30 p.m. This month's project will be landscape paintings. On July 13 from 1:00 – 2:30 p.m., kids ages 6+ are invited to come to Watermark for a Saturday afternoon of exploring landscapes! First, they will tour the BSU Harlow/Kleven Gallery exhibit, "Creating from Nature: Inspiration from the Landscape," then head into the Ed Room to create their own painted landscape scene. Cost for this class is \$15/person, \$13 for Watermark members. Parents can drop their kids off and are not required to stay. Pre-

Bagley, MN, featuring Annie Klodd from UMN Extension Education speaking on "Organic Options for treating Spotted Wing Drosophila" at 1:00 p.m.. See www.honeyberrysa.com for more information or call Jim and Bernis Ingvaldson at 218-694-3071.

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Do You Have Mold?

Written by Karin Haugrud

Children, pregnant women and the elderly have immune systems that are more vulnerable. That makes them at a higher risk for serious health problems from mold exposure. It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in-house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must clean up the mold and fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back.

Mold only needs a few simple things to grow and multiply: moisture, nutrients and a suitable place to grow. Of these, controlling excess moisture is the key to preventing and stopping indoor mold growth.

Can mold make my family and me sick? Mold can affect the health of people who are exposed to it. People are mainly exposed to mold by breathing spores or other tiny fragments. People can also be exposed through skin contact with mold contaminants (for example, by touching moldy surfaces) and by swallowing it. The type and severity of health effects that mold may produce are usually difficult to predict. The risks can vary greatly from one location to another, over time, and from person to person.

What symptoms might you see? Generally, most common molds are not a concern to someone who is healthy although the most common health problems caused by indoor mold are allergy symptoms. Although other and more serious problems can occur, people exposed to mold commonly report problems such as nasal and sinus congestion, cough, breathing difficulties,

sore throat, skin and eye irritation, and upper respiratory infections

Are the risks greater for some people? Long term presence of indoor mold growth may eventually become unhealthy for anyone, however infants and children, elderly people, individuals with respiratory conditions or sensitivities such as allergies and asthma persons having weakened immune systems. Those with special health concerns should consult with their doctor.

How do I tell if I have a mold problem? If you see mold or if there is an earthy or musty smell, you should assume a mold problem exists. Other clues are signs of excess moisture or the worsening of allergy-like symptoms. Look for visible mold growth (may appear cottony, velvety, granular, or leathery and have varied colors of white, gray, brown, black, yellow, green). Mold often appears as discoloration, staining, or fuzzy growth on the surface of building materials or furnishings. Search areas with noticeable mold odors. Look for signs of excess moisture or water damage such as water leaks, standing water, water stains, or condensation problems. For example, do you see any watermarks or discoloration on walls, ceilings, carpet, woodwork or other building materials?

Should I test for mold? The Minnesota Department of Health does not recommend testing for mold. Instead, you should simply assume there is a problem whenever you see mold or smell mold odors.

This article is made possible with Older Americans Act dollars from the Dancing Sky Area Agency on Aging. Call the Senior LinkAge® at 800-333-2433 to speak with an information specialist, or check out our website at MinnesotaHelp.info.

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Rebels win third championship in a row

The Red Lake County Rebels boys basketball team played in a varsity tournament at Win E Mac on Thursday, June 27. For

the third tournament in a row the Rebels came out as champions with wins over Roseau in the first game, Kittson Central

in the semifinal game, and a close win over Clearbrook Gonvick in the championship game.



Bemidji Speedway "Kids Night"

89 cars filled the front straight for kids night on Sunday, June 30 with nearly 1,000 fans in attendance.



Zack Jackson holds Kaitlyn (Pookie) in Victory Lane on Sunday night celebrating with his father and grandfather, his first ever victory in the Wissota Midwest Modified class.

“Racing for Pookie”

The racing community has always been known as a caring and heart felt group, ready to step up and help someone in need. This summer at Bemidji Speedway the racing community is rallying around a little four-year-old girl named Kaitlyn Hunter or “Pookie” as she is known by all who love her.

Kaitlyn is the daughter of Brandon Hunter and Desi Smith and was diagnosed a year ago with brain cancer. Here is the story as told by her mother Desi.

“Kaitlyn was a healthy 3 year old little girl who lived a very active life. The end of July into early August of 2018 she started complaining that her neck hurt, we would rub her neck and the pain would go away. We called the doctor to get it checked out because we were thinking it was a bone deficiency that came along with her Hemifacial Microsomia that she was born with. They did blood work, X-rays, and an ultrasound of her neck and didn’t find anything at Sanford in Bemidji. They sent us to Gillette Children’s Hospital in the cities for an MRI on August 14, 2018 and it wasn’t even 30 minutes of her being in the MRI that the brain surgeon came out and told

us that they found a tumor in her fourth ventricle and it was pushing part of her brain down her spine. They immediately admitted us to the hospital for surgery the following day August 15. They removed all of the tumor and sent it to pathology. We waited 2 weeks before we got the results back. It came back as Medulloblastoma. We started chemo treatments at the University of Minnesota Masonic Children’s hospital on September 7. Kaitlyn had her last chemo treatment on April 30, 2019. Kaitlyn has a long road ahead of her. She will have to MRI’s for 3months for the next two years then it goes to every 4 months and so on.”

Ever since Kaitlyn was a little girl she loved going to the races and watching the race cars “go fast”. She was heartbroken not being able to attend the final races last fall during her treatments. Over the winter her uncle Gordon Hunter, and a family friend Zach Jackson, came up with a plan to dedicate a car in her honor for the next race season. That is when the “Pookie Strong” car was created. The car driven by Zach Jackson received its first feature win at Brainerd speedway

earlier this spring. Since then another “Pookie Strong” car has joined the team driven by Zach Jackson. The #8 Wissota Hornet will now be driver by Jared Miller and the Wissota Midwest Modified will be driven by Zach Jackson. Both compete at Bemidji Speedway each Sunday. “Pookie” will be collecting all the winning trophies which will light up her face with a huge smile.

This past Sunday, the 23rd, at the Bemidji Speedway Zach Jackson won his first ever feature race in the Wissota Midwest Modified class. “Pookie” was on hand to join Zach in Victory Lane. Everyone in the racing community prays the Victory for “Pookie” goes beyond the race track.

If anyone would like to help with the many expenses incurred by the family during this difficult time checks and donations can be made to the family and will be greatly appreciated. A go fund me account has been set up for Kaitlyn and her family at <https://www.gofundme.com/5z3ceyo> Or donations can be made to Desi Smith or Brandon Hunter at RiverWood Bank at 1260 Paul Bunyan Drive NW in Bemidji, Mn. 56601.

JO Volleyball has wrapped up for the summer season in Grygla!

Pictured below are the 12U, 14U, 16U and 18U teams at recent tournaments in Grygla and Hawley. Coaches for those teams are Katelyn Tharaldson, Megan Larson, Brenna Dallager and Karlee Johnson. Though tournaments have come to an end, open gym will still be held every

Monday in Grygla at 4pm, along with Wednesdays in Goodridge at the sand volleyball courts at 4pm. The girls are encouraged to attend, practice, play and have some fun before regular season starts back up! Photos by Grygla Eagle Newspaper, Courtney Salo and Roxann Coan



The “Pookie Strong” race teams of Zack Jackson on the left and Jared Miller on the right with their many supporters. Kaitlyn “Pookie” is sitting on the hood of the Wissota Hornet driven by Jared Miller holding the checkered flag.