



Tri County Canary

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



Pictured left to right in December 2018, during Polk County Commissioner appointment: Commissioner Gerald Jacobson, Kolton Crocker, Autumn Patterson, Commissioner Don Diedrich, Caidyn Johnson, Samuel Modeen, Commissioner Joan Lee, Maia Bowman, Commissioner Gary Willhite, Eliza Meyer, Commissioner Warren Strandell and Audrey Harbott. Also currently on the PCPH YAB but not pictured: Teagan Paulson & Naomi Swanson.

Polk County Public Health Youth Advisory Board Applications Being Accepted Now

In 2018, the Polk County Board of Commissioners approved the formation of a permanent Youth Advisory Board (YAB) under Polk County Public Health (PCPH).

Current members were appointed in December of 2018 and are:

Crookston-Eliza Meyer, Co-Chair

Fertile-Caidyn Johnson, Co-Chair

East Grand Forks-Maia Bowman, Secretary

Crookston-Audrey Harbott

Sacred Heart-Samuel Modeen

Fertile-Autumn Patterson

WEM-Kolton Crocker

WEM-Teagan Paulson

Fosston-Naomi Swanson

Youth of Polk County who are currently in 9th, 10th, or 11th grade are encouraged to apply for a 2 year, Board of Commissioners appointed term. It is our goal to add one additional youth from each high school in Polk County. Applications are currently being accepted and are due November 29th.

The Polk-Norman-Mahnommen Community Health Board vision statement is: Communities where all people achieve their optimum health potential. As a youth-serving organization and knowing that youth

0-17 years of age are ~24% of Polk County's population (US Census Bureau), Public Health values input from local youth – and further, their valuable insights and feedback are required from some funders to assess needs and implement applicable health services.

The YAB provides a vehicle for young people in Polk County to become involved in governmental public health services, merging civic engagement and leadership development for high school students. By engaging youth in our agency's policies, practices and procedures, we bring new energy, information and knowledge into our mission-based work through youth targeted, age and gender sensitive interventions. As part of developing future leaders of our communities, youth will plan, implement and reflect on limited yet meaningful programming determined by the YAB.

In 2018-2019 the PCPH YAB provided meaningful feedback related to programming related youth needs for public health services and vaping outreach, amongst other topics. They attended the Polk County Fair working on tobacco policy and have been invaluable participants in the current Polk County Community



Minnesota Department of Health Deputy Commissioner Margaret Kelly and Caidyn Johnson at the 2019 MDH Community Health Conference.

Health Improvement Advisory Committee. Youth board members have gained leadership and parliamentary procedure skills and knowledge in public health practices. They have also toured the Northwestern Mental Health Center and have had numerous produc-

tive discussions on youth and community mental well-being. In October of 2019, YAB Board Co-Chair, Caidyn Johnson attended the Minnesota Department of Health Community Health Conference along with PCPH's Kirsten Fagerlund and Sarah Reese showcasing the

formation and work of the YAB. For more information and the application, please go to the Polk County Public Health webpage-Community Wellness-Youth Advisory Board; or fill out the application in this link: <https://www.surveymonkey.com/r/PCPHYAB>

Delta Dental of Minnesota Foundation invests \$110,000 in Northern Dental Access clinic expansion

BEMIDJI, Minn – Northern Dental Access Center, a nonprofit community access dental clinic, will update and expand its Bemidji clinic with a \$110,000 grant from Delta Dental of Minnesota Foundation. Infrastructure updates at the clinic will improve the quality and efficiency of care provided for underserved populations.

Since 2006, Delta Dental of Minnesota and its foundation have supported the growth of the Northern Dental Access Center because it provides valuable safety net care to people who might otherwise not have access to oral health services. Today the Northern Dental Access Center serves more than 10,000 patients per year with 30,000 important dental care visits.

"Oral health is a fundamental component of a person's overall health, so we believe it is important to invest in safety net programs that reach underserved populations," said Joe Lally, Delta Dental of Minnesota Foundation executive director. "We are proud to continue our partnership with Northern Dental Access Center and support the expansion of this remarkable clinic in the Bemidji area."

The grant will support reconfiguring the patient intake and sterilization areas, upgrading clinic software, expanding the inventory of dental tools, and replacing three dental chairs and a radiography sensor.

"Delta Dental of Minnesota Foundation has generously supported our clinic for many years, and for that we are grateful," said Jeanne Edevold Larson, Northern Dental Access Center executive director. "This additional funding will improve the quality of care and patient experience for the community we serve."

Northern Dental's Bemidji clinic initially opened in 2008. Clinic updates are expected to be completed in May 2020.

Delta Dental of Minnesota Foundation

Delta Dental of Minnesota Foundation is founded on the belief that everyone deserves a healthy smile. In 2009, Delta Dental of Minnesota's parent organization sold a company and used 100% of the proceeds to establish and fund the Foundation. The foundation's mission is to improve the wellbeing of Minnesotans through oral health. To date, the foundation has invested more than \$35 million to expand prevention and care, reaching more than 1 million people to promote healthy smiles statewide.



On November 13th, GVT provided training to local students on their video production equipment that is used to create and broadcast events on GVTV local content channels. During this training, students were shown how to create graphics and given examples on conducting interviews from play-by-play announcer Scott Williams, 299 FM, Northern Minnesota's Classic Rock Station. Video Production Coordinator John Andringa will continue to work with area schools, assisting students with their broadcasts and teaching the students how to improve and add content to their productions.

MINNESOTANS FOR LINE 3

Sen. Utke & Rep. Grossell on Protesters Putting Lives in Danger

37 Protesters were present and 1 female was arrested for a Gross Misdemeanor for Trespassing

CLEARBROOK, MN — On Monday, Line 3 protesters blocked an entrance to the Enbridge facility in Clearbrook. During the slick morning commute, law enforcement was required to respond while the protest groups took the opportunity to raise funds off the stunt. State Senator Paul Utke, R-Park Rapids, and Rep. Matt Grossell, R-Clearbrook, issued the following statement on the protests:

"Today, protesters blocked an entrance to the Enbridge facility in Clearbrook, forcing our law enforcement to deal with them instead of helping the public on a day that has been quite hazardous with slick

roads," said Senator Paul Utke, R-Park Rapids. "These protesters claim to be water protectors, but their actions show that they are radical activists more focused on trying to raise money than anything else."

"The protesters' stunt today that stopped people from going to work was an elaborate fundraising opportunity via their social media post," said Rep. Matt Grossell, R-Clearbrook. "The only thing accomplished today was reaffirming the fact Line 3 opponents will never accept the reality that we need this project. Instead, they are now left to try stunts like this that put others at risk."

Posted on City of Clearbrook Facebook Page

In regards to the protesters in Clearbrook today:

The aggressive and disrespectful rhetoric that was shown today by Stop Line 3 protesters has no place in this community. It is disheartening to have people from the metro area block our roads and prevent Clearbrook citizens from making it to work. The City of Clearbrook has taken the

Respect Minnesota pledge that pledges to show respect for one another despite varying opinions, because we are all Minnesotans and we deserve a safe environment and the freedom of speech. I urge all that acted inappropriately today to take a look at this pledge and change their behavior.

Clearbrook City Council



Wishing you
a wonderful
Thanksgiving

from
**All of Us at
Richards Publishing
and the Tri-County
Canary**

**Dick - Corrine
Mary - Jeanne
Nancy - Darren
Sue - Alissa - Bonnie K
Mark - Darrel - Dean
Bonny C - Kari - Kim**



**239 2nd Ave • Gonvick
487-5225**



(Left to right) Breastfeeding Friendly Health Department Committee: Tammy Conn, Bethany Satrom, Angel Korynta, Brenna Olson and Codi Lehmann.

Polk County Public Health Receives Breastfeeding Friendly Award

Crookston, Minnesota — Polk County Public Health has received a Breastfeeding Friendly Health Department Award from the Minnesota Department of Health (MDH) for its contributions to the health of mothers and their babies. MDH recognizes county health departments, workplaces, maternity centers and child care facilities that have demonstrated their commitment to supporting breastfeeding mothers. Awards are designated at gold, silver and bronze levels, which correspond to the number of steps an organization met in a 10-step process. Polk County Public Health was recognized at the Gold level. This designation

acknowledges a county health department's commitment to acting as a model for the community by supporting healthy families and receiving the business benefits of supporting nursing mothers. Breastfeeding is a foundational way to ensure that babies receive optimal nutrition during the first formative years of life. Studies show that infants who are breastfed have better health outcomes as they grow. "Breastfeeding has many health benefits ranging from nutrition to long-term protection from disease. We are working to create and support a culture where breastfeeding is the norm and to reduce obstacles that women and families face, and

breastfeeding friendly places are a great way to do that. We are dedicated to supporting mothers, babies and families in their breastfeeding journey." — said Sarah Reese, Director, Polk County Public Health. MDH's Breastfeeding Friendly recognition program is supported by the state Women, Infants and Children program (WIC) and the Statewide Health Improvement Partnership (SHIP). To learn more about the application process for the Breastfeeding Friendly recognition program, visit www.health.state.mn.us/breastfeedingfriendly or reach out to Polk County Public Health, 218-281-3385.

Letter to the Editor

To the Editor: Youth in foster care need permanent homes

Many Minnesotans might be surprised to learn that most children who are adopted in Minnesota today are not coming from China, Colombia, Malawi or India. They are children right in our own backyard.

Today, 905 of 10,000 children in foster care in Minnesota have an immediate need for a permanent and loving family. Almost 60% of children in foster care are siblings. They also tend to be older children.

Mike and Megan Nelson, who knew of the great need for foster families, decided to take a leap of faith and walk through the education and training involved to become foster parents. They were also open to adoption. As a blended family, the Nelsons have two older children at home and several adult children who are now on their own. With available space in their home, love for children and a willingness to learn, they knew they could make a difference. Last year, they opened their home to three sisters, ages 12 to 17, with whom they have developed a special bond. So special, that this month — National Adoption Month — the sisters are officially joining the Nelson family through adoption.

If you've ever wondered about adopting children from foster care, here's what the Nelsons want you to know:

- All kids deserve to be loved and cherished in a family.

- Be ready to care for children with special needs. While children may have mental health, developmental or physical challenges, a wealth of resources are available to support families and help children succeed.

- It takes more than love. Time, patience and intention are needed to understand a child's unique situation and provide support they need to thrive.

- Openness with biological family members, when that's possible, provides opportunities for children to connect with their roots and enrich their lives.

- Adoption financial assistance is available to support children adopted from foster care until they reach age 18 or graduate from high school.

Our organizations at Lutheran Social Service of Minnesota and Children's Home Society of Minnesota have been working with families over decades to equip them with the education and support they need to welcome children into their homes and lives through foster care and adoption. For families who want to provide permanence for children in foster care, there is little-to-no cost for adoption and there is support available for the journey.

It takes a leap of faith to raise a child — whether they

are coming to us biologically or through foster care adoption. If you've ever considered welcoming a child into your home as a foster or adoptive parent, we encourage you to learn more. All children need a loving family. These kids are depending on us.

Jodi Raidt, Statewide Program Manager -- Therapeutic Foster Care, Lutheran Social Service of Minnesota jodi.raidt@lssmn.org

Heidi Wiste, Director -- Foster Care & Adoption, Lutheran Social Service of Minnesota and Children's Home Society of Minnesota heidi.wiste@chlss.org

Polk County Sheriff

Law Enforcement Citizens' Academy

The Polk County Sheriff's Office and the Crookston Police Department, in cooperation with Polk County TRIAD, will be conducting a Law Enforcement Citizens' Academy beginning January 15th, 2020. All classes will be held on Wednesday evenings from 6:00 PM to 9:00 PM for eight sessions ending on March 4th.

The information letter, application, and consent form can be found on the Polk County Sheriff's Office webpage: <https://www.co.polk.mn.us/221/Sheriffs-Office>

Happy Thanksgiving

with sincere gratitude
for your business and best
wishes for a safe, healthy
and joyful holiday season.

From our family to yours,

Our branches will be closed on Thanksgiving Day.

www.ultimabank.com • 800-421-2588

Winger • Fosston • Plummer • Bemidji • East Grand Forks

R36C **FDIC**

Get ready for the CP Holiday Train!

Come see the Canadian Pacific Holiday Train on December 13th, 2019!

Mahnomen and Norman Counties - Mahnomen from 4:20 - 4:50 pm.

Polk, Clearwater, Red Lake Counties - Plummer from 6:15 - 6:45 pm.

Kittson, Pennington, Marshall Counties - Thief River Falls from 7:45 - 8:15 pm.

Call for reservations 1-800-201-3432 Tri-Valley Opportunity Council, Inc. Transportation Programs. \$2.00 In-Town Pickups, \$5.00 Out of Town Pickups. PLEASE BRING A CANNED FOOD ITEM TO DONATE!

**Ron Roed
BARBER
McIntosh**
Tuesday-Friday
9:00 am - 1:00 pm

Come to McIntosh
Get Clipped!

R36C

Mark your calendar for "Humbleberry Farms" Brunch

You and your friends are invited to the "Humbleberry Farms" brunch on Wednesday, December 11, 2019, 9:30 AM at New Journey Church (Fosston Baptist Church) 505 9th St. NW, Fosston.

Feature: Tiffany Bowen from Humbleberry Farms. Speaker and Music: Kimberly Nyborg from International Falls, MN sharing "A Christmas Presentation"

Reservations due by Monday, December 9 at 6:30 p.m. For reservations call Arlene 563-2085, Beverly 776-3897, Maxine Walter 687-3074, Judi Lindseth 563-2205 or 361-446-3218.

Sponsored by Pine to Prairie Christian Women's Connection Affiliated with Stonecroft Ministries.

Passport photos Richards Publishing Co. 218-487-5225

National Bible Week November 23-30

Rated "A+ Superior" by Best's

"Insuring Homes, Farms, Businesses & Autos"

lori.melby@ssboklee.com

Box 69 • Oklee, Minnesota 56742
PHONE 218-796-5157

"A Personable
Company Keeping
You on Course"

Lori Melby

Security State Agency PO Box 69
Oklee, MN 56742
Phone 218-796-5157

R36C

23636 Hwy. 92 E
Brooks, MN 56715

Winter Fest

Dec 1st 2-5 pm

Holiday goodies, gifts, wreaths, baskets, sweaters and so many new things in our BarnShop!

Pick out your fresh cut Christmas tree, have a cup of hot chocolate and pet all the animals in the barn!

R36C

GVT Members Join Us

FOR

Customer Appreciation Day

Holiday Shopping • Prizes • Refreshments • Lunch
Product & Service Demos

Saturday, December 7 | 8:30am - 2:30pm

New Location:
Win-E-Mac School | Erskine

R36-37C

BLACK FRIDAY

SHOP LOCAL

Oklee Quilting

Black Friday Specials 8-5pm...
\$4 off per yard on all 45" cottons & flannels...prints & solids, many other in store specials!

Refreshments both days.

Small Business Saturday 9-Noon

we will have drawings...
Grand Prize of \$50 worth of fabrics & notions!

R36C

Gonvick woman pleads guilty to running over boyfriend with truck

When Beth Rose Windus, 47, was interviewed by investigators after the incident. She had a blood alcohol content of .16, more than twice the legal limit to drive

Written By: Hannah Shirley | Nov 20th 2019, Grand Forks Herald

A Gonvick woman was sentenced to almost five years in prison for vehicular homicide under the influence of alcohol after pleading guilty to backing over her boyfriend with a pickup after a night of drinking in August. She also was ordered

to pay nearly \$6,400 in restitution. A second count of vehicular homicide was dismissed as part of the plea agreement.

At the time of the incident on Aug. 23, Beth Rose Windus' driver's license had been revoked since 2016. According to court documents, responding officers said the body of Jonathon Neil Sundquist, 47, was found outside a rural Gonvick home with injuries to his head.

Windus, 47, told investigators that she and Sundquist were in a relationship, lived together and had been arguing the day of his death because she had not cooked dinner when he came home from work. The pair went out to eat and buy beer, and stopped at a bar on the way home. According to court documents, once back in their driveway, Sundquist got out of the car and Windus backed up. She told investigators she felt a "thumb, thump," saw Sundquist not moving on the ground and left the driveway feeling "a little pissed off."

According to court documents, Windus drove to a friend's house just after midnight and appeared frightened, and asked her friend to go to her home. The woman found Sundquist in the driveway and called 911. First responders unsuccessfully performed CPR on Sundquist, who died just before 12:30 a.m. Aug. 24.

Windus was previously on probation for driving while impaired.

FREE

In-person help to choose the right health plan.

When it comes to choosing health insurance, EVERYONE in Minnesota has free access to professional help. Dano Stephens can help you compare plans to figure out the best health or dental coverage - and see if you qualify for an exclusive tax credit by enrolling through MNSure. Last year 60% of MNSure enrollees qualified, with an average credit of over \$5,500 a year.

Open enrollment is happening now, so call or visit Dano Stephens today.

105 International Drive
Red Lake Falls, MN 56750
210-865-8613

MNSure
Where you choose health coverage

Licensed by the State of Minnesota and certified by MNSure. R33,36,38C

"Your family owned and operated store"
Phone: 218-435-1454

Store Hours
8am-8pm Mon-Sat
9am-5pm Sunday

PALUBICKI'S
FAMILY MARKET AND SPIRITS
FOSSTON • MINNESOTA

SALE DATES: MONDAY AFTERNOON NOVEMBER 25- DECEMBER 1

Come in and get your
FREE Pump Perks Card!
Save On Gas!



Caribou COFFEE

Drive Through Hours:
6AM-7PM MON-SAT • 7AM-5PM SUNDAY

DOUBLE COUPONS SUNDAY-WEDNESDAY

OUR FAMILY ASSORTED
ICE CREAM
10/\$10 48-56 OZ

ORIGINAL OR LITE
COOL WHIP
99¢
8 OZ FROZEN

ESSENTIAL EVERYDAY
BUTTER
2/\$5
1 LB QUARTERED

MRS. OLSON'S
LEFSE
\$2.99 16 OZ
MADE IN GONVICK

PIZZERIA *St. CRUST*
ASSORTED TONY'S PIZZA
4/\$10
ASSORTED
RED BARON PIZZA..... **3/\$10**

Mrs. Smith's
PUMPKIN PIE
\$1.99 37 OZ FROZEN
OUR FAMILY CHOCOLATE CHIP, STRAWBERRY SUNDAE
OR NEW YORK VANILLA
ICE CREAM 4 QT PAIL **3/\$10**

ESSENTIAL EVERYDAY ULTRA SOFT
BATH TISSUE
\$5.59 12 PK - DOUBLE ROLLS
ESSENTIAL EVERYDAY FULL SHEET SIZE MIGHTY
ABSORBENT
PAPER TOWELS ...6 PK-REGULAR ROLLS **\$5.79**

ASSORTED
PEPSI COLA
PRODUCTS
\$6.99 24 PK - 12 OZ CANS
REGULAR OR DIET
MOUNTAIN DEW ... 6 PK-24 OZ BOTTLES **3/\$11**

HALF-CAFF, BREAKFAST BLEND, 100%
COLOMBIAN, FRENCH ROAST, GOURMET
SUPREME, HOUSE BLEND, BLACK SILK,
SPECIAL ROAST OR CLASSIC ROAST
FOLGER'S COFFEE
\$5.99 24.2-30.5 OZ

ASSORTED SMALL BOX
NABISCO SNACK CRACKERS
5/\$10

SEA SALT PITA, ORIGINAL
FLIPSIDES OR ORIGINAL CRACKERS
KEEBLER TOWNHOUSE
5/\$10 9.2-13.8 OZ

KRAFT ORIGINAL
MIRACLE WHIP OR ORIGINAL MAYONNAISE
\$2.99 30 OZ

FAMILY PACK 85% LEAN
GROUND BEEF
\$3.29 LB

SMITHFIELD PORK
BBQ BABY-BACK RIBS
\$2.99 LB

JENNIE-O
TURKEYS
85¢ LB
WITH \$150.00 GROCERY PURCHASE - LIMIT 1
ADDITIONAL TURKEYS AT \$1.19/LB

JIMMY DEAN ASSORTED VARIETY
PORK SAUSAGE ROLLS
2/\$7 12-16 OZ

ANGUS FARMS BEEF BONELESS
BALL TIP ROAST.....LB **\$3.89**

FAMILY PACK BONELESS PORK LOIN
CENTER-CUT CHOPSLB **\$2.49**

WITH \$100.00 GROCERY PURCHASE - LIMIT 1
JENNIE-O TURKEYS LB **95¢**

HORMEL BLACK LABEL
BACON 12-16 OZ ASST. VARIETY **\$4.49**

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

PORK
SHOULDER ROAST..... LB **\$1.69**

WITH \$50.00 PURCHASE - LIMIT 1
JENNIE-O TURKEYS LB **\$1.05**

CURANDO FRESH ITALIAN
MEATBALLS 16 OZ ASST. VARIETY **\$4.49**

ANGUS FARMS BEEF BONELESS
NEW YORK STRIP STEAKLB **\$8.49**

JOHN MORRELL SMOKED
WHOLE HAM.....LB **\$2.39**

FAMILY PACK CHICKEN DRUMSTICKS OR
CHICKEN THIGHS LB **99¢**

COOKED SHRIMP RING WITH COCKTAIL SAUCE
ROYAL TIGER..... 10 OZ **\$5.99**

OLSEN'S FRESH SKINLESS
LUTEFISKLB **\$6.49**

JOHN MORRELL SMOKED
HALF HAMLB **\$2.49**

TYSON
WHOLE CHICKENS.....LB **89¢**

OLSEN'S "PARTY PAIL"
PICKLED HERRING..... 32 OZ **\$6.99**

2%, 1% SKIM
DAIRY FRESH MILK
\$2.89 GALLON

VILLAGE HEARTH CHOICE OF 3
OLD FASHIONED BUNS
\$2.49 8 PK

BAKERY FRESH 9"
PUMPKIN PIE
\$2.99

CAMPBELL'S
TOMATO SOUP
10/\$10 10.75 OZ

ESSENTIAL EVERYDAY
WATER
3/\$8 24 PK 1/2 LITER BOTTLES

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

COUNTRY HEARTH DAKOTA
12-GRAIN BREAD.....24 OZ **\$2.69**

CASS CLAY
WHIPPING CREAM..... PINT **\$1.99**

WYLER'S CHICKEN
BOUILLON CUBES 2 OZ **99¢**

ESSENTIAL EVERYDAY DISTILLED, SPRING OR DRINKING
WATER..... GALLON **69¢**

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

WHEAT, RICE OR CORN
GENERAL MILLS CHEX CEREAL
4/\$10 12-14 OZ

ASSORTED FRITOS (9.25 OZ);
ASSORTED CHEETOS (7.5-8.5 OZ);
ASSORTED BAKED SNACKS (6.25-7.625 OZ)
OR ASSORTED SUNCHIPS (7-10 OZ)
FRITO LAY
4/\$10

TURKEY OR CHICKEN
STOVE TOP
3/\$5 6 OZ

ESSENTIAL EVERYDAY
APPLE CIDER
2/\$3 64 OZ

LAND O' LAKES WHOLE OR 1%
CHOCOLATE TRUMMO .. 1/2 GAL **\$1.99**

AUNT JEMIMA WHOLE WHEAT
PANCAKE MIX 35 OZ **\$1.79**

ESSENTIAL EVERYDAY
PRETZEL STICKS15 OZ **3/\$2**

ESSENTIAL EVERYDAY MEDIUM, LARGE OR JUMBO
RIPE OLIVES..... 6 OZ **\$1.29**

OCEAN SPRAY 100%
GRAPEFRUIT JUICE ... 60 OZ **\$1.99**

CASS CLAY OR DEAN'S DAIRY PURE
HALF & HALF
5/\$4.50 PINT

ESSENTIAL EVERYDAY
CLOVER HONEY
\$8.99 80 OZ

ASSORTED OLD DUTCH
PARTY PACK SNACKS
2/\$7 14.5-20 OZ

ORIGINAL KEEBLER
CLUB CRACKERS
4/\$9 13.7 OZ

VANITY FAIR ALL OCCASIONS
NAPKINS
2.99 200 CT

LAND O' LAKES ASSORTED
YOGURT..... 24 OZ **\$2.39**

KRAFT JET-PUFFED MINIATURE
MARSHMALLOWS 10 OZ **\$1.19**

OLD DUTCH
KETTLE CORN 7 OZ **2/\$4**

ESSENTIAL EVERYDAY
HONEY GRAHAMS..... 14.4 OZ **79¢**

ESSENTIAL EVERYDAY 9 OZ SIZE CLEAR PLASTIC
PARTY CUPS..... 20 CT **79¢**

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

ESSENTIAL EVERYDAY
DELUXE MIXED NUTS
\$5.39 8.75 OZ

GREEN GIANT IDAHO
RUSSET POTATOES
\$1.99 5 LB BAG

TOMATOES & GREEN CHILIES
ORIGINAL ROTEL
\$1.19 10 OZ

ASSORTED X-TRA
LIQUID LAUNDRY
4/\$9 75 OZ

SIMPLY SHREDDED
HASHBROWNS 20 OZ **2/\$3**

MANDARIN ORANGES
DEL MONTE..... 4 PK-4 OZ CUPS **\$1.19**

FRESH
CELERY EA **\$1.49**

SHOPPERS VALUE
TOMATO SAUCE..... 8 OZ **4/\$1**

ASSORTED
DAWN DISH LIQUID..... 40 OZ **\$4.99**

ORIGINAL
REDDI WIP
\$1.99 6.5 OZ

ORIGINAL OR DOUBLE STUF
OREO PARTY PACK
\$4.99 25.5-26.72 OZ

DOLE
COLESLAW14 OZ **99¢**

30 PK-12 OZ CANS
BUSCH OR BUSCH LIGHT BEER **\$20 99**

1/2 PRICE! 750 ML
PIEMONTE BRACHETTO CANTI SWEET
RED WINE..... **\$4 99**

PILLSBURY
PIE CRUST 2 PK **\$2.59**

SHOPPERS VALUE FUDGE
BROWNIE MIX 10.25 OZ **59¢**

FRESH ASPARAGUS LB **\$3.29**

15 PK-12 OZ CANS
KEYSTONE LIGHT BEER..... **\$8 99**

1.5 LITER ASSORTED
BAREFOOT
WINE..... **\$9 99**

SHREDDED HASHBROWNS OR GOLDEN ROUNDS
MR. DEE'S POTATOES
\$1.99 24 OZ FROZEN

ESSENTIAL EVERYDAY
MARASCHINO CHERRIES
99¢ 10 OZ

FRESH GREEN BEANS LB **\$2.49**

1.75 LITER
E&J VSOP
BRANDY..... **\$22 99**

750 ML RED, ROSÉ, CRUSH,
DARK OR WHITE
APOTHIC WINE **\$7 99**

STRAWBERRY SLICES OR MANGO CHUNKS
DOLE FRUIT... 40-49 OZ BAG FROZEN **\$5.99**

DIAMOND READY TO USE WALNUT OR PECAN
PIE CRUST 6 OZ **\$2.59**

SEEDLESS
RED GRAPESLB **\$1.99**

1 LITER
TITO'S
VODKA..... **\$21 99**

1.75 LITER
HUNTER'S CANADIAN
WHISKEY **\$11 99**

AISLE 23
wine, spirits and beer

CLASSIFIED ADS

RLCC IS HIRING BUS DRIVERS



We need more drivers, route drivers, morning, afternoon, or both, also needed are drivers for activities and sports. Substitute drivers are also needed.

Compensation: \$65 per route, so that could be \$130 per day, shuttle runs between schools \$25, and \$20/hr for activities.

We can assist with training and testing to earn required license.

Contact either school or the school website at <https://www.rlcc2906.org/> for an application or call 796-5136 or 465-4222 if interested or with questions. O36-37C

JOIN OUR TEAM

Essentia Health Fosston Openings
POSITIONS AVAILABLE IN
FULL TIME, PART TIME, AND CASUAL STATUS.

Essentia Health Living Center is now Hiring:

CNAs
LPNs
Medication Aide

Essentia Health Hospital:

RNs
Paramedic
Radiologic Technologist

Essentia Health offers competitive salary and benefits

Apply at: www.EssentiaCareers.org
EOE/Minorities/Females/Vet/Disabled



Essentia Health



Clearbrook-Gonvick School

The Clearbrook-Gonvick School is currently seeking applications for a **Part or Full time Technology Specialist Position**. This is a 12 month position, hours depend on Part or Full time status. Applicants must have an extensive knowledge of computers with previous experience preferred. Must be able to pass a background check. Position is open until filled. Please send application and resume to Jeff Burgess, 16770 Clearwater Lake Rd, Clearbrook, MN 56634 or email to jbaggess@clearbrook-gonvick.k12.mn.us. R36-39C



Help Wanted

Field Drainage of Brooks, MN a family owned and operated business is NOW HIRING equipment operators and laborers. We pay for motels, transportation and a per diem when on the road.

Must be able to work overtime hours and be away from home during the week. We never work Sundays.

Call JESS or CINDY
218-698-4628!



Ultima Bank MINNESOTA

www.ultimabank.com (800) 421-2588
Winger • Fosston • Plummer • Bemidji • East Grand Forks

Ultima Bank Minnesota seeking Customer Service Representative for Fosston Branch location. Duties include cash handling and opening and servicing customer accounts. Full time position with competitive wage package and benefits. To apply, email resume to aaron@ultimabank.com. R35-36C

SUBMIT YOUR EMPLOYMENT ADS
to
richards@gvtel.com

Richards Publishing
Gonvick 487-5225

Richards Publishing

FAX SERVICE at Richards Publishing, Gonvick. Send \$1.50 first page, \$1.00 each additional. To receive, 50¢ per page. R51C

LAMINATING DONE from business card size to letter size, while you wait. Richards Publishing Co., Gonvick. R11C

PASSPORT PICTURES at Richards Publishing, Gonvick. \$10.00. Call to set up an appointment. 487-5225 R51C

FOR SALE -THREE-BED-ROOM RAMBLER, 2-1/2 bath, new kitchen appliances, 1 stall garage, meticulously maintained. Located in Fosston. Phone: 218-230-5060 Greg R32-36C

For Sale

Adult 3-Wheeled bike.
Call 218-796-4509 O36C

RUMMAGE SALE - Embassy basement 3rd/Eaton, Fosston, **Friday Nov. 29th**, (most items 50¢) **Saturday, Nov. 30th**, (\$3 bag day, we supply the bag) 9 am-noon both days. R28C

For Sale

The Coop Bar & Grill in McIntosh, MN. Call for more information 218-563-3008 M33-36P

SOLD FASSSSSSST!!!

STILL FOR SALE!!! Beautiful Lake home and property on Clearwater Lake Beat the spring rush and a possible price increase, **BUY IT NOW!!** Only \$ 399,900

OTHER OUTSTANDING LISTINGS !! Doll house in a great neighborhood in Clearbrook, new remodel, gorgeous log sided home with welcoming front porch, reduced from 60k to now only \$49,900! Get in and warm before winter!

LOGGERS- TRUCKERS- CONTRACTORS-INVESTORS!!! 3 bdrm home with enormous commercial shop and 3 bdrm garage on 80 acres of valuable Hwy 2 frontage between Shevlin and Solway. Huge Rental potential! over \$2000 per month potential! Was \$315k now reduced to \$239,900!! Beat the winter road restrictions, get in there now!

NORTHERN PLACES REALTY • (218) 694-6827
AUDREY LEE, BROKER/OWNER
DARIN LEE, EXECUTIVE SALES PROFESSIONAL • (218) 358-1168
DOREEN VOLCKE, CERTIFIED SALES PROFESSIONAL • (218) 556-8307
On the web: www.northernplacesrealty.com/ R36C

We are Online!

www.TriCoCanary.com

You now have the option to view the news online or in print or both! Subscribe online, or give us a call today!



If you receive the paper in the mail, you can view the E-Edition for free! We just need your email address to get you started!

Richards Publishing Company
218-487-5225

The Tri County Canary E-edition is included in your subscription to the Leader-Record, McIntosh Times, Oklee Herald or Grygla Eagle!



ARCTIC CAT
SHARE OUR PASSION.
* Snowmobiles
* ATV & SxS
* Parts & Accessories
* Winterwear
* Gift Certificates
* Daily Shipping to your home or business.



RV Sports, Inc.
• 218-681-1007 •
1412 3rd St. W • Thief River Falls, MN 56701
Hours: Mon. - Fri. 9-5:30 • Sat. 9-1

www.rvsports.com

OKLEE LUMBER INC

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



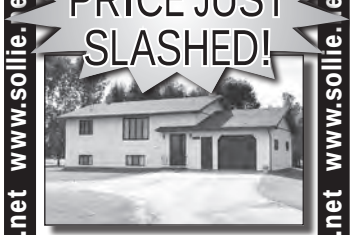
ASK ABOUT OUR COMPLETE BUILDING PLANS SERVICES!
We're glad to help you with any building problem you may have.

301 Lambert St
Oklee, MN 56742
www.okleelumber.com
218-796-5131 O21C



Looking to move before the cold weather settles in? Clearbrook Summerfield 55+ has a 2bed/2 bath Apartment and a 1 bed/1 bath Apartment ready to go!
Summerfield of Clearbrook is locally managed and maintained, give us a call today at **218-280-9851** to schedule a showing, it might just grow on you! R36-39C

Check It Out! PRICE JUST SLASHED!



#4396 - This is the One! Your search is Done! 7.5 acre picturesque park like setting complemented by an immaculate 2,300 square foot split entry home with attached garage. Complete the package with two outbuildings, all combining to provide you with the "ultimate" country residence you've been looking so hard for! Don't delay - call today.

SOLLIE REALTY
Fosston, MN
218-435-1525
www.sollie.net

NEW MATTRESSES WITH BOXSPRINGS FOR LESS Brother's Discount Furniture of Bemidji We Are A Family Business Established In 2012 Queen Sets \$209, Full \$189, Twin \$159 and King Pillowtop Sets \$379. 218-766-0064 R33-36C

Household

FLOORING SALE: In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as \$1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171 M31C-C

PASSPORT PICTURES
487-5225

DEADLINE NOON FRIDAYS

BUSINESS SERVICES

RAIN CARE Company JOHN P. LOVLY
• Licensed
• Bonded
• Insured
Seamless Aluminum Guttering Heating, Air Conditioning
218-378-4641
20041 St HWY 219 NE • Goodridge, MN 56725
Amana YORK

Olson Gravel, Inc. Excavating & Concrete

(218) 268-4765

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

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

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

STOP IN FOR ALL YOUR BUILDING NEEDS

FABRAL METAL WALL AND ROOF SYSTEMS
29 Gauge Painted or Galvanized Steel Roofing or Siding Available. CALL FOR CURRENT PRICING
Contact our local Rep Mike Cooper at 218-556-9479

Please Call Us for a Quote
FALLS Building Center
• Post-Frame Buildings • Garages
• Building Materials • Shops
• Siding and Roofing • Homes
• Windows
218-253-2585 • 1-800-480-2756
P.O. Box 477 • 907 Main Avenue South
Red Lake Falls, MN 56750 R11C

Give Your Walls Personality!



We can enlarge your prints here!

- Color or black & white prints
- Enlarge up to 24" tall
- Mount on foam board
- Bring in your disc, camera or email to richards@gvtel.com

Richards Publishing Co., Inc.

PO Box 159, 239 2nd Ave.

Gonvick, MN 56644

Questions? Call us at 218-487-5225



MCAN

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

Minnesota Classified Advertising Network

EMPLOYMENT

COMMERCIAL APPLICATORS
Competitive wage and benefits, meal allowance, paid lodging. Traveling position for railroad vegetation control, 60-80 hours/week. RAW (Cooperstown, ND) 888/700-0292 info@rawapplicators.com www.rawapplicators.com

Classified Advertising that is Easy!

THE MINNESOTA CLASSIFIED AD NETWORK
Make an impact with your advertising dollar with classified advertising that reaches over 2.5 million readers!

Your newspaper representative can provide complete details.
The 24th Avenue to E program all the time, please 218-278-2719

MISCELLANEOUS

A PLACE FOR MOM

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

SAVE ON YOUR NEXT PRESCRIPTION

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

DISH NETWORK \$59.99

For 190 channels! Add high speed internet for only \$19.95/month. Call today for \$100 gift card! Best value & technology. Free installation. Call 855/562-4309 (some restrictions apply)

MISCELLANEOUS

DONATE YOUR CAR

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

MOBILEHELP

America's premier mobile medical alert system. Whether you're home or away. For safety and peace of mind. No long term contracts! Free brochure! Call today! 855/610-5151

ONLY \$279 to reach a statewide audience of 1.7 million readers!!! **1-800-279-2979**

VIASAT SATELLITE INTERNET

Up to 12 Mbps plans starting at \$30/month. Our fastest speeds (up to 50 Mbps) & unlimited data plans start at \$100/month. Call Viasat today! 877/446-9168

Yes! We Do Banners!

2 feet by any length needed!

- Vinyl - Outdoor Quality
- Paper - Cover Stock
- Foam Core Mounting Available

218-487-5225

Email richards@gvtel.com



NORTH STAR PEST CONTROL
A Locally Owned and Family Operated Business Since 1977
1-877-685-9370
Parades, Sports Events, Anniversaries, Birthdays, Etc.
Can young bandits know where we have their vehicle repaired!
Come to Main Street Service for all your vehicle's needs
Diagnostics • Repairs • Air Conditioning • Etc.



Gully Cafe
will be closed November 28th & 29th
for **Thanksgiving**
Wishing Blessings to All Our Families

BINGO Friday 11/29 @ 6:30pm
Blackout 61#s or less for \$1000

Lions Santa Day & Tom & Jerry Night
on Dec. 14th
Live music by **The Jensen Sisters**

Holiday Hooplah
Dec. 21st
Ugly Sweater Party and
Live Music by The Acoust Hicks!

GOODRIDGE LIQUOR STORE

BAR BINGO & PADDLE WHEEL MEAT RAFFLE
PROGRESSIVE - BLACKOUT 55#s for \$1,000

WEDNESDAY
WING NIGHT

THURSDAY
CLOSED FOR THANKSGIVING

SMEAR TOURNAY
every **TUESDAY**
at 7 pm

FRI. & SAT. SPECIAL
SALMON
-- 5:00-10:00 pm --

SATURDAY, Nov. 30th
-- at --
License: #32290-001
6:00 pm

SHORTY'S PLACE, GULLY

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608

BINGO 50#s **Nov. 30th**

Black Friday Dance
with Elvis Impersonator
Nov. 29th 9pm-11pm

CLOSED THANKSGIVING DAY
Sunday Dec. 1st 2-6pm
Cathy Erickson
Christmas Dance

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

BAR BINGO! AND PADDLE WHEEL
Sat. Nov. 30th 2019 at 6:30pm
50#s at \$1000
-- UP TO \$1000 MAXIMUM --

SPONSORED BY:
The Mentor Firefighters Relief Association
Lawful gambling license #05817-003

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608

Oklee Cafe
HAPPY TURKEY DAY

OKLEE CAFE WILL BE CLOSED FOR THANKSGIVING, NOV. 28TH AND NOV. 29TH.
Open on Saturday at regular time
from 8 am - 2 pm

There will be no Braasted Chicken Night in November

Call **218-796-5666**

Advertise Your Dining Specials Here!
218-487-5225

PRODUCE WORD SEARCH

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

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

PRODUCE WORD SEARCH Answers on page 6

APPLE	FIG	PEAR	RADISH
BEEF	GRAPEFRUIT	PEPPER	RASPBERRY
CANTALOUPE	GRAPES	POMEGRANATE	RHUBARB
CARROT	KIWI	POTATO	STRAWBERRY
CHERRY	ONION	PUMPKIN	TOMATO
CRANBERRY	ORANGE	RADICCHIO	WATERMELON



Encore: Instruments Reimagined a Group Exhibit & Silent Auction

Headwaters Music & Arts is pleased to announce it's latest art fundraiser, Encore: Instruments Reimagined. The fundraiser is a silent auction of transformed, unusable, musical instruments turned into surprising and innovative works of art. Each piece is a unique work of art showcasing the talent of the local artist who donated their time to rework it. Con-

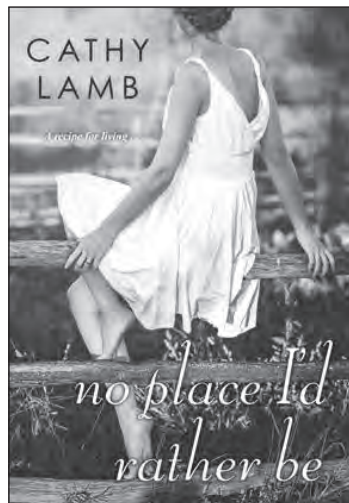
tributing artists include Kathy Gustafson, Terry Honstead, Amanda Kastner, Diamond Knispel, Kim Kovacic, Marti Lundin, Sarah Peterson, and Mary Therese.

The initiatives raises funds for Headwaters Art Studio renovations with the goal to replace the furnace and install an AC system. The public is invited to make bids until the culmina-

tion of the auction during the Headwaters Northwoods Winter Concert & Fundraiser to be held 4 pm Sunday, December 8th in the Headwaters Recital Hall (519 Minnesota Ave NW, Bemidji). For more information stop by, call 218.444.5606, or visit the Headwaters website {headwatersmusicandarts.org}

Fosston Library to Host a Discussion of "No Place I'd Rather Be" on Dec. 10

MOORHEAD, MINNESOTA – The community is invited to join library staff for a book discussion of "No Place I'd Rather Be" by Cathy Lamb on Tuesday, December 10 from 7-8 p.m. at the Fosston Library, 403 N. Foss Ave. In this book, a woman who left her Montana hometown returns and discovers an old cookbook and makes an experiment of making each dish. The result, like much of her life to date, involves a parade of near-disasters and chaotic appearances by her doctor mother, her blunt grandmother, her short-tempered sister, and her hilarious daughters. The project is messy, real-and an unintended hit.



This discussion is offered free of charge and is open to all.

1x4
Sounds like multiplication?
Guess again.
It's newspaper talk for a one-column by 3-inch ad.
Too small to be effective?
You're reading this one!
Richards Publishing Co., Inc.
Gonvick • 487-5225

Calendars make great gifts.

Personalize them with your own photos or drawings.

Contact us at Richards Publishing to get started.



Richards Publishing Co., Inc.
PO Box 159, 239 2nd Ave.
Gonvick, MN 56644
Questions? Call us at 218-487-5225

www.TriCoCanary.com is supported by these advertisers

Visit our website **www.TriCoCanary.com** and click on the advertiser to learn more about their business.
If you are a business and would like to advertise on our website, contact Dick at Richards Publishing 487-5225

ANDERSON WELL DRILLING & REPAIR
Home: 218-776-2486
Cell: 218-688-1400
Clearbrook, MN 56634

BAKKEN'S MARKET
GROCERY & DELI
218-776-3812
BAKERY • FRESH MEATS • PRODUCE • LOTTO
33 Main St S, Clearbrook • 218-776-3812

BORDER State Bank
COMMUNITY BANKING AT ITS BEST!
123 Main Street South • Clearbrook
215-776-3151 • borderstatebank.com

Bemidji MARINE
bemidjimarine.com
(218) 444-BOAT
3611 Laurel Drive NW, Bemidji, MN 56601

Carol's Cozy Bar & Grill
On Main in Brooks
218-698-4608

CHS NORTHLAND GRAIN
Badger • Greenbush • Grygla • Stephen
• Red Lake Falls • Roseau • St. Hilaire •
Hazel • Oklee • Warren
www.chsnorthwestgrain.com

Clearbrook Collision Center
(218) 776-3144

CEASE FAMILY FUNERAL HOMES
Bagley - (218) 694-6600
Blackduck - (218) 835-3300
Bemidji - (218) 751-9700
Cass Lake - (218) 335-6969
Park Rapids - (218) 732-7264
Nevis - (218) 652-3105

Home at Heart Care
In-Home Personal Care & Homemaking
Serving North & West Central Minnesota
3rd Ave., Clearbrook ~ 218-776-3508

LINDFORS Insurance Agency
Clearbrook (218) 776-3161
Fosston (218) 435-6585 Bagley (218) 694-6848

The Northern State Bank
Gonvick, MN 56644
218-487-5244

Northdale Oil Inc.
249 1st Ave, Gonvick
218-487-5816

OKLEE LUMBER INC
301 Lambert St, Oklee
218-796-5131

OKLEE QUILTING SUPPLY
128 S Main Street, Oklee
218-796-5151

Reichert Saddlery & Farm Supply
First Ave., Leonard
218-968-2248 • 800-957-2248

Security STATE BANK
P.O. Box 69, 201 Main Street
Oklee, MN 56742
218-796-5157

Thibert Chevrolet & Buick
301 South Main Avenue
Red Lake Falls, MN 56750
800-247-2438

Y92 Convenience
28 Tower St SW
Clearbrook
(218) 776-3375

It's Not What's on the Surface

Unfurling across this nation voices rise in unison. In unison they rise as dissention creates tension. Push back comes as iron sharpens iron and when it does...this great nation begins its growing pains through moaning and groaning.

The Founding Fathers intentionally hard wired that foundation in a way to create struggle so we would become stronger through the process of hammering out different points-of-view. Often it seems as though enemy lines are drawn when disagreements come into play.

But are we the enemy? Perhaps listening is what is difficult, and thus we resort to giving voice loudly. Anger bubbles just beneath the surface that should be mere dialogue.

Truth is, this nation is expanding. It's expanding to include many opinions about life, liberty and the pursuit of happiness like never before. Like never before brothers and sisters are not only in disagreement but in disarray while trying to give voice.

We are all made in His image and likeness...so why is it that we cannot listen or hear or love one another as brothers and sisters in the midst of these growing pains?

Recently, I was conversing

with a three year old. His older brother nearby was not listening to his mama. In my presence this went down and when it did, I asked for permission to speak.

I explained to the older one that he needed to listen to his mama because she was one of the best mamas in the world. I explained that she loved him and that is why she was telling him "no." I continued, "Some mamas don't ever say no. They just let their kids do whatever they want. Good mamas say "no" because they want you to be safe. You have a good mama!"

It was then that the younger brother marched on over, looked me in the eye and said, "Oh yea? Well she won't let us go over to Pete's house!" (name has been changed) His eyes looked distraught and his face quite perturbed.

Apparently, from a three year old's perspective, if his mama did not give him what he wanted, then that did not make her a good one. I probed further. "So, you think she's a bad mom because she doesn't let you do what you wanna do?"

His conclusion? "YES!"

And there you have it. That is what the idea of "good" must mean to some. Give me what I want!

I wonder if we need to look a

little deeper to better see what is at the root of what's going on in our nation.

You see, footholds begin to take hold when taking down strongholds. Evil unfurls and morphs into a force to be reckoned with.

So, how do we do battle?

Take up your arms by lifting them in prayer. Where prayer leads each of us...we will be called to respond. When we respond, it must be in Love. To be able to hear that others care deeply tis a gift.

May we begin to renew common ground through this simple truth of loving our neighbor as ourselves...even when love does not mean giving everyone everything they want just because they want it. Sometimes "no" gives way to a better "yes" down the road.

As I heard one person say, "Law equals love." Laws are put into place not to take all the fun out of life but to keep us safe and healthy. Rules or laws are put into place to protect many rather than giving into the demands for self.

Ephesians 4:15 would agree. "...speaking the truth in love, we will grow to become in every respect the mature body of Him who is the head, that is, Christ." Amen.

Tips when choosing your 401(k) investments

Financial planners can help investors choose the right 401(k) investments for them.

Saving for retirement is an essential component of financial planning. Adults can save for retirement in various ways, and one of the simplest, most popular ways to do so is to enroll in an employer-sponsored 401(k) plan.

Enrolling in a 401(k) plan can be a wise decision. According to a recent report from Fidelity Investments, the average 401(k) balance rose 8 percent in the first quarter of 2019. Investors seem to be taking notice of such returns, as Fidelity also noted that the average 401(k) employee contribution reached \$2,370 in the first quarter of 2019, marking a 15 a percent increase from the year prior.

When enrolling in a 401(k) plan, professionals may wonder how to choose their investments. Such plans typically include an assortment of funds. There are a host of factors to consider when choosing 401(k) investments, and the following are some strategies that can help

investors make decisions they're comfortable with.

Read the enrollment brochure. Brochures might not be the most exciting reads, but 401(k) brochures, which should be provided when employees enroll in a plan, typically include a detailed rundown of the investment options within a given plan. As valuable as these rundowns can be, a recent survey from Prudential Investments found that 42 percent of investors don't know how their retirement assets are being allocated. Investors who know how their 401(k) contributions are being allocated are in better position to address market fluctuations, giving them more control over their money.

Involve a financial planner in your 401(k). Financial planners can be an invaluable resource that can help investors in myriad ways. Some investors may be surprised to learn that outside planners can even help them with their employer-sponsored 401(k) plans. Provide a planner with detailed information about your 401(k),

including a rundown of the plan's investment options, and share your retirement goals. A financial planner can then help you choose the funds from your plan that best align with your goals and your comfort levels in regard to risk.

Monitor your investments.

While investors need to recognize that markets fluctuate, they still need to keep an eye on how their 401(k) investments are performing. Keep an eye out for funds that consistently lose money or provide little to no return, as they're likely not worthy of your investment dollars. Investors should not overreact and immediately move money around when typically strong funds take a dip, but they also should not accept poorly performing funds as part of the risk of investing. It's a balancing act, and savvy investors know to keep their eyes peeled and to make changes when necessary.

Choosing 401(k) funds is a decision to take seriously, and one that can be made simpler by enlisting the help of a financial planner.

Who needs life insurance?

Life insurance is one of many components of estate planning. Statistics from the insurance industry groups Life Happens and LIMRA indicate that 70 percent of Americans consider life insurance a necessity. However, 41 percent of respondents in 2017 did not have any life insurance.

Even though most people deem life insurance important, it is not necessary for everyone. Determining if you are a good candidate for life insurance involves doing a little research. These qualities often make life insurance a smart move.

You're married or in a committed relationship

If you are married or in a relationship in which your partner depends on you financially - even if just partially - it is smart to have a life insurance policy. This way your significant other does not have to rely entirely

on his or her income to pay off debts or maintain the quality of life you currently enjoy. Many households cannot function without two incomes. Life insurance can ensure financial burdens do not rest entirely on the shoulders of surviving loved ones.

You have children

If you have children who depend on you, life insurance is a must-have. If your spouse and children could not continue their standard of living on one income, then life insurance can fill in the gap or pay for future plans, such as college educations.

Even if you are a stay-at-home parent, your contribution to the household still holds weight. Should you pass away, your spouse will have to pay for tasks that you would normally perform, such as child care,

cleaning services, cooking, and transportation.

You're a business owner

Entrepreneurs benefit from life insurance since it can help pay off business debts, advises the online financial resource Nerd Wallet. When business owners pass away, their heirs might be able to use life insurance payouts to pay off estate taxes or fund a buy-sell agreement.

You want to leave an inheritance

If you do not have a vast accumulation of assets, investing in permanent life insurance can provide a small sum of money to heirs upon your death.

A life insurance policy is a wise investment for people whose survivors could benefit from some financial assistance in the wake of their deaths.



Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question:

In light of the fact that most drivers exceed

the posted speed limit, especially on interstate freeways, will I get a citation for obstructing traffic if I drive the speed limit? This is especially a concern in and around the Twin Cities freeways like I94, etc.

Answer: You will not get a citation if you are driving the speed limit; however, there is a new traffic law that modernizes existing language related to lane usage.

The law says that when practicable, drivers need to move out of the left lane in order to allow vehicles to pass.

Some drivers might think they can travel over the posted speed limit if they're impeding traffic under the new law. This is not true. The posted speed

limit is the speed limit. Nothing in the modernized law allows vehicles to speed in the left lane.

Unfortunately, not everyone obeys the law and some drivers will exceed the limit. A good way to prevent road rage and to drive with reduced stress is to simply move over and allow others to go around.

This is why it's important to be a defensive driver and keep your eyes on the road. It could help you avoid a crash caused by another driver's unsafe driving practices.

Make it a habit to drive in the right lane and use the left lane only when you are passing another vehicle who is traveling below the posted speed limit. And move to the left lane, if it is safe to do so, when another vehicle is entering your lane from an on-ramp.

This new law was intended

to keep traffic flowing at a safe pace with all vehicles traveling at or below the posted speed limit.

Remember that the posted speed limit is not always the safest speed. When visibility is reduced by rain, fog or snow and road conditions are poor due to snow, ice or wet roads, we must drive with due care and reduce our speeds to safely operate our vehicle.

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).

Modern Technology

By Auctioneer Eric W. Mickelson

Sometimes I am not so keen on modern technology. Computers are great....until they don't work, then they are responsible for a lot of hypertension. Smartphones sometimes are not so smart or as I am told only as smart of their operators. Texting, emails, self check-out lines the list goes on. Let's not even talk about computers in cars and trucks. I miss the day I could wedge a screwdriver in the carberator and the pick-up would start!

Agriculture is no stranger to the advances in modern technology. I grew up on a dairy farm and when I was young we used

a "stoneboat" to clean the barn. We would pull the stoneboat down the alley and pitch the manure on and haul it out in the field....then guess what..... you would have to pitch it off again. But over time we got a new John Deere #34 manure spreader. Some had "barn cleaners" or even manure pumps that would pump the manure out to a lagoon to later be spread on the field. My neighbor even has a crew come with a "mile" long hose and the manure is pumped from the lagoon to a cultivator, attached to the hose, and injected directly into the soil. Tractors also have followed

that pattern of modernization. Beginning with big, clumsy steam traction engines. Next internal combustion engines followed originally somewhat large and clumsy also. Eventually they got smaller and more agile. Rubber tires, electric starters, hydraulics, power steering, cabs, air conditioning and heaters, and now GPS. Where will it end? I certainly don't know!

This week I was watching an old episode of a tractor show and they had a very nice looking tractor. It was called the Farmaster and was manufactured in 1951. It looked quite sleek with yellow paint and red wheels. According to the man narrating the video there are only 7 Farmasters know to still exist. What led to the company's demise was the fact that they tried to put their new sleek tractor on the market but did not have enough money to "market" their product. So the company failed. To bad it was a very nice looking tractor and seemed to have some of the same features of the Coop tractor.

I haven't yet drove a big machine with GPS and all the modern features. Oh yes, I think I would like it very much.....but I think I'd like to drive a 1951 Farmaster too!!

How about a little tractor trivia

1. The Farmaster was built in what state?
A) Minnesota B) Wisconsin C) Michigan D) New Jersey

2. Farmaster made a FD-33? What kind of fuel did it burn?

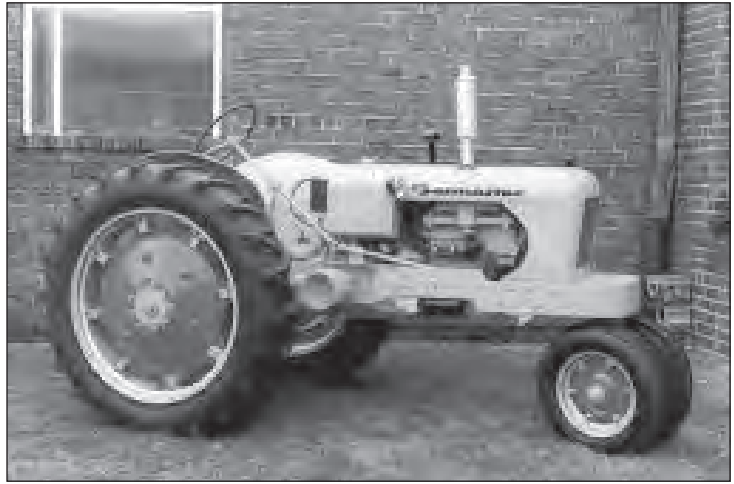
3. Farmaster made a FG-33. What kind of fuel did it burn?

4. The FD-33 had a _____ engine.
A) GM Diesel B) Cummings C) Buda D) Continental

5) According to my research, what tractor company was the first to dabble with equipping their tractors with GPS?

Answers: 1. D. New Jersey 2. Diesel 3. Gas 4. C. Buda 5. John Deere

SUBSCRIBE ONLINE
www.tricocanary.com



Here is a picture of a Farmaster tractor.





THE FAVORITE GIFT

4 (6 oz.) Filet Mignons
4 (4 oz.) Boneless Pork Chops
4 (4 oz.) Omaha Steaks Burgers
4 (2.8 oz.) Potatoes au Gratin
4 (4 oz.) Caramel Apple Tartlets
Signature Seasoning Packet

COMBO PRICE \$69⁹⁹

ORDER NOW! 1.888.912.0527 ask for 59104VMC
www.OmahaSteaks.com/excellent65

The Perfect Christmas Gift!

50th Anniversary Cookbooks

Good Shepherd Lutheran Church Clearbrook

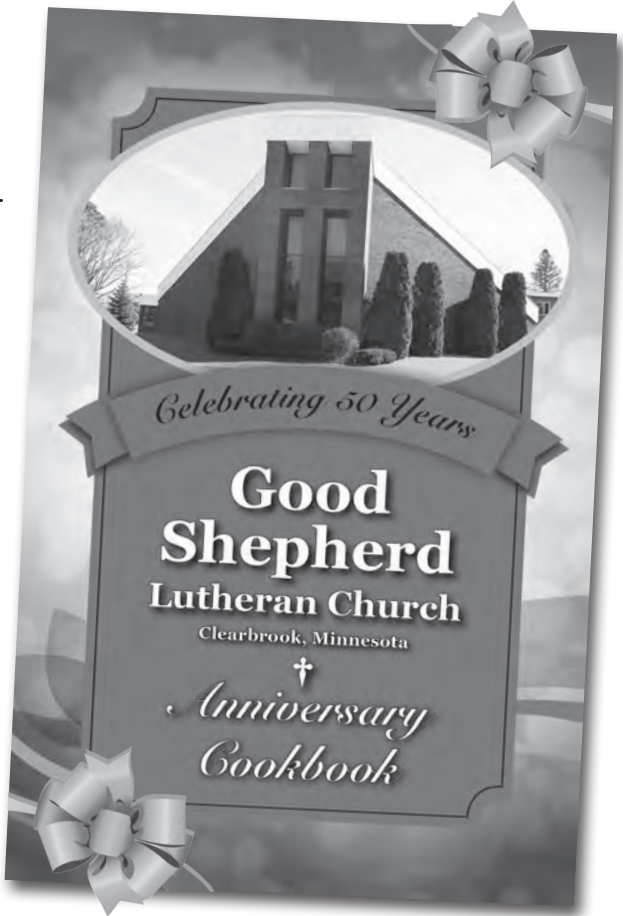


384 pages!

Includes:

- The history of Good Shepherd
- 7 sections of tried and true recipes!

\$20⁰⁰



Cookbooks can be purchased at Good Shepherd Lutheran Church in Clearbrook and Richards Publishing in Gonvick. You can also contact Corrinne at 218-776-3718.

Word Search Answers

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

BUY THIS MONUMENT \$895.00

Order
Now For
Delivery
Before
Memorial
Day.



Buy Factory
Direct!
Avoid Funeral
Home &
Salesman
Commission!

NESS GRANITE WORKS

3 miles N. on Hwy 59, Detroit Lakes, MN
800-309-5191 • www.nessgraniteworks.com

R29-31C

OBITUARIES



Services held for Frank Dewey

Frank Dewey, 69, of Bagley, MN, died on Sunday, November 17, 2019 with his family by his side at the Cornerstone Nursing and Rehab Center in Bagley, MN, after a short battle with lung cancer.

Funeral services were held on Saturday, November 23, 2019 at 11:00 a.m. at the Cease Family Funeral Home Chapel in Bagley, MN. Visitation was 1 hour prior to the service at the Funeral Home. A reception was held immediately following the service at the Fireside Grill and Patio in Bagley.

Frank was born on June 24, 1950 of Bemidji, Minnesota the son of Henry and Mabel (Silverthorn) Dewey. Frank graduated from Bagley High School in 1968. He attended Thief River Falls Community college where he played basketball. Frank was recognized by WCCO as an outstanding basketball player. He moved home to work and take over the family furniture business called "Hank Dewey's Furniture". Frank

married Jessica Norman on July 22, 1972, they lived at the store and had 2 children Jennifer and Adam. Frank and Jessica later divorced. Frank trapped animals as a kid and loved horses. He loved fishing and hunting of any kind; deer, duck, goose, grouse, deer, antelope, coyotes and many more animals. Frank passed on his hunting and fishing traditions to his family. Frank was a volunteer firefighter for the Bagley Fire Department for 24 years. He was the past president of the local chapter of Ducks Unlimited. Frank enjoyed stamp collecting, wood working, card playing and taxidermy. He made homemade fishing decoy's and many other projects. Frank loved to visit with family. He was loved and his strong will, will be missed.

Frank is survived by his daughter – Jennifer (Howard) Moore of Bagley, MN

Son – Adam (Britt) Dewey of Brainerd, MN

Sister – Kathryn (Keith) McMahon of Carrollton, Texas

Sister – Judith Kretzschmar of Bagley, MN

Brother – Robert (Susan) Dewey of Clearbrook, MN

His grandchildren – Brendan and Svea Carlson, Sophia and Emma Dewey, Craig Moore, and Kaylee Tennyson

Great grandchildren- Alex, Paige, Lilah, and Carson

Frank's Yellow Lab- Buddy Dewey

Several nieces, nephews, and cousins

He was preceded in death by his parents, brother-in-law-Dave Kretzschmar

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

Death Notice for Russell Grove

Russell Alan Grove of Temecula, California died November 19, 2019 of cancer. He was 59 years old, bourn September 30, 1960 to Edward and Marilyn Grove of Yorba Linda, CA, formally of McIntosh and



Fosston Minnesota.

He leaves a wife Dawn and three daughters, Ashley and (Bob Desutter), Courtney and (Adam Toogood) and Haley and (Matt Littig). They each have two children. Russ is also survived by his parents and two brothers, Steven (Teresa), Jeffrey (Tina) and a sister Kristi (Farrell Facey).



Services held for Judith K. Brovick

Judith K. Brovick, 79, of Bagley, Minnesota, died on Saturday, November 16, 2019 at Cornerstone Nursing and Rehab.

Memorial services will be on Wednesday, November 27, 2019 at 2:00 p.m. at Faith Lutheran Church in Bagley, MN with a visitation one hour prior. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Judy was born on February 7, 1940 in Havre, Montana to Ingvald and Madelyn (Lof-

thus) Brovick. She graduated from High School in Havre, Montana. Judy worked at the Sportman's Lodge now and then when she was younger. She lived on Pine Lake for 21 years before moving to Pine Ridge Group Home in Bagley, MN, where she lived from 1999-2019. The residents and staff at Pine Ridge became her family. Judy loved going to Camp Confidence, county fairs, and staying at cousin Dave's cabin at Pine Lake.

She is survived by her cousins, David (Kathy) Lofthus of Grand Forks, ND, Steve (Vickie) Lofthus of Manvel, ND, Phillip (Susan) Lofthus of Wilton, ND, Suzanne (Bob) Dupont of Colorado Springs, CO, Linda Kabusick of Plymouth, MN, Phillis (Mike) Peterson of Warroad, MN, Joanne (Tom) Durkin of Inkster, ND, Rita Noetzel of Park Falls, WI, and Gail.

She was preceded in death by her father, Ingvald Brovick; her mother and step Father, Madelyn and Charley Reed; and her cousin-in-law Doug Noetzel.

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



Services held for Jim Galloway

Jim Galloway, 70, of Clearbrook, MN, died on Thursday, November 21, 2019 with his wife and sons by his side at Abbott Northwestern Heart Hospital in Minneapolis, MN.

Funeral services were held on Monday, November 25, 2019 at 2:00 PM at the First Baptist Church, Clearbrook, MN. Visitation was held 1 hour prior to the memorial.

James Erwin Galloway was born in Richmond, Virginia to Frank and Geraldine (Bobbitt) Galloway on March 5, 1949. Jim graduated from Stonewall Jackson High School in Charleston, WV in 1967. He earned his Bachelors of Arts in Art Education with a Double Minor in Math from West Virginia State University, a Masters of Art in Art Education with an emphasis in Sculpture from the University of Wisconsin Superior, and a Masters of Theology with emphasis in Old Testament and Semitics from Dallas Theological Seminary in 1985.

Jim enjoyed all of nature. In 1973, while living in beautiful Beuna Vista, Virginia, he noticed the complexity and design built into all of nature, and realized there must be a Creator. He knew he was accountable to God. A local minister and his wife led Jim to faith in Jesus.

In 1976, after spending the summer working at Covenant Park Bible Camp, Pat Levno came with her family for Labor Day Family Camp. Jim was teaching a basket weaving craft and invited Pat to go on the Saturday evening hayride with him, where he sang to her. That was the beginning of a long distance courtship that culminated in marriage on June 10, 1978.

Jim and Pat settled in Dallas, TX, where Jim attended Dallas Theological Seminary, graduating in 1985. During their time at the seminary, Benjamin and Joshua were added to the family.

In 1986, Jim began a ministry with Hebrew Christian Fellowship, seeking creative ways to reach out to Jewish People, primarily in the Philadelphia area, with the Good News of the Gospel of Jesus the Messiah. Jim's love for people and desire for them to know Jesus made him bold to talk to anyone who would listen. His youngest son David was born a few years after they settled in Ambler, PA.

After 22 years of professional ministry, Jim transitioned to work in a storage

facility, where he grew to hate storage. But, he still loved people and continued to talk to anyone who would listen. A few years later, he became the Sexton at Keystone Fellowship Church in Montgomeryville, Pennsylvania, where he and his wife also served in the college and career ministry. Jim and Pat's next move was to Minnesota to help care for his father-in-law. He became the Associate Pastor at First Baptist Church in Clearbrook, Minnesota, where he served faithfully from 2014 until his passing. He was also actively involved in the Mustard Seed Program, a recovery center.

Jim was a very eclectic man, with many (and various) hobbies. During his time in the Philadelphia area, he established a small business which he named Creation 6 Reptiles. His purpose was to both generate income and to use the reptiles as ambassadors for the Gospel. He enjoyed talking about Creation and winning people for the sake of Christ, and used the reptiles to point people to Jesus. He often took his reptiles to libraries, churches, birthday parties, 4-H groups, and even a Jewish summer camp.

His interest in art and knowledge of art history gave him many opportunities to talk to people about Jesus. Jim saw artistic potential for projects in almost everything around him. His brilliant mind connected many things that others may not notice. Any time a number was mentioned, he related it to a time or year in history.

After the move to Minnesota, since he couldn't bring his reptiles with him, his love of nature transformed into a passion for plants, filling the house with greenery and herbs even during the winter months.

In June of 2019, Jim suffered a massive heart attack and spent almost two months at Abbott Northwestern Heart Hospital and Courage Kenny Rehabilitation Institute in Minneapolis, MN. After his open heart surgery and the placement of a Left Ventricular Assist Device (LVAD), Jim was given a heart pillow and a Sharpie marker, which the nurses suggested could be signed by doctors and staff. Jim asked everyone who helped him to sign the pillow. No one was too insignificant. Many commented that they had never been asked to sign a pillow. He used each request to talk about Jesus and the amazing gift of life he had been given, both physically and spiritually. Before he moved from the heart hospital to the rehab center, the original pillow was completely full. Pat made a second pillow, which he also filled with signatures from the staff at Courage Kenny Rehab Institute. A third pillow, now quite full, was signed by everyone who helped him with home care, outpatient rehab, and clinic visits.

God gave Jim countless gifts. He used them to be the hands and feet of Jesus. His impact has been felt far and wide.

PLAN FORWARD

Insuring your future, today.

MEDICARE

DENTAL INSURANCE
INDIVIDUAL | FAMILY
HEALTH PLAN | MNSure

SMALL | LARGE
GROUP INSURANCE



R29-37P



Julie Sundquist



Angela Crandall

Call us today!

218.694.6900
104 Main Ave N | Bagley
insureforward.com



Services for Greg Olson

Greg Oliver Olson passed away peacefully in his home surrounded by his family on November 22, 2019 after a hard-fought battle with cancer. He was born April 14, 1948 to Loren and Jane Olson of Bagley.

Greg married Rebecca Fredrickson in 1966 and had two boys Jeff and Chad (Holly). He later divorced and married Debbie Sorensen in 1983.

Greg loved to be with family and friends, golfing, hunting and socializing. He was an avid golfer and was one of a team of many who got together several times a week to play for a dime a hole. He especially liked to be out mowing the yard, working in the raised garden and just

enjoying an evening sitting on the deck. He enjoyed reading, all types of sporting events and could answer just about any trivia question about the players and the game.

Greg spent some time working in the Two Harbors area and then several years as a carpenter in the metropolitan area after graduating from high school. He then moved back to Bagley to partner with Jerry Gordon as self-employed carpenters and later with his brother Kim. He served on the Bagley City Council and Zoning Board. Greg retired in 2011.

He is survived by wife Debbie, sons Jeff and Chad (Holly) Olson, granddaughter Courtney, brothers Marc and Kim Olson, and sister Janis (David) Rivera, Sisters-in-law Terrie (Ken) Sorensen, Beth (Jayne) Sorensen, mother-in-law Adella (John) Eidsmoe, nephews Shawn and Bryan Olson, Brandon Rivera, and nieces Brittany (Brandon) Olson and Chelse Sorensen along with several grand nephews and nieces.

He was preceded in death by his grandparents, parents Loren and Jane, two uncles Irving and Merlin Olson.

A celebration of Greg's life will take place at the Bagley American Legion on Saturday December 7th. From 5 PM to 7 PM. There will be a short service at 5 PM with lunch to follow.

Visit www.TriCoCanary.com
for updated Obituary Notices



Services held for Edna Dahlke

Edna Diantha Adeline Dahlke, 105, of Clearbrook, MN, died on Tuesday, November 19, 2019 with her family by her side at the Cornerstone Nursing and Rehab Center in Bagley, MN.

Funeral services were held on Saturday, November 23, 2019 at 2:00 PM at the Good Shepherd Lutheran Church, Clearbrook, MN. Visitation was held Friday night at the Good Shepherd Lutheran Church from 5:00-7:00 PM and 1 hour prior to the service on Saturday.

Edna was born on November 24, 1913 at Clearbrook, MN the daughter of Edward and Louella (Schneider) Rydeen. She attended school at the District 20 (Rydeen School) and Clearbrook High School to the 11th grade with the class of 1930. Edna married Emil Dahlke on April 4, 1934 and together they raised 11 children.

Edna was a homemaker and in addition to raising her family, found room in her home and heart for other children in need. Along with her children she had a total of 100 grandchildren (24 grandchildren, 65 great-grandchildren and 11 great-great-grandchildren). She often referred to her family as the jewels in her crown. After all of her children were in school, she began employment at the Good Samaritan Center in Clearbrook as a Nursing Assistant in 1963. She continued her education

and obtained her High School Equivalence Certificate in 1967. Later she attended the Vocational Technical School in Bemidji and earned her Licensed Practical Nursing degree in 1971. She continued to work at the Good Samaritan Center as an LPN until retiring at 77 years of age.

Edna loved music and singing, she was an avid reader, word search master and had many hobbies where she worked with her hands including gardening. She was noted to say "One is nearer to God in a garden than anywhere else on earth. A seed is planted in the soil and you wait for it to sprout and grow." She felt this is the true story of life, death and resurrection. She also said, "I have given my family my forwarding address and hope to be able to say as Paul did in II Timothy 4:7, 'I have fought a good fight, I have finished my course, I have kept the faith.'" And she surely did!

Edna is survived by her children Elaine of Clearbrook, Eloise of Clearbrook, Eileen Refshaw of Mahanomen, Elrene Higgins of Crystal, Martha (David) Engebretson of Dayton, Gary of Maple Grove, Gene (Judy) of Eden Prairie, Bonnie Engen of Clearbrook, Randy of St Louis Park, and numerous grandchildren, great-grandchildren, and great-great-grandchildren. Edna is also survived by her sisters Martha Johnson of Fremont, MN, Lucille Aasland of Thief River Falls, MN, brother Reuben Rydeen of Fosston, MN, and daughter-in-law Sharon Dahlke of Leonaard, MN.

Edna was preceded in death by her husband Emil, sons LeRoy and Kenneth, sons-in-law Larry Refshaw, Peter Higgins, Richard Engen and grandchildren Tallack Refshaw, Sean Johnson and Eliza Dahlke. She was also preceded in death by parents Edward and Louella Rydeen, siblings Dorothy Grue, Edmund Rydeen, Florence Hopper and Ernest Rydeen.

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

Submit Obituaries & Memorials

to Richards Publishing at richards@gvtel.com

Do you have a family member with memory loss who lives in a care facility?

The University of Minnesota is examining the effects of an educational program to support family members with a loved one in a care facility. It will be led by a trained coach. Learn more about participating in this free study by contacting Professor Joe Gaugler at **612.626.2485** or gaug0015@umn.edu. To learn more visit the website:

sph.umn.edu/research/projects/residential-care-transition-module/

Roundup? Cancer?

Diagnosed with Non-Hodgkin's Lymphoma?
Regular user of Roundup?

Give us a click or call - we can help you get compensation

CLASSACTIONCLAIMCENTER.COM

PATTERSON DAHLBERG 507-424-3000
INJURY LAWYERS

Providing Member-Owned Health Plans to Minnesota Farm Families & Agribusinesses

Open Enrollment: NOW through December 31st

To learn more: Call: 1-844-205-9579 | Email: info@40Square.coop
Visit: www.40Square.coop | Find Us On:

Tri County Canary Area SPORTS



Hunting south of Solway with his grandpa Jeff Jacobson, James Preuss got his first deer, a nice 130 lb. doe.



Lucy Solheim got her first deer, a 10 point buck, while hunting on her grandpa Warren Solheim's land with her father Jerry.



Ellie Solheim got her first deer, an 8 point buck, hunting on grandpa Warren Solheim's land with her Grandpa Warren. Pretty sure Grandpa was more proud than Ellie.



This healthy buck, about four years old, was an eight pointer, approximately 150 lbs., shot by Rick Mollin on the home farm across from Pine Lake on Sunday the 10th of November at 4:00 PM. Shot with a Remington 842 semi-automatic, 1.5 to 4.5 scope, .308 using a 165 grain bullet. Deer took the hit and ran about 40 yards. He is now resting in several bags in the freezer, soon to be jerky.

Northland Community & Technical College to Discontinue Football Program

November 22, 2019 — After much consideration, Northland Community & Technical College is discontinuing its intercollegiate football program, effective immediately.

Northland has made many accommodations throughout the years to find a model that supports a strong football program, such as increased coaching resources and student-friendly housing with multiple payment models. More recently, the college conducted an extensive analysis of the program, including a review of data on program and support service costs including those mentioned above, academic performance, and persistence of players.

"This has been a difficult decision to make for our college, as we appreciate and value the commitment and passion that the players, coaches, staff, and supporters in our community have shown for the Northland football program over the years," states President Dennis Bona, "We will work with our student-athletes to help them get placed in other conference football programs."

In conjunction with the student senate, Northland will explore ways to reinvest the nearly \$30,000 in funds allocated for the football program



Isaac and Jacob Melby got this buck a little ways out of Gonvick.

to strengthen current student activities and develop new student life opportunities. The college is committed to finding ways to grow student activities on both the East Grand Forks and Thief River Falls campuses, including the possible addition of more affordable team sports with broader appeal to the student population.



Connor Boutain shot this 7-point buck on Sunday, November 10th, north of Gully. He is the son of Darwin and Dena Boutain, rural Goodridge.

Did you know?

Big game hunting is the most popular form of hunting, according to the 2016 National Survey of Fishing, Hunting, and Wildlife-Associated Recreation. Sponsored by the U.S. Fish & Wildlife Service, the survey found there were 9.2 million hunters who pursued big game such as deer and elk in 2016. That makes big game hunting big business as well, as the survey found that big game-related expenditures for trips and equipment totaled \$14.9 billion in 2016. As big as big game hunting is, 3.5 million hunters took time to hunt small game, which includes squirrels and rabbits. The third most popular type of hunting in the United States in 2016 was migratory bird hunting, which attracted 2.4 million hunters and generated \$2.3 billion in bird-related trip and equipment revenue.

SUBSCRIBERS:

Please check the address label in the upper left corner of the front page. Be sure all the information is correct. If not, call at 218-487-5225 as soon as possible. Just giving the Post Office a change of address, **DOES NOT** change your paper address.



Layla Engebretson, 11 years old from Clearbrook with her 10 point buck she got on opening weekend.

Submit YOUR Deer Hunting Picture!!

Email: richards@gvtel.com - include name and info

GARDEN VALLEY TECHNOLOGIES

GVTV | Internet | GV Cellular

Security & Smart Home | Phone Service

RETAIL STORE LOCATIONS: Bagley | Erskine | Thief River Falls

800-448-8260 | www.gvtel.com |

Innovate Advance Connect

It's ROUNDUP TIME!

Reichert's 31st Annual

FALL ROUNDUP SALE

ONE DAY ONLY, SATURDAY, NOV. 30TH

Open: 9 am to 6 pm

EVERYTHING IN THE STORE **DISCOUNTED ... 10%**

Except Feed & Saddles at ... 5%

FROM OUR NORMAL LOW PRICES!

WESTERN AND WORK

BOOTS - HATS - SHIRTS

JEANS - JACKETS

SADDLES - TACK

Reichert Saddlery & Farm Supply

218-968-2248 800-957-2248

First Avenue • PO Box 94 • Leonard, MN 56652

www.reichertsaddlery.com

We will be drawing for a \$25 Gift Certificate **EVERY** 30 minutes! PLUS drawings for other merchandise!