



Tri County Canary

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



A good crowd attended the Community Wellness Gathering.

14th Annual Community Wellness Gathering Held

“A Return to Tradition” is Theme

Photos and Story By Michael Meuers

The Fourteenth Annual Red Lake Community Wellness Gathering was held Wednesday, Thursday, and Friday, January 8-10, 2020 at Red Lake Nation College in Red Lake.

Community Members, Tribal Programs, School Personnel, Mental Health and other programs & services from Red

Lake, other reservations and non-Indian communities were welcomed. The event was free and open to the public with lunch provided each day.

This is the second year the Wellness Gathering has been held earlier in the year during the January semester break at Red Lake Nation College. Previous years, then known as the Drug & Gang Summit, the event was held at Seven Clans.

Workshops and presenta-

tions were held from 9:00 AM to around 4:00 PM each day, and Friday until noon. Each morning featured key-note speakers or general assembly presentations in the College Commons. Workshops in the afternoon were held in second floor classrooms.

While attendees registered beginning at 8 am in the College Lounge, folks chatted with each other and visited a scattering of informational booths of related

services in the entry area and perimeter of the study balcony.

Each of more than 300 plus attendees received upon completion of registration a folder with agenda and later a souvenir t-shirt. The front of the tee read “Recovery Works” with Chemical Health’s arty version of the Ojibwe Medicine Wheel. Printed on the back of the shirt, the Teachings of the Seven Grandfathers were listed in Ojibwemowin.



Jeri Brunoe & Chance Rush, Community Wellness Gathering facilitators, confer.



Dikinaagin (Cradle Board) Teachings with Nicole Buckanaga

Traveling Art Exhibit Visits area cities

Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year. The exhibit includes 10 original pieces of art by regional artists, chosen from works submitted for our annual juried exhibit. The exhibit is currently at the Roseau Public Library until March 2nd. Please stop by to see these works of art. See below for the schedule for the year.

The 2019-2020 Artists and Artwork:

Mary Magnuson, Red Lake Falls, “Twilight in the Taiga”

(Painting)

Amber Lee, Hendrum, “Koi” (Watercolor)

Peggy Branden, Karlstad, “The Beast” (Wood Block Print)

Kathryn Rynning, Kennedy, “The Graduates” (Photograph)

James Blix, Thief River Falls, “Woodland Composition I” (Photograph)

Bert Foster, Thief River Falls, “At the Barn” (Photograph)

Christine Foster, Thief River Falls, “Ice House Morning” (Painting)

Jill Levene, Warren, “-42.22C,” (Mixed Media)

Ying Sriyota, Badger, “The

Champion” (Painting)

Elliot Chapman, Crookston, “Grain Elevator” (Photograph)

The 2019-2020 Traveling Exhibit Schedule*:

May 10–June 28, 2019 Godel Memorial Library, Warren

June 29–August 31, 2019 East Grand Forks Campbell Library

September 1–Nov 2, 2019 Ada Public Library

Nov 3–Jan 4, 2020 Red Lake Falls Public Library

**Jan 5– March 1, 2020 Roseau Public Library

March 2–May 2, 2020 Hallock Public Library

*The start and end dates at each location are approximate, depending on weather, venue hours and other circumstances that may occur to prohibit travel.

For specific library hours, please contact each location before planning your visit, especially if you are planning on bringing a group.

**Tentatively scheduled

For more information about the Traveling Exhibit or our other exhibits look to our website at www.NWArtsCouncil.org, call our office at (218)-745-9111 or contact Kelsey at (218) 688-0078 or email NWArtsCouncil@gmail.com.

Auctioneers Championship to be held at Bagley Sales Barn

Livestock auctioneers from several states throughout the United States will compete at Bagley Livestock Exchange in the Greater Midwest Livestock Auctioneer Contest. They will come from states near and far for the contest that starts at 9 a.m. on Saturday, January 18.

The Bagley sales barn will play host to the 31st annual Greater Midwest Livestock Auctioneer Competition. Last year it was held in Rugby, North Dakota.

According to an article about the 2018 contest in the Pierce County Tribune in Rugby, the contest began in 1989 in West Fargo.

Originally called the Tri-State Auction Competition it had auctioneers participate from North Dakota, Minnesota and South Dakota. Today, it includes the Greater Midwest and rotates among six states; Minnesota, Wisconsin, Iowa, both Dakotas and Nebraska.

However, contestants from all over the United States and Canada are welcome to participate.

“We’ll likely see around 20 to 30 of some of the top auctioneers from across the whole United States competing for the title,” said Billy Bushelle, co-owner manager of Bagley Livestock exchange.

According to the Tribune article, many times whoever wins the Greater Midwest is the world champion not too many

years down the line.

Bushelle is expecting some of the top auctioneers in the nation to compete. They have even come from as far away as Florida.

One contestant told the Tribune, “I can tell, being part of the business, the difference in where they’ve from; how they sell, how they sound, how they control the sale. The contestants will have opportunities to check out the sale barn and do sound checks on days before the event. Bushelle said Bagley Livestock Exchange will host a dinner for the contestants and their guests the night before the contest.

The contest will take place in conjunction with a special Saturday feeder sale at the sales barn.

The contest starts with the first round and then judges will tabulate scores. The top 10 will be brought back and will sell lots of cattle, and then judges will select a champion and second and third place.

The public is invited to attend the event. Buschelle said there is no admission charge for the competition, but seating will be limited.

For those interested in the livestock world or who just want to witness different auctioneers in action, it’ll be an enjoyable day.

-Article courtesy Farmers Independent.

Dr. Bill Heegaard to join Essentia Health as West Market President

Dr. Bill Heegaard will join Essentia this spring to serve as president for Essentia Health’s West Market, which includes eastern North Dakota and northwestern Minnesota. Essentia’s patients and staff will benefit from Dr. Heegaard’s strong track record of positive physician leadership.

Most recently, Dr. Heegaard served as chief medical officer and chief clinical officer at Hennepin Health System in Minneapolis. In addition to his extensive leadership experience, Dr. Heegaard is a professor of Emergency Medicine at the University of Minnesota Medical School. He’s been practicing the full spectrum of adult and

pediatric emergency medicine at Hennepin Health since 1994.

“Dr. Heegaard’s success in building teams for high-quality patient care is demonstrated through his many professional achievements,” says Essentia Health CEO David C. Herman, MD. “He has a strong background in quality, innovation in health care delivery, research, recruitment and philanthropy.”

Dr. Heegaard received his medical degree and a master’s degree in public health from the University of Minnesota. He also earned a master’s degree in business administration from Northwestern University in Evanston, Illinois, in 2017.

Dr. Heegaard has built valuable relationships outside the workplace as well. He currently serves on the Minnesota chapter of the American College of Emergency Physicians Board of Directors, the American College of Emergency Physicians Council, and the American Board of Emergency Medicine as an oral examiner. He’s also a former chair of the LifeLink III Board.

Dr. Heegaard says he’s excited to join the Essentia leadership team on April 6. “I’m looking forward to advancing Essentia’s mission and values, while engaging with the community and learning new perspectives on the dynamics of rural health care,” he says.



Dr. Bill Heegaard



Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year. The exhibit includes 10 original pieces of art by regional artists, chosen from works submitted for our annual juried exhibit. The exhibit is currently at the Roseau Public Library until March 2nd.

State Disaster Assistance in Response to Storm Damage

[ST. PAUL, MN] – Governor Tim Walz announced the authorization of state disaster assistance for the Grand Portage Band of Lake Superior Chippewa for damage sustained from severe thunderstorms with hurricane force winds on Oct. 12, 2019, and for Carlton, Kittson, Lake of the Woods, Marshall, and Roseau counties for damage sustained from heavy rains and flooding from Sept. 20 to Oct. 17, 2019.

“It’s our responsibility to help our local governments and tribal nations recover from the unprecedented weather events that occurred this fall,” said Governor Walz. “The damage caused by these heavy rains, flooding, and hurricane force winds presents significant challenges to these

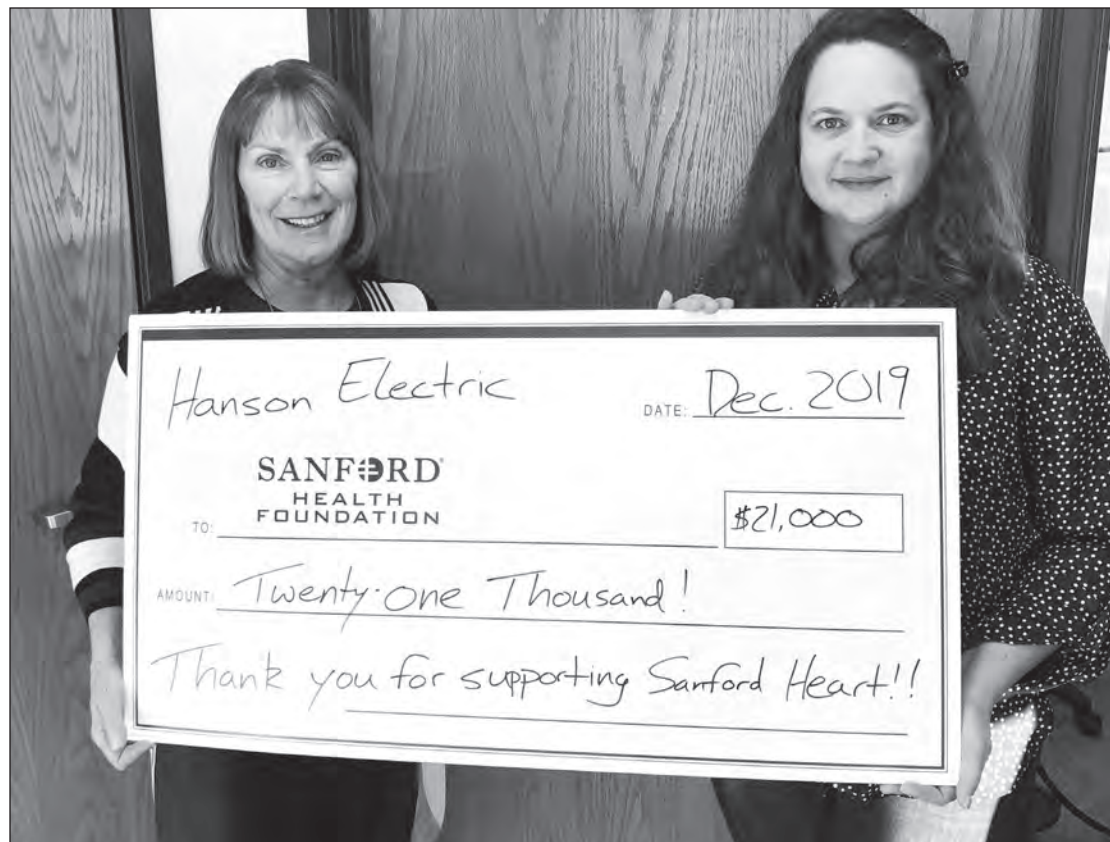
communities. That’s why we’re authorizing state disaster assistance to aid in recovery efforts.”

On October 12, 2019, a severe thunderstorm with heavy rains and hurricane force winds exacerbated the historically high water levels of Lake Superior, causing tremendous damage to local roads and public facilities on the Grand Portage Band of Lake Superior Chippewa tribal lands. The tribal council declared a local emergency, and a joint DPS-HSEM/county preliminary damage assessment identified \$253,535 in eligible damages.

Beginning on September 20, 2019, and continuing through October 17, 2019, Carlton, Kittson, Lake of the Woods, Marshall, and Roseau Counties were

subject to persistent heavy rain and flooding, resulting in local roads washing out, rivers and streams exceeding food stage for weeks, and even the city of Oslo in Marshall County being cut off by floodwaters. All five counties declared local emergencies. A preliminary damage assessment conducted by the counties and Minnesota Department of Public Safety Homeland Security and Emergency Management (DPS-HSEM) identified \$1,325,466 in eligible damages.

As authorized by the Governor, the State Disaster Assistance Contingency Account will cover 75% of eligible costs, with the county and tribal governments responsible for the remaining 25%.



Pictured in the photo are (l-r): Cynthia Olson, Sanford Health Foundation director, and Laura Bucholz, Hanson Electric representative with the \$21,000 check.

Polk County Sheriff

Bone located in rural Polk County, Brislet Township

The bone located in Brislet Township was sent to the MN BCA Lab for DNA testing which confirmed the bone is human and from a male. Test results will be compared to the missing persons database. PCSO has received information that 2 males were buried near the location of the found bone around 1900 as the Melo Church was going to be built here but was later built in a different location. No further information is being released at this time.

Snowmobile Pursuit

On 1-12-2020 at approximately 0330 in the morning, a Polk County Deputy attempted to make contact with two snowmobilers near the Fisher Rest Area off Hwy 2. When the Deputy approached the snowmobiles, they separated from each other. The Deputy lost sight of one of the snowmobiles but was able to locate the other snowmobile still in the vicinity.

When the Deputy attempted to make contact a second time, the snowmobiler began to operate the machine in a reckless manner. The Deputy attempted to stop the rider. The rider then began to flee from the Deputy. The Deputy pursued the snowmobiler for a short distance prior to the snowmobiler crashing the machine.

The driver of the snowmobile was taken into custody and was identified as Joel Novak (44) of Grand Forks. He is currently being held on fleeing charges.

No other information will be released at this time.

Sportsmen's meeting notice Saturday

The Gully Area Sportsmen's Club meeting on Saturday, January 18 at 10 am at Shorty's Place in Gully.

Hanson Electric supports Sanford Health Foundation

BEMIDJI, Minn. – Hanson Electric recently made a donation to the Sanford Health Foundation of Northern Minnesota in support of its Home Is Where the Heart Is heart center campaign to expand cardiovascular services. This brings Hanson Electric's cumulative giving to the project to over \$20,000!

The Sanford Health Foundation is a 501(c)(3) nonprofit organization dedicated to supporting the enhancement and

expansion of health care services, state-of-the-art technology and facilities to provide health and healing for our region.

Anyone interested in supporting the Foundation may do so by contacting the Sanford Health Foundation at (218) 333-5515. Partnering with the Foundation not only supports new services and technology, but also helps care for individuals within the community.

Local students named to Moorhead Dean's list

Moorhead, Minn... The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement fall semester 2019. Students must be in degree-seeking status and maintain a 3.25 or higher grade point average while completing a minimum of 12 graded credits to qualify for the honor.

MSU Moorhead, with an enrollment of approximately 5,800 students, is a comprehensive university offering 141 majors, emphases and options, 11 pre-professional studies programs, 15 graduate programs.

MSUM is a member of the Minnesota State system.

Name, Major (Degree) High School, City

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

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

Sydney Gunderson, Social Work, Red Lake County Central High School, Trail

Payton Hinrichs, Elementary Inclusive Education, Bagley High School, Shevlin

Marie Johnson, Social Work, Red Lake County Central High School, Trail

Katherine Knutson, Biology, English, Clearbrook-Gon-

vick School, Clearbrook

Mya Johanneck, Public Relations, Lafayette High School, Red Lake Falls

Leah Sorvig, Speech/Language/Hearing Science, Lincoln Senior High School, Red Lake Falls

Cassidy Wheeler, Mathematics Education, Lincoln Senior High School, Viking

Rachel Wieland, Elementary Inclusive Education, Lafayette High School, Red Lake Falls

Aaron Arneson, Business Administration, Fosston High School, Fosston

Mackenzie Fuller, Business Administration, Win-E-Mac School, Mentor

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

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

Olivia Landsverk, General Studies, Fosston High School, Fosston

Ryan Nordskog, Film Production, Fosston High School, Moorhead

Abigail Olson, Psychology, Fosston High School, Fosston

Katie Olson, Life Science Education, Red Lake County Central High School, Brooks

Kayla Olson, Elementary Inclusive Education, Psychology, Red Lake County Central High School, Oklee

Aries Qualey, Computer Science, Win-E-Mac School, Erskine

Kylie Stuhau, Speech/Language/Hearing Science, Win-E-Mac School, Erskine

Sydney Tadman, Speech/Language/Hearing Science, Win-E-Mac School, Erskine

Emma Viken, Social Studies, Fosston High School, Fos-

ton

Ultima Bank MINNESOTA

Create a clear vision for your future in 2020.

An Individual Retirement Account (IRA) is a great way to plan for your financial future. Ultima Bank Minnesota offers competitive rates for both Traditional IRAs and Roth IRAs.

2.10% APY	24 Month	1.90% APY	12 Month
------------------	----------	------------------	----------

Offer expires 1/24/2020

Member **FDIC**

www.ultimabank.com • 800-421-2588

Winger • Fosston • Plummer • Bemidji • East Grand Forks

R43C



Welcome to the world, little one!

Essentia Health-Fosston welcomes first baby of 2020

Essentia Health-Fosston welcomed its New Year's baby on January 2, 2020 at 8:25 a.m.

Reggie James made his entrance into the world weighing eight pounds, four ounces and is 21- and three-quarter inches long. Reggie's proud parents are Erika Bellanger of Mahnomen and Edward Fairbanks of Red Lake. Reggie joins four other siblings.

Red River Watershed Board Drainage Conference

The Red River Watershed Management Board (RRWMB) is holding a drainage conference on Monday, January 27, 2020 at the Marriott Hotel and Convention Center in Moorhead, MN. The intended audience is public drainage authorities including watershed districts and counties in the Red River Basin of Minnesota. Several updates related to drainage case law, regulatory issues, technical matters, and procedural matters will be given. The conference includes several speakers from law firms, local watershed districts, state agencies, and the private sector. Dan Money, Administrator for the Two Rivers Watershed District said, "Drainage in the Red River Valley is essential, and Minnesota's Drainage law can be a confusing subject. This one-day conference will aid County Commissioners, Watershed District Managers, Viewer's, Drainage Engineers and others to understand the laws, procedures, and challenges of managing legal ditches."

Mick Kjar, Farm Director for 890 AM radio will broadcast live from the event and will interview speakers. Robert Sip, RRWMB Executive Director says, "We have an excellent line-up of speakers this year that will provide informative updates on a variety of issues related to public drainage systems in the Red River Basin of Minnesota. We are looking forward to providing this opportunity for our drainage authorities and their partners."

Small grain workshops scheduled in Northern Minnesota

University of Minnesota Extension is offering four small grain workshops in northwest Minnesota in January to address small grain management. "These workshops are designed for farmers and crop consultants to help make small grains more profitable on their farms," says Jared Goplen, Extension Educator in Crops. "Workshops will focus on production agronomics, variety selection, and economics, and include an open-forum discussion for related topics and on-farm experiences." Registration is free and includes lunch. Please register by visiting <https://z.umn.edu/PPAT-and-Small-Grains> or contact Jared Goplen at 320-589-1711 x2128 or gople007@umn.edu for more information.

Dates, Locations, Times and Contacts are as follows:

Monday, January 20 – Morris, West Central Research and Outreach Center, 9:00 – 12:30 (Contact Jared Goplen at 320-589-1711 x2128).

Wednesday, January 22 – Ada, Ada Event Center, 9:00 – 12:30 (Contact Angie Peltier at 218-281-8692).

Thursday, January 23 – Warren, Marshall County Courthouse, 9:00 – 12:30 (Contact Angie Peltier at 218-281-8692).

Friday, January 24 – Roseau, Roseau City Center, 9:00 – 12:30 (Contact Angie Peltier at 218-281-8692).

These programs are combined with Private Pesticide Applicator Recertification. Applicants needing recertification must attend the entire program from 9:00 – 2:30. For more information on recertification visit <http://z.umn.edu/ppatprogram>. The small grain workshop will end with lunch for those not needing recertification.

Presenters may vary by location, but include Jochum Wiersma, University of Minnesota Extension Small Grain Specialist and Jared Goplen, University of Minnesota Extension Crops Educator.

GET MORE FOR YOUR

HIGH-SPEED INTERNET THING

The price you see is the price you pay.

AT&T Internet 100 \$40.00/mo.

Ask me how to Bundle and save. CALL TODAY!

iv Support Holdings LLC

833-719-6861

AT&T Preferred Dealer

LET'S PARTY!

Kendalyn Mommerak, better known as "Kandi" from Kandi's Kitchen, will be celebrating her...

50TH BIRTHDAY!

Please join Kandi at the Gonvick Legion on Saturday, January 18th from 4:00 to 7:00 p.m.

The party will be **ROCKIN' WITH ELVIS IMPERSONATOR** Sean Wallin from 6:00-8:00 p.m.



L&M DISCOUNT GROCERIES

Open 8am-5pm Closed Sundays

- Name-brand groceries
- Cookies 4/\$1
- Fresh Homemade Candy
- Cake mix 4/\$1
- Chunky Texas Salsa
- Buy one Get one Free
- 15 oz Canned Tomatoes 6/\$1
- Case lots on dog treats
- We have lots of case lots available

While supplies last
New Stock Arriving Regularly

Bring in this ad
Get a \$5 Discount on first \$25 value
Additional \$5 on \$50 or more
Expires Feb. 28, 2020

10 mi. South of Lengby on County Road 4

R43-46C

FROM \$2,249 \$1,999*

BEST OF HAWAII FOUR-ISLAND TOUR

Oahu • Kauai • Maui • Hawaii "Big Island"

13 days, departs year-round

Enjoy a fully guided Hawaiian vacation with beachfront lodging on Kauai, Maui, and the "Big Island" of Hawaii, and in Waikiki on Oahu. Includes a Pearl Harbor experience where you will see the USS Arizona Memorial. Visit historic Lahaina, enjoy a boat cruise on the Waialua River, and authentic Hawaiian entertainment and food at our Farewell Feast. Guided throughout by our friendly Tour Directors—your local experts. Price includes 3 inter-island flights.

YMT vacations

Promo code N7017
1-877-608-2931

Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 3/31/20. Other terms & conditions may apply. Ask your Travel Consultant for details.

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

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

DOUBLE COUPONS SUNDAY-WEDNESDAY

PALUBICKI'S
FAMILY MARKET AND SPIRITS
FOSSTON • MINNESOTA

SALE DATES: MONDAY AFTERNOON JANUARY 13- JANUARY 19

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



Caribou COFFEE

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

ESSENTIAL EVERYDAY
COLBY JACK, MILD CHEDDAR,
MOZZARELLA, PIZZA OR SHARP CHEDDAR
**CLASSIC CUT
CHEESE SHREDS**
2/\$3 8 OZ

ESSENTIAL EVERYDAY
BUTTER
\$2.79
1 LB QUARTERED

SWEET ME ASSORTED
**ICE
CREAM**
\$1.99 16 OZ

STONERIDGE ASSORTED
**ICE
CREAM**
\$2.99 48 OZ

ASSORTED
**TOMBSTONE
PIZZA**
3/\$9
PEPPERONI & SAUSAGE

ASSORTED
TONY'S PIZZA **4/\$11**

WILD
HARVEST
**TOMATO
SOUP**
5/\$1 10.5 OZ
Organic Tomato Condensed Soup

TRADITIONAL, MUSHROOM, MEAT OR GARLIC & HERBS
HUNT'S PASTA SAUCE 24 OZ **89¢**

ACTIVE STAINFIGHTER
**ERA
LIQUID
LAUNDRY**
\$3.99 50 OZ

ESSENTIAL EVERYDAY ORIGINAL SCENT
LAUNDRY PODS 31 CT **\$5.99**

ASSORTED
**COCA
COLA
PRODUCTS**
3/\$10 12 PK - 12 OZ CANS

ASSORTED
BUBBL'R..... 8 PK-12 OZ CANS **\$5.59**

MILK CHOCOLATE OR CHOCOLATE FUDGE
**PILLSBURY
BROWNIE MIX**
\$1.29 18.4 OZ

MILK CHOCOLATE, ALMOND, REESE'S PEANUT
BUTTER CUPS, KIT KAT OR KIT KAT MINT
**HERSHEY
BARS**
4/\$3 1.5 OZ

ESSENTIAL EVERYDAY
**APPLE
CIDER**
2/\$3 64 OZ

ORANGE, LEMON-LIME,
GLACIER FROST OR FRUIT PUNCH
GATORADE
5/\$4 32 OZ

FAMILY PACK 85% LEAN
**GROUND
BEEF**
\$3.19 LB

FAMILY PACK BONELESS PORK
**SIRLOIN
CHOPS**
\$2.29 LB

FAMILY PACK
**CHICKEN
DRUMSTICKS**
79¢ LB

MILFORD VALLEY STUFFED
CHICKEN ENTREES
4/\$5 5 OZ - KIEV, CORDON, BROG. CHEESE, ETC...

ANGUS FARMS BEEF BONELESS
CHUCK TENDER ROASTLB **\$3.89**

PORK
SHOULDER ROAST LB **\$1.79**

TYSON
WHOLE CHICKENS LB **99¢**

SMITHFIELD "PRIME FRESH" DELI STYLE ASSORTED
LUNCH MEAT 6-8 OZ **2/\$6**

ANGUS FARMS BEEF BONELESS
CHUCK TENDER STEAKLB **\$3.99**

SMITHFIELD PORK
BABY BACK RIBS LB **\$3.49**

TYSON BONELESS, SKINLESS CHICKEN
BREAST TENDERLOINS LB **\$1.99**

JOHN MORRELL - ORIGINAL, MAPLE OR LOW SODIUM
SMOKED BACON 12 OZ **2/\$7**

ANGUS FARMS BEEF BONELESS
CHUCK BLADE STEAKLB **\$4.59**

HORMEL MARINATED - ASSORTED FLAVORS
PORK TENDERLOINS..... 18.4 OZ **\$5.99**

TURKEY
DRUMSTICKS LB **\$1.59**

BAR-S
FRANKS 12 OZ **99¢**

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

SMITHFIELD SPIRAL SLICED
HALF HAM LB **\$2.39**

ARCTIC SHORES 61 TO 70 COUNT
COOKED SHRIMP..... 12 OZ **\$4.99**

FARMLAND PORK LINKS OR
SAUSAGE ROLLS 8-12 OZ **4/\$5**

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

ASSORTED
CASS CLAY MILKPINT **\$1.19**

VILLAGE HEARTH
**COTTAGE
WHITE BREAD**
\$2.49 24 OZ

PLAIN OR BLUEBERRY BAGELS
VILLAGE HEARTH 6 CT **\$2.99**

PALUBICKI'S
PHARMACY
• OPEN 7 DAYS A WEEK
• FAST PROFESSIONAL
SERVICE & LOW PRICES
• GET MOST PRESCRIPTIONS
IN 15 MINUTES

TRIPLE CHIP
**NESTLE
MORSELS**
\$1.89 10 OZ

WALNUT HALVES & PIECES OR SLIVERED ALMONDS
ESSENTIAL EVERYDAY .. 6 OZ **\$3.59**

EQUALINE HONEY LEMON OR CHERRY
**COUGH
DROPS**
99¢ 30 CT

TABLETS OR CAPLETS
EQUALINE DIPHEDRYL.. 100 CT **\$2.39**

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

CASS CLAY 4% OR 2%
COTTAGE CHEESE 16 OZ **\$1.59**

ORIGINAL, BANANA OR CRANBERRY
**KELLOGG'S
RAISIN BRAN**
\$1.99 14-16.6 OZ

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

ASSORTED FRITOS (9.25 OZ); CHEETOS (7-8.5
OZ); ROLD GOLD PRETZELS (8.75-16 OZ);
LAY'S POTATO CHIPS (5-8 OZ); TOSTITOS
CANTINA (9-12 OZ) OR FRITOS DIP (9 OZ)
FRITO LAY
4/\$10

HILLS BROS
COFFEE
\$5.99 26 OZ

MILK CHOCOLATE PEANUT CLUSTERS
BRACH'S 12 OZ **\$1.59**

ESSENTIAL EVERYDAY
**MIGHTY
ABSORBENT
NAPKINS**
\$1.99 200 CT

CUT CRYSTAL 14 OZ SIZE
CHINET PLASTIC CUPS.. 18 CT **\$1.99**

LAND O' LAKES DAIRY PURE
**HALF &
HALF**
5/\$4.50 PINT

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

WILEY WALLABY ORGANIC
**BLACK
LICORICE BITES**
\$1.19 5.5 OZ

RED VINES
BLACK LICORICE..... 16 OZ **\$1.39**

ASSORTED RESTAURANTE TORTILLA CHIPS
**OLD
DUTCH**
2/\$4.44 10-13 OZ

POPCORN OR CHEESE POPCORN
OLD DUTCH 12 OZ **\$3.99**

CRANBERRY, CRANAPPLE,
CRANGRAPE OR CRANRASPBERRY
**OCEAN SPRAY
COCKTAIL**
\$2.99 64 OZ

ESSENTIAL EVERYDAY
TOMATO JUICE..... 46 OZ CAN **\$1.29**

SUPREME HI PROTEIN
**DOG
FOOD**
\$5.99 15 LB

HEAVY DUTY NON STICK
REYNOLDS WRAP..... 35 FT **\$2.99**

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

LAND O' LAKES DAIRY PURE
BUTTER MILK..... QUART **99¢**

JOLLY RANCHER
**JELLY
BEANS**
99¢ 14 OZ

WHITE
REESE'S MINIS..... 7.6 OZ **2/\$3**

RED OR GREEN
GRAPES
\$2.99 LB

HEIRLOOM
NAVEL ORANGES 3 LB **\$3.49**

PINK LADY
APPLES LB **\$1.49**

STRAWBERRIES 16 OZ **\$2.99**

BLUEBERRIESPINT **\$2.49**

AVOCADOSEA **79¢**

CLASSIC ROMAINE (9 OZ); GREENER
SELECTION (12 OZ); TENDER SPINACH (8 OZ)
DOLE **\$1.69**

ROMAINE
HEARTS..... 3 CT **\$2.29**

BABY CUT
CARROTS 16 OZ **99¢**

GRAPE
TOMATOES PINT **\$1.79**

RED
POTATOES 5 LB **\$2.99**

RAISINS AND CRANBERRIES
SUNMAID
\$1.59 6 OZ

MEDITERRANEAN APRICOTS
SUNSWEET 16 OZ **\$2.39**

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

12 PK-12 OZ BOTTLES
CORONA
BEER..... **\$15 99**

1 LITER
JAGERMEISTER.. **\$19 99**

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

WATER
SOFTENER SALT
(40 LBS)
SUNSOFT EXTRA COARSE ... **\$4.69**
SUNSOFT SOLAR PELLETS. **\$5.19**
SUNSOFT RUST BUSTER..... **\$5.99**

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

3 LITER
BLACKBOX
WINE **\$19.99**

750 ML
KENDALL JACKSON
CHARDONNAY.. **\$11 99**

750 ML
RYAN'S
IRISH CREAM..... **\$8 99**

WHOLE OR 1%
**TRUMOO
CHOCOLATE MILK**
\$1.99 1/2 GAL

GREGORY'S ASSORTED
COOKIE DOUGH 48 CT **\$9.99**

OPRAH'S O THAT'S GOOD
**PEPPERONI
PIZZA**
\$3.99 22.6 oz

STEAMFRESH VEGETABLES-BROCCOLI CUTS, PEAS,
GREEN BEANS OR MIXED VEGETABLES
BIRD'S EYE 10-10.8 OZ FROZEN **\$1.19**

KRAFT DELUXE
**MACARONI &
CHEESE**
\$1.39 14 OZ

ELBOW MACARONI OR THIN SPAGHETTI
ESSENTIAL EVERYDAY..... 16 OZ **79¢**

ESSENTIAL EVERYDAY
SPINACH
59¢ 13.5 OZ

PEAS & DICED CARROTS
ESSENTIAL EVERYDAY 8.5 OZ **39¢**

CLASSIFIED ADS

FOSSTON TRI-COOP

has an opening for a **Driveway Assistant/Laborer**
Fosston Tri-Coop is a farmer-owned coop located in northwest Minnesota. We are a handler of wheat, corn, soybeans, barley, sunflowers, oats, rye, and edible beans. We also offer a full line of agronomy services, including Crop Protection Products, Crop Nutrients, Seed, Custom Application, and Soil Sampling.

Description: Grain Elevator is looking for an individual to assist manager and other team members with operations for production, maintenance, quality and shipping and receiving of grain.

Typical Work Activities:
• Loading and unloading trucks
• Driving forklift
• Sampling of grain
• Maintenance of milling and warehouse equipment
• Elevator housekeeping program
• Sweeping and cleaning of bins
• Possible Truck Driving

Requirements:
• Self-starter and high initiative
• Ability to multitask
• Ability to work outside in all types of weather
• Able to walk/stand on hard surfaces for long periods of time
• Able to climb ladders of various heights
• Able to work in confined/tight spaces
• Ability to lift 50 lbs.
• Ability to work extended hours in season
• Basic computer skills
• Perform other duties and responsibilities as assigned
• Able to work in dusty environments

Education:
• High School Diploma or Equivalent
• Farm experience a plus
• CDL is a plus

Fosston Tri-Coop offers a Competitive Wage Package. Benefits include: Health, Dental, Life Insurance, HSA Savings Account, Paid Vacation, Retirement Match, Profit Sharing, Long Term Disability, and Paid Sick Leave. This position is Full time with opportunity for growth. Fosston Tri-Coop is an EEO employer. Please email Resume to fosselev@gvtel.com or Apply in person at 120 S. Johnson Ave.

M43-44C

Clinical Assistant – Public Health

Polk County Public Health has an opening for a full-time Clinical Assistant position, providing clinical services to the WIC, Sexual Health and Immunization program areas as well as performing various clerical and support staff activities for the department. Eligible applicants will be a Licensed Practical Nurse (MN Board of Nursing). Experience in a clinic setting working with young children preferred. Must have a valid driver's license or evidence of equivalent mobility. Wage range for this position is \$17.46 – \$22.19/hour; DOE and qualifications. An application and job description can be found on Polk County's website: www.co.polk.mn.us – click on Careers or contact the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN. Please send your completed application along with a cover letter and resume to the Administrator's Office. Applications will be received until 4:30 p.m. on January 22, 2020. EEO

M42-43C



Certified Nursing Assistant

Cornerstone Residence
Assisted Living
in Fosston and Bagley
Immediate job opening for a CNA.

Flexible hours, Benefits, and excellent wages.
For more information call Kristi in Bagley at 218-694-2378
Call Ruby in Fosston at 218-435-6333
Download applications at www.cornerstoneshc.com
EOE

R26TFC

Maintenance I- Facilities Management Department

The Polk County Facilities Department has an immediate opening for a full time, benefitted Maintenance I position. This position performs technical work performing building maintenance & remodel projects. Performs semi-skilled repair of electrical, plumbing, carpentry, boilers & HVAC systems. Primary work location is in a jail setting at the Justice Center. 1-2 years of experience in repairing & maintaining water pipe fixtures and other plumbing as well as upkeep of light commercial equipment and boilers. Applicants must have a high school diploma or GED and moderate experience in building maintenance, boilers and construction or equivalent combination of education and experience. A valid driver's license is required for this position. Wage range for this position is \$16.47 - \$20.94 / hour; DOE and qualifications. An application and job description can be found on Polk County's website: www.co.polk.mn.us click on Careers or contact the Polk County Administrator's Office at (218) 281-5408. Please send your completed application along with a cover letter and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN. Applications will be received until 4:30 p.m., January 22, 2020. All qualified applicants will be considered for employment. EEO

M42-43C



Help Wanted

Account Management

Involves control of job entry, production and delivery scheduling.

Excel spreadsheet experience and computer skills would be appreciated.

This position would start as a job sharing, with the possibility of full time position with benefits.

Contact Dick Richards, Richards Publishing Company, Gonvick, MN 487-5225 or dick4richards@gvtel.com

R37fm

ASSISTANT COUNTY ATTORNEY POLK COUNTY, MINNESOTA

The Polk County Attorney's Office located in Crookston, Minnesota, is seeking applications for the position of a full-time Assistant County Attorney to represent the State of Minnesota and Polk County in criminal and civil proceedings. This is a challenging and rewarding position with primary responsibilities including prosecuting felony, gross misdemeanor, and misdemeanor cases, handling child delinquency and CHIPs proceedings, providing legal advice to county departments, and delegating work to support staff. **However, the emphasis of this position will be criminal prosecution and trial work.** Applicants must possess a Juris Doctorate and be admitted to practice law in the State of Minnesota in order to successfully perform the essential duties of this position. Legal experience in a county attorney's office or other prosecutor's office preferred. A full position description and application can be obtained by contacting the Polk County Administrator's Office at 218-281-5408 or online at <http://www.co.polk.mn.us>. Salary range for this position is \$37.23-\$47.33/hr. depending upon experience and qualifications. Applications for this position will be received until 4:30 p.m. on Monday, February 3, 2020. EEO

M43-44C

Custodian I ~ Facilities Management Department

The Polk County Facilities Department has an immediate opening for a full time, benefitted Custodian I position. This position performs a variety of custodial duties including emptying trash, sweeping, mopping and vacuuming floors, cleaning restrooms, and ordering and stocking supplies.

This position will be assigned a primary location, however, will be required to work at multiple facility locations as needed and assigned; including the jail. Applicants must have a high school diploma or GED. Previous custodial experience is preferred but not required. A valid driver's license is required for this position. Wage range for this position is \$15.54 - \$19.75/hour; DOE and qualifications. An application and job description can be found on Polk County's website: www.co.polk.mn.us - click on Careers or contact the Polk County Administrator's Office at (218) 281-5408. Please send your completed application along with a cover letter and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN. Applications will be received until 4:30 p.m., January 17, 2019. All qualified applicants will be considered for employment. EEO.

M41-43C

Real Estate

House For Sale

409 Hamilton Ave NE
Red Lake Falls

1008 Square Feet • 3 bedrooms • 1 full bath
Stove and Fridge included • Attached garage
Electric off peak cove heat • No basement/on crawl space
Asking price: \$92,700

No income limits, potential buyer must bring in letter of approval from lender of choice.

Questions, please contact Catherine at 218-796-5144 ext. 1027.

R43-44C

FOR SALE

Elevator Facilities in Twin Valley, Minnesota

CHS Inc., through its Mahanomen, MN office ("CHS"), is offering its grain elevator at 205 1st Street SE, Twin Valley, Norman County, Minnesota for sale by sealed bid. The property consists of an elevator with a storage capacity of approximately 55,000 bushels, an annex with a storage capacity of approximately 100,000 bushels, one (1) Quonset, one (1) Crippen M-4272-RH grain cleaner, one (1) Carter RC7 grain cleaner, one (1) 30 ton scale, one (1) M-C grain dryer, four (4) propane tanks, and one (1) 20 x 30 office. A complete legal description of the property is available upon request.

Bidding Process: Sealed bids with a cashiers' check equaling 10% of the bid must be received no later than 4:00 p.m. on January 16, 2020. Bids may be mailed or delivered to CHS (Mahanomen), 106 S. Railway Street, Mahanomen, MN 56557. All bids should include the name, address and phone number of the entity placing the bid. Unsuccessful bidders will have their checks returned within five (5) days after the successful bid is determined.

Terms of Sale:

CHS is offering the property for sale "AS IS, WHERE IS" on a cash only basis.

The Property would be conveyed by Warranty Deed.

CHS shall have the right of first refusal on the Property in the event the buyer chooses to sell the Property in the future.

Closing costs charged by the closing agent, if any, would be shared equally between CHS and the buyer.

Buyer would be responsible for other closing costs, including abstracting fees, title insurance, other survey costs and environmental assessments as required by buyer.

Real Estate taxes for year of closing would be prorated to the closing date based upon the most current tax statement and settled at closing.

Possession would be given on date of closing.

CHS reserves the right to accept or reject any and all bids for any reason.

For questions, call James Hardy at 218-935-2261. A copy of the purchase agreement is available for review by perspective bidders upon request.

Send sealed bids with bidder's return address and phone number to: CHS, Inc., Attn: Sealed Bid, 106 S Railway Street, Mahanomen, MN 56557

M42-43C

CG



The Clearbrook-Gonvick school board has a vacancy needing to be filled. The position will serve until the next election in November 2020.

At that time the seat will be up for election. If you have questions about the school board seat please call Jeff Burgess at 218-776-3112 ext. 106.

If you are interested in serving on the school board please write a letter of interest to Jeff Burgess, Superintendent. R40-43C

SHIP STAFF POSITION AVAILABLE AT QUIN CHS

Quin County Community Health Services is seeking a part-time SHIP Staff. Looking for self-motivated individual who are confident and outgoing in public settings.

SHIP Staff (PT) works with the SHIP Coordinator in health promotion in schools, workplace, healthcare and other community settings. This position requires strong computer, organizational, communication and public speaking skills. This position is based in Newfolden. Prefer experience working with community-based initiatives and/or collaboration with multiple groups and stakeholders in the area of health prevention/promotion.

Send letter of intent and resume to PO Box 248, Newfolden, MN 56738. Call 218-874-7845 or email quinchs@wiktel.com for more information. Open until position is filled. R42-43C

FOR RENT

1 Bedroom Apartment For Rent

Brookfield Apts in Clearbrook, MN is accepting applications for a February, 1 Bd openings. Laundry room facilities available & off street parking. Rent is based on 30% of your monthly adjusted gross income. Applications and qualifications, contact Nicole at 218-751-6881. Accepting applications for persons of all ages. Applications online @ bemidjimanagementinc.com
AN EQUAL HOUSING OPPORTUNITY. R43-46C

GREATER MINNESOTA MANAGEMENT

Searching for an Apartment in Clearbrook?

Clearbrook Summerfield 55+ has a 2bed/2 bath Apartment and a 1 bed/1 bath Apartment Ready to go! Summerfield Clearbrook is locally managed and maintained, give us a call today at 218-280-9851 to schedule a showing. Or Visit and apply online at www.gmmco.org

R42-45C

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 M3ff-c

NEW QUEEN MATTRESS SETS

\$209 Full \$189. Twin \$159, King Pillowtop \$399. All Styles, Sizes, Available Today Pick-Up Or Delivery. Brother's Discount Furniture 218-766-0064 Family Business since 2012-Bemidji R41-45C

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
Nutrition Services Assistant

Essentia Health Hospital:
RN - Administrative Supervisor
RNs
Paramedic
Patient Access Representative
Surgical Technologist

Essentia Health Clinic
Patient Access Representative

Essentia Health offers competitive salary and benefits

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



Essentia Health

R29fm

Payroll/Human Resources Clerk



Bagley Independent School District 162 has an anticipated opening for Payroll/Human Resources Clerk. Applicants are required to have an associate's degree in a relevant field. Bachelor's degree and previous experience in a similar position preferred. Interested applicants should send a resume, letter of interest, three letters of recommendation and a copy of college transcripts. Hiring is contingent upon a satisfactory criminal background check. Position will remain open until filled. Send application materials to: Jennifer Hecht, District Coordinator, 202 Bagley Ave NW, Bagley, MN 56621 or email: jhecht@bagley.k12.mn.us.

Bagley Public Schools is an Equal Opportunity Employer/Educator. R43-45C

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

Minnesota Classified Advertising Network



MCAN

EMPLOYMENT

EXECUTIVE DIRECTOR

The North Dakota Newspaper Association is accepting applications for the position of Executive Director. Candidates must embrace challenges, progress, teamwork and change. Newspaper/journalism background preferred. Responsibilities include overall association management, member contact and development, legislative/lobbying work, management of newspaper content sharing and advertising placement programs, personnel management for a staff of 5, and working with a board of directors/member committee structure. Competitive salary and benefits package. Application deadline is Jan. 31, 2020. Anticipated start date is May, 2020. Send letter, resume and salary requirements to: NDNA Search Committee, 1435 Interstate Loop, Bismarck, ND 58503, or newsmonitor@wahpetondailynews.com

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

FARM EQUIPMENT

GOT LAND?

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

SEED/FEED/GRAINS

SEED TREATMENT

for soybean White Mold and SDS! Ask your seed dealer for Heads Up Seed Treatment. Cost effective, proven results. www.headsupST.com or 866/368-9306

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

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

Your ad here!

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

MISCELLANEOUS

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



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

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)

NORTHERN PLACES REALTY!

LITTLE KNOWN FACT...for many years now, February has been one of our busiest months in real estate!

Whether you're looking to sell your Real Estate right now or sometime this year, now is the best time to get started, and it's real easy, just call us up and let us go to work!

If you want the sale to be easy on you, sell quickly, and for top value, give us a call, it's really that simple!

CLEAN, QUIET, WARM AND COZY!



CHECK OUR WEB FOR MORE PIC'S OF THIS FINE HOME IN CLEARBROOK, REDUCED TO A VERY AFFORDABLE \$49,900!

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/

MOTIVATED SELLER!



#4401 - Size does matter! And this is just the right size! Whether you're looking to step into your first home, downsizing or simply right sizing, this well kept home on spacious lot with the feel of country on city's edge, is waiting for you to become it's new owner! Call today to set up a time to see this one.

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

DINING & entertainment



"Home Cooking" Where Coffee is Still a Buck

Jeanie's Potato Klub
EVERY FRIDAY
Serving from 11:00 til gone
Made with Peatland Reds



Friday 1/17 @ 6:30pm
Blackout 60#s or less for \$1000

OPEN SUNDAY
for **FOOTBALL PLAYOFFS**

GOODRIDGE/GRYGLA
I-500 SNOWMOBILE RACE
February 8th & 9th

2-4-1's EVERY Saturday from 8-9pm
1/2 Price pizzas & Free Pool on Thursday nights!
Tacos on Tuesday Nights!

GOODRIDGE LIQUOR STORE

NO BINGO!

WEDNESDAY
WING NIGHT

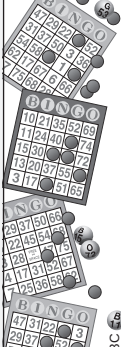
THURSDAY
TACO BAR

Will Resume Jan. 25th

FRI. & SAT. SPECIAL

PRIME RIB
— 5:00–10:00 pm —

SHORTY'S PLACE,



BAR BINGO!
AND PADDLE WHEEL

Sat. Jan. 18th 2020 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

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

50#s Jan. 18th

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

Coming Soon!
Cathy Erickson Band

DINNER SPECIALS
Thursday Jan. 23rd Klub
Klub dinner w/side pork & dessert
11am-until gone
Braasted Pork Chop
comes with salad, potato, roll & dessert
LUNCH & DINNER WITH DESSERT

Weekend Specials
FRIDAY NIGHT Walleye Dinner
SATURDAY NIGHT Shrimp, Ribs, Chicken, or Steak Dinners

Kick'n Up Kountry Karaoke Contest
January 24th
Music by Wild Wes 9-1am

SUNDAY 19TH
Packers & 49ers
Happy Hour during the game!

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



JAN 24-25
7:30 PM NIGHTLY
LET'S RODEO SAINT PAUL!

GET DOWN IN THE DIRT!
FREE PRESHOW 6-7 PM

Xcel Energy Center

ticketmaster

MENTORING WORD SEARCH

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

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

MENTORING WORD SEARCH *Answers on page 6*

ADVISE	FEEDBACK	MENTORING	RELATIONSHIP
ATTITUDE	GUIDANCE	NOVICE	RESEARCH
CREATIVITY	INTERN	PEER	SOLUTIONS
EDUCATOR	LEARNING	PERFORMANCE	SPECIALIST
EXPERIENCE	LESSONS	PROBLEMS	TEACHER
EXPERT	LISTENER	PROTEGE	TRAINS

ESTATE/AUCTION

January 18th
8 a.m. to 5 p.m
405 Senior Dr - Oklee, MN

2 Collector Tractors in their box,
DeWalt Worksite Radio unit,
TV, Window Air Conditioner,
Dressers,
Entertainment Center,
and various household items

Priced to SELL! CASH ONLY!

"LIVE" AUCTIONS ARE THE WAY TO GO" AND MAIN EVENT AUCTIONS MAKES IT EASY FOR YOU

People always have 3 questions when they call us,

- What do we have to do? For many, getting ready for an Auction is too overwhelming. It doesn't have to be. With **MAIN EVENT AUCTIONS** you don't have to lift a finger if you don't want to. Just tell us what you want and wait for a check!
- Do we have enough for an Auction? You don't know till you ask. Even if we come out to look, you're under no obligation at all, so **CALL US**, you might be surprised!
- When should I call you to book my sale? Immediately, if not sooner. We are already booking some good Ag sales for spring. Both for equipment and for land, so call and reserve a date.
- And finally, if everything you have worked a lifetime for is actually important to you, remember that almost every record price you have ever heard of was produced at a "LIVE" Auction!

EQUIPMENT - REAL ESTATE AND ITEMS OF VALUE... WE SELL IT ALL IN A DAY!
At MAIN EVENT AUCTIONS, We make your sale the MAIN EVENT!

WATCH FOR ADS & POSTERS! GO TO THE WEB AT: www.maineventauctions.com
At Main Event Auctions, we make your sale the Main Event!

MAIN EVENT AUCTIONS
DARIN LEE - PROFESSIONAL AUCTIONEER & SALES PROFESSIONAL FOR
NORTHERN PLACES REALTY • (218) 358-1168 • MN LIC. 15-11
Buying or selling Real Estate? Call Me.
Selling Real estate conventionally or at Auction!
We'd be happy to come to your location. We travel anywhere, just ask!

QUOTE NEEDED

POLK COUNTY HIGHWAY DEPARTMENT
"QUOTE"
TILBERG PARK - CROSS LAKE
Dumpster Rental and Garbage Pick Up Services

Polk County is soliciting quotes for dumpster rental and garbage pick up service at Tilberg Park/Cross Lake (near Fosston, MN) for a period of three (3) years. This three (3) year service will be limited to the camping season of 2020, 2021, & 2022 beginning approximately May 1 of each year and terminating approximately October 1 of each year until October 1, 2022. Quotes will be accepted until January 31, 2020. All parties interested in quoting this work should contact: Polk County Highway Department, 820 Old Hwy. 75 So, Crookston, MN, 218-281-3952.

Jobs for Minnesotans Responds to Court of Appeals Decision on PolyMet Permits

Jobs for Minnesotans today released the following statement addressing the Minnesota Court of Appeals decisions regarding the dam safety permit and permit to mine for the Poly-Met NorthMet Project:

"We are deeply disappointed by today's decision from the Minnesota Court of Appeals, which creates uncertainties for the PolyMet NorthMet project and consequently hundreds of jobs for northeast Minnesota. While litigation is now an expected part of the regulatory review process and this ruling is a setback, we are confident that PolyMet will bring a safe and responsible copper-nickel mining industry to our state while also protecting the environment.

"We encourage PolyMet to pursue all avenues to move this project forward and will stand strong with our members and allies – leaders in businesses, labor organizations and communities across the state – who believe this project is right for Minnesota. We ask supporters to remain resilient and to work collectively to advocate for responsible industries.

"Minnesotans need to be mindful of the ethical dimensions of sourcing critical copper, nickel and platinum group metals that power our standard of living and the green economy. The state of Minnesota has one of the most thorough environmental review processes in the country, if not the world. Mining for these minerals here with these extremely high labor and environmental standards will ensure they are mined safely and responsibly, as opposed to importing from a country with standards of which we have no control.

"We continue to look forward to the approximately 360 family-supporting jobs this project will bring to northeastern Minnesota communities and we are encouraged by the new positions that PolyMet has already filled in our region. This project will generate an estimated \$515 million annually to energize a more diverse regional and statewide economy."

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

BUSINESS SERVICES



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 | [f](#) [in](#) [v](#)

Innovate Advance Connect

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

Please Call Us for a Quote

FALLS Building Center

218-253-2585 • 1-800-480-2756
P.O. Box 477 • 907 Main Avenue South
Red Lake Falls, MN 56750

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

- Post-Frame Buildings • Garages
- Building Materials • Shops
- Siding and Roofing • Homes
- Windows

U of M Beef Team to Host Cow/Calf Days Seminar Tour and Trade Show

The University of Minnesota Beef Team is proud to host the annual Cow/Calf Days Seminar Tour and Trade Show at 10 locations across the state in January. This event has been held for 47 years and continues to be the leading information, technology, and research outlet for cow/calf producers in the state of Minnesota.

The 2020 event will feature information on opportunities to evaluate carcass characteristics in your herd, calf scours prevention, finding profit in the cow calf sector, and management of calves before and after weaning. Updates from the Minnesota State Cattlemen's Association and the Minnesota Beef Council will also highlight the event. The corresponding tradeshow will feature vendors with new information, technology, and products with a wide-array of practical uses for the operators in the cow-calf sector.

The program is directed at cow/calf producers, allied industry representatives, and is open to the public. A meal will be served with the program and a registration fee of \$10 will include the meal, proceedings book, and program materials.

More information can be found at the Cow/Calf Days Seminar Tour and Trade Show website: www.extension.umn.edu/beef or contact Eric Mousel at 218.513.0781, emmousel@umn.edu, for the Bagley location, contact Heather Dufault at 218-280-1129 or at pohl0024@umn.edu.

Northern Tour
JAN 21 – Staples, MN, 9:30 AM, Central Lakes College, 1830 Airport Road
JAN 21 – Bagley, MN, 5:30 PM, American Legion, 288 Main Ave. N.
JAN 22 – Lancaster, MN, 5:30 PM, Community Center

JAN 23 – Roseau, MN, 5:30 PM, Gene's Bar Grill, 1095 3rd St. NW
JAN 24 – Iron, MN, 5:30 PM, Clinton Hall, 9831 Hwy 37
Southern Tour
JAN 27 – Mora, MN, 5:30 PM, Grand Event Center, 2025 Rowland Rd
JAN 28 – Starbuck, MN, 9:30 AM, Jim Wulf Bull Development Center, 30819 250th St.
JAN 29 – Pipestone, MN, 9:30 AM, MN West Comm. College, 1314 N Hiawatha Ave.
JAN 30 – Oronoco, MN, 5:30 PM, Tony Rossman Farm, 7000 70th St. NW
JAN 31 – LeCenter, MN, 9:30 AM, 4-H Center, 320 S. Plut Ave.

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

Business Cards

Printing Services

Full Color or Spot Color
Front and Back Copy Options
Coated or Uncoated Options
Vertical or Horizontal Layout
Specialty Options:
Magnetic, Foldover, Synthetic

Call or email for more information:
richards@gvtel.com
Richards Publishing Co.
218-487-5225



BUY THIS MONUMENT

\$895.00

Order Now For Delivery Before Memorial Day.

ANDERSON

PETER B. MARCH 21 1925 APRIL 20 2009

NORMA P. JULY 26 1928 APRIL 22 2008

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

OBITUARIES

Death notice for Anna Quarnstrom

Anna "Anne" L. (Hansen) Quarnstrom, age 93, formerly of Plymouth, MN. Passed away on January 5, 2020. Service details pending. Full notice to follow. Peterson-Grimsmo Chapel 763-295-2918 www.peterson-grimsmochapel.com

Services held for Marlyn Dessellier

Marlyn Dessellier of Oklee, MN passed away on Monday, January 6, 2020 at Essentia Hospital in Fosston, MN.

Funeral service were held 10:00 AM Saturday, January 11, 2020 at the St. Francis Catholic Church in Oklee, MN with Father Adam Hamness officiating. Johnson Funeral Service, Oklee was in charge of arrangments.

Visitation was held 5:00 PM until 7:00 with a 7:00 PM prayer service on Friday, January 10, 2020 at St. Francis Catholic Church in Oklee, MN. Visitation wasalso be held one hour prior to the service.

Services held for James Merschman

God's beloved child, James Dean Merschman, joined the Saints Triumphant in heaven on January 9, 2020. The service of Christian burial was held at 11:00 am on Monday, January 13, 2020 at Our Savior's Lutheran Church, Bagley. Lunch at FireSide will follow the service. Internment at 2 pm at Concordia Lutheran Cemetery. Military honors will be accorded by Irvin Blix American Legion Post #16 of Bagley. The visitation will be Sunday evening from 3-5 pm with a prayer service at 5 pm, as well as one hour prior to the service.

Born to parents Eugene and Gloria Merschman on April 14, 1954, Jim was the youngest of three boys. With sponsors grandmother Regina Merschman and uncle Ken Merschman, he was baptized in the name of the Father, Son and Holy Spirit on April 24, 1954. He was confirmed in the Catholic faith on April 29, 1966. He attended Bagley Public Schools and graduated with the BHS class of 1972. After attending Bemidji Vo-Tech for carpentry, he was employed by Oswald Hanson.

Confirmed in the Lutheran faith on April 24, 1974, he became a member of Concordia Lutheran Church and it was there that he was joined in marriage to his high school sweetheart, Janey Louise, on June 22, 1974. God blessed them with three precious children: Janelle Louise, Janice Lyn and Jared James. He was also Grampa Jim, the king of the slip & slide and provider of chocolate kisses to his

Obituary Notices also posted on our website www.tricocanary.com

Services held for Floyd Charest

Floyd Martin Charest, age 85 of Bloomington passed away October 2nd, 2019. Preceded in death by wife, Sandra; son, Terry; and brothers, Vernon and Darrell. Survived by son, Timothy (Amy); granddaughters, Catherine and Laurel; sister Sr. Doreen Charest; step daughter, Cynthia.

Retired long-time employee of Land O' Lakes, US Navy Veteran serving aboard the USS Bon Homme Richard from 1955-1957, long-time member of St. Rita and Pax Christi parishes. Member of the American Legion and the Knights of Columbus. Beloved husband, father, grandpa, brother, and friend to all animals. Private family services were held.

Services for Barbara Petersen

Barbara Petersen, 79, of Bagley, Minnesota passed away peacefully on Wednesday, January 8, 2020 at the Cornerstone Nursing and Rehab Center in Bagley, MN.

Funeral services were held on Tuesday, January 14, 2020 at 11:00 a.m. at Faith Lutheran Church in Bagley, Minnesota with Pastor Randy McGuire officiating. Visitation was held on Monday, January 13, 2020 from 6:00-8:00 pm with a prayer service starting at 7:00 pm at the Cease Family Funeral Home Chapel in Bagley, MN. Interment at Nora Township Cemetery.

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

Barb was born in Clearbrook, MN on March 22, 1940 the daughter of Henrik and Elin Bergman. She grew up in rural Clearbrook and attended country school. Barb was baptized and confirmed at the First Lutheran Church in Clearbrook, MN. She graduated from Clearbrook High School in 1959. On October 24, 1959 she married Gene Petersen from Bagley, MN. They moved to Fort Lee, Virginia while Gene served in the Army. In 1963 they moved to Minneapolis where they both worked for Honeywell. Their daughter Jody was born on November 7, 1965. In 1970 Barb and Gene moved to Bagley to take over the family farm. Barb worked at Greensview Nursing Home

Scholarships in the amount of \$2,500 to be given to over 70 students Fall 2020 semester

January 09, 2020 — As part of an eight-million dollar appropriation awarded to the Minnesota State system of colleges and universities to grant Workforce Development Scholarships to students, Northland Community & Technical College will have more than \$175,000 in scholarships available to award to new students entering high demand career fields. Each scholarship is valued at \$2,500 with the award to be split between two semesters.

The Minnesota Workforce Development Scholarship initiative was launched as a pilot program in 2018 and expanded during the 2019 legislative session. The program was developed as a tool to help ease

Online Banking

for your convenience

We're just one click away

- Forget password/user name •
- Transferring Funds •
- New to sign up • Look at past statements •

www.ssboklee.com

Phone 218-796-5157

PO Box 69 Oklee, MN 56742

FDIC

5 Practical Suggestions for Caring for a Loved One Who Can't Communicate

Caregiving for a loved one comes with its own set of rewards and challenges. When your loved one is unable to speak, the situation can become more complicated. Witnessing your loved one lose their ability to speak takes a toll, not only on the individual, but also the caregivers. It can feel like a helpless time, but there are practical ways to help make the time with your loved one meaningful while also allowing you to feel more confident in meeting his or her needs.

At Hospice of the Red River Valley we provide care and support to people from all different backgrounds, life experiences and medical conditions. Here are some of the ways I've learned through our work that you can continue to connect with your loved one who is no longer able to speak.

- 1. Read Non-verbal Cues**
When someone we care for is unable to speak, reading their non-verbal cues becomes particularly important. This is especially true when assessing for pain in someone who can't tell us about their discomfort.
If your loved one is in pain, he or she may "act out." As a caregiver, this is your cue; there is almost always an explanation for this behavior whether it is out of frustration, discomfort or another cause.
Through investigation and trial and error with your loved one, you can often discover an underlying cause for a particular reaction, which can help lead to a resolution or at least a decrease in these physical reactions.
• Pay close attention to facial expressions and body language.
• Are they relaxed or tense, and what does their posture look like? For example, is their jaw clenched? Their hands clenched?
• Are they visibly agitated, or do they strike out?
- 2. Presence Speaks Loudest**
The gift of presence often speaks loudest of all. If your loved one is no longer able to talk, it can be very difficult to know how to spend time with that person, especially as you grieve these changes. However, whether someone is able to communicate or not, it doesn't change the fact that they need physical and emotional connection, just as any of us do.
Being comfortable with silence doesn't come naturally to most of us, but it can become easier with a little time and patience. Once you realize this, the constant burden and stress of worrying about what to say or do

Essentia Health & Community Members Welcome NAMI Minneapolis

Let's End The Silence Stop The Stigma...

(Event Held ISD 601 Fosston High School 301 E 1st St Fosston, MN (*Unless noted on schedule will list other locations))

Registration is easy
ALL EVENTS FREE - CERTIFICATES PROVIDED

Monday- January 13th 2020
Where & Time: 4:30pm-6:00pm, ISD 601- FHS Media Center
EVENT NAMI Presents: *Assisting Those First on the Scene Dealing with Trauma and keep coming back to HELP...*
• Intended Audience: Police, EMS, ER staff, First Responders, Fire Dept. Health Care Workers, Veterans

6:00pm - 6:30pm, ISD 601-FHS Media Center: Meet and Greet For Those First on the Scene and The CALM Participants

6:30 PM to 8:30 PM, ISD 601-FHS Media Center
EVENT NAMI presents: *CALM (Counseling in Access to Lethal Means) Lethal Means includes Guns, knives, medications. The program identifies individuals could benefit from counseling and ways to counsel.*

• Intended for: Mental Health Professionals, Physicians, Crisis Workers, LAW Enforcement, EMT/Paramedics/ ER Staff

Tuesday January 14th 2020

12:00-1:30 PM FHS Health Class room
Event NAMI presents: *Older Adult: Retiree How My Life has changed...*
• Intended Audience: Mature Adults, Retirees Lunch Provided

4:00pm- 6:00pm, ISD 601 FHS Music Room
Event NWMHC- Self Care and Trauma: Chris Green: Trauma Specialist
Chris will overview Trauma and empowering. This presentation will assist the intended Audience to walk alongside children, as they go on their journey of Healing and recovery.
• Intended Audiences: Teachers, Spiritual Leaders, Youth group Leaders anyone involved with children

4:30-6:30 PM ISD 601 -FHS Media Center
EVENT NAMI presents: *Early Warning Signs for Parents:*
Learn about Mental Health concerns and Mental illness that impacts students in their success at school as parents learn things to watch for isolation, excessive phone use, the student not themselves.
• Intended Audience: Parents, Teachers, Youth Group Leaders

Wed. January 15th 2020

4:00pm - 6:00pm, ISD 601-FHS Media Center
EVENT NAMI presents: *Assisting Those First on the Scene: Dealing with Trauma and keep coming back to HELP...* Intended Audience: Police, EMS, ER staff, First Responders, Fire Dept. Health Care Workers, Veterans

5:00-6:30 PM ISD 601 FSH Choir Room
EVENT NAMI Self Care and Mindfulness for Young Adults: Are you working in the community, Going to College, Vo-Tech, Changing Lifestyles This class is for you, share your successes and challenges with finding balance. Let us HELP you find Balance in your life.
• Intended Audience: Young Adults Taco in a Bag provided

Youth Group
6:30-7:30 PM at Bethel Assembly Fosston 34647 410th St. Fosston, MN
EVENT NAMI presents: *Ending the Silence for Area Youth. Bring a Friend Come to all denominational Youth Group. Have Pizza. Visit one another. NAMI and Essentia Health Staff would like to know Who you are*

School Lyeums in Fosston, Bagley, WinEmac Fertile, Mahnomen

Events Thurs- January 16th 8:00 AM-5:30 PM FHS Choir room NAMI presents: *Mental Health First Aid for Adults: Learn Basic First Aid skills to help a person experiencing a mental health concern Lunch-Certification 8 Hr. class Limit 30*

7:30-8:30 PM Hope Lutheran
Event: Cultivating Hope: MDA Rural Counselor MCKenney will review ways to deal with Stress Talk about QPR Intended Audience : Friends of a Farmer, Farmers Wives. Free Event : Refreshments provided

Farm Bill Meeting Lunch and Information after Farm Bill presentation: The Community supports Farmers
Essentia Health Carrie Danielson, Nicole Katoch PA
Thelma Farmers

• USDA George Bossmann: Advocate speaks on his role MDA Rep. Rural Counselor Monica McKenney will Share thoughts on the stress of farming
• Farmers can ask questions to: Leg. Mark Johnson- Rep. Del. Kail - Polk Co. Commissioner, Jon Lee- Farm Bureau, Farmers Union Support this event! Tim's Justice Spiritual leader and Farmer Supports this event.

How to Register

Essentia Health
Lynae Finseth Call (218-435-7660)
Can Leave message
Event Name
Name or Agency
Number of People
Attending Event
Email: lynae.finseth@essentiahealth.org
Text : 218-280-7615
Carrie Danielson LSW
Same information as above

Walz, Flanagan Unveil Package to Invest in Higher Education, Unlock Opportunity for Minnesota Students

Governor Tim Walz and Lt. Governor Peggy Flanagan today announced the third of four packages included in their Local Jobs and Projects Plan, focused on investing in higher education facilities and assets across the state. The proposal invests \$447 million in General Obligation Bonds to maintain, update, and modernize public college and university campuses across the state to better serve the students of Minnesota. This funding will leverage an additional \$41 million in Minnesota State financing for a total investment in higher education of \$488 million.

“Every Minnesotan deserves access to opportunities that will lead to a bright future, and for many, that means attending a higher education institution,” said Governor Walz. “But insufficient space, aging facilities, and outdated technology on college campuses aren’t just holding our students back – they’re holding Minnesota back in the face of a workforce shortage that’s impacting every corner of the state. This critical funding would address that gap by providing the 21st century education needed to prepare our students for the jobs of tomorrow that our businesses are creating today.”

The higher education package will support schools across the state – from two-year technical programs to four-year universities – to meet the demands of the modern workforce. In the face of a workforce shortage across industries, this funding would support increasing space and updating technology and facilities in high-demand programs like nursing and health sciences, integrated manufacturing, business and technology, STEM, child development,

among many others, while also renovating aging spaces that impact every corner of our college campuses and modernizing the learning experience. This support for post-secondary institutions is necessary to provide Minnesota students with a world-class education and develop the talent needed to keep growing Minnesota’s economy. It will also ease pressure on campus operating budgets, which have unfortunately fallen on the backs of students in the form of tuition increases.

With a focus on opportunity today, the Governor and Lieutenant Governor also described how considerations of equity weighed into their bonding project selection process. Their process prioritized projects that create more equitable access to state resources and programs. The Local Jobs and Projects Plan includes \$30 million toward capital projects requested by community organizations led by and serving Native communities and communities of color. The proposal also calls for capital budget outreach and assistance to give agencies the capacity to proactively communicate about the state bonding process and support organizations and communities receiving general obligation bonds who have not traditionally participated in the state bonding process. Finally, the plan recommends that local governments receiving capital grants comply with equal pay and workforce participation goals.

“For too long, communities of color and Native communities have been left out of state initiatives that foster growth and opportunity,” said Lieutenant Governor Flanagan. “That’s why our Administration proactively sought out requests

from communities that have not traditionally participated in the state bonding process to ensure Minnesotans of all backgrounds benefit from our Local Jobs and Projects Plan. We’re also recommending that local governments who receive capital grants meet equal pay and workforce participation goals to create more career opportunities for women, people of color, and others traditionally under-represented in the construction industry.”

Responding to urgent requests from communities in every corner of Minnesota, Governor Walz’s capital investments proposal includes more local projects than any bonding bill in state history. The first two packages focused on safe and affordable housing and water quality and infrastructure. The final piece of the Local Jobs and Projects Plan will bolster public safety and quality of life projects across the state.

Governor Walz knows that local projects mean local jobs. That’s why he believes we need to make these critical capital investments in communities across the state and ensure all Minnesotans enjoy a high quality of life, regardless of race or zip code.

Please see the allocation of funding for higher education and equity below.

MINNESOTA STATE COLLEGES AND UNIVERSITIES

Higher Education Asset Preservation and Replacement (HEAPR)

The Governor recommends \$142.5 million for Higher Education Asset Preservation and Replacement funding to repair and replace buildings across the Minnesota State Colleges and Universities system. The funds will go to exterior updates, HVAC repairs, and safety fea-

tures. Minnesota State’s total current deferred maintenance needs are estimated to be \$1 billion for state-supported buildings.

Anoka-Ramsey Community College: Nursing and Business

The Governor recommends \$16.282 million for construction of nursing and business classrooms and labs on the Coon Rapids campus at Anoka-Ramsey Community College. This project would expand the capacity of the nursing and business programs and improve facilities to meet industry standards. This would reduce deferred maintenance by \$4.9 million.

Normandale Community College: Classroom and Student Services

The Governor recommends \$26.634 million to complete Phase 2 of the College Services building project at Normandale Community College, which renovates classrooms, faculty and student support services. The project makes upgrades to the school’s common spaces by improving wayfinding, adding new spaces for student study, reorganizing faculty offices and updating classrooms. This project eliminates \$5.4 million in deferred maintenance.

Minnesota State University Moorhead: Weld Hall

The Governor recommends \$17.29 million to design Phase 1 of the Weld Hall renovation project at Minnesota State University Moorhead. The design will address significant deferred maintenance, improve teaching, and rightsize classrooms. This project will eliminate \$8.4 million in deferred maintenance.

Inver Hills Community College: Technology and Business Center

The Governor recommends \$14.653 million to renovate the Business Building and to construct a connection to Heritage Hall at Inver Hills Community College. This increases classroom sizes and will co-locate nearly all of the Science, Technology, Engineering, and Math academic programs on campus. This project would eliminate \$7.4 million in deferred maintenance.

Saint Paul College: Academic Excellence

The Governor recommends \$937,000 to design the renovation of classroom space on the St. Paul College campus. This project will address outdated classrooms and labs for STEM and liberal arts classes and workforce trade programs, the need for a new Food Service and Culinary food preparation demonstration and service areas, and the consolidation of Student Services. Once completed, this project will address \$3.8 million in deferred maintenance.

Minneapolis College: Management Education Center Met-

ro Baccalaureate Initiative

The Governor recommends \$10.254 million to complete Phase 1, which renovates a building with a damaged roof and failing HVAC systems. The space will serve business, management, and economics students attending the two-year Minneapolis College (MCTC) and four-year Metropolitan State University. Once completed, this would reduce deferred maintenance by \$9.6 million.

Vermilion Community College: Classroom Building

The Governor recommends \$2.576 million to design and renovate six general purpose classrooms within the Classroom Building and the College Center. The project creates flexible adaptive learning environments; increases technological capabilities; renovates two sets of restrooms, adjacent corridors and lobby areas; creates a new entryway; and replaces the Classroom Building roof. This project will eliminate \$1.3 million in deferred maintenance.

Central Lakes College: Student Services and Academic Support

The Governor recommends \$8.275 million to design the renovation of the Student Services and Academic Support spaces, as well as the physical education and athletic facilities on the Central Lakes College campus. This project will eliminate \$516,000 in deferred maintenance.

Northland Community and Technical College: Effective Teaching and Learning Labs

The Governor recommends \$2.22 million to renovate classroom and lab spaces to meet the needs of four health science programs and the computer networking program. This project removes \$776,000 in deferred maintenance.

Minnesota State University Mankato: Armstrong Hall Replacement

The Governor recommends \$6.691 million for design and renovation to prepare for the replacement of Armstrong Hall, a heavily-used, outdated building. The first phase would complete design and renovate the Clinical Sciences basement to accommodate some occupants of Armstrong Hall. When completed, the entire project would reduce deferred maintenance by \$36.5 million total.

Winona State University: Center for Interdisciplinary Collaboration, Engagement, and Learning

The Governor recommends \$3.218 million for design of a net-zero energy building that would replace two older buildings. The net-zero energy building will use a solar array and geothermal energy to power the building and contain flexible classroom space and student support services. Once completed, this project will eliminate \$9.2 million in deferred maintenance.

Lake Superior College: Integrated Manufacturing Workforce Labs

The Governor recommends \$985,000 for design of a new integrated manufacturing workforce lab. The Lake Superior campus currently rents space for this program. When completed, this project would reduce deferred maintenance by \$2.5 million.

North Hennepin Community College: Center for Innovation and the Arts at Brooklyn Park

The Governor recommends \$6.598 million for design to replace the Fine Arts Center with a new arts education studio, classrooms, and performing arts space. This project leverages multiple nearby programs — it establishes a “north Metro home” for the Metropolitan Baccalaureate initiative, creates a performing arts center, and may partner with the Osseo school district. When completed, it reduces \$6.2 million in deferred maintenance.

Metropolitan State University: Cyber Security Program

The Governor recommends \$3.923 million for the design and renovation of a cyber security teaching and research lab. This project would relocate a

cyber security simulation facility and add research space. It reduces deferred maintenance by \$326,000.

Pine Technical and Community College: Technical and Trades Labs

The Governor recommends \$635,000 to design the renovation and construction of the technical and trades labs, classrooms, faculty space, health sciences spaces, and student support space at Pine Technical and Community College (PTCC). The completed project would reduce deferred maintenance by \$276,000.

UNIVERSITY OF MINNESOTA

Higher Education Asset Preservation and Replacement (HEAPR)

The Governor recommends \$125 million for asset preservation across the University of Minnesota’s campuses. Asset preservation would focus on health, safety and accessibility, mechanical systems, utility infrastructure and energy efficiency, and building envelopes. Current total deferred maintenance for state-supported buildings is \$2 billion.

Child Development Building Replacement

The Governor recommends \$29.2 million to complete pre-design, design, renovate, construct, furnish, and equip a new Institute of Child Development facility. This will replace the Institute’s current building, allow undergraduates, researchers and graduate students to co-locate, and create improved research facilities. This will remove approximately \$11.9 million in maintenance backlog.

A.B. Anderson Hall Capital Renewal

The Governor recommends \$4.4 million to renovate and restore 36,670 square feet and add 830 square feet in A.B. Anderson Hall on the Duluth campus. This building houses classrooms serving nearly 500 majors annually, as well as fine arts studios, workspaces, and academic offices. This project will upgrade the mechanical systems, life safety equipment, fire protection, and architectural finishes. This will remove approximately \$4 million in deferred maintenance.

Chemistry Undergraduate Teaching Laboratory

The Governor recommends \$65.6 million to demolish an outdated facility, and pre-design, design, renovate and build a new lab space for undergraduate chemistry on the Twin Cities campus. This will remove approximately \$20 million in deferred maintenance.

EQUITY

Equity in Bonding: Capital Projects

The Governor recommends \$30 million to support capital projects from community-based organizations that are led by and serve communities of color and American Indians, as these organizations have not traditionally had access to capital investment from the state.

Equity in Bonding: Policy

The Governor recommends having all recipients of state general obligation bonds comply with the equal pay and workforce participation processes in the Minnesota Human Rights Act. Historically, people of color and women have been under-represented in the construction industry. This proposal recognizes the many benefits bonding projects bring and would create more career opportunities for individuals from these disenfranchised communities.

Capital Budget Outreach and Assistance

The Governor recommends \$235,000 annually for Minnesota Management and Budget. This funding will increase the agency’s capacity to proactively raise awareness about the capital budget process and provide assistance around the requirements associated with receiving general obligation bond funding among nonprofits run by and for people of color, and small communities that have traditionally not participated in the state bonding process.



Bow hunter siblings, Olivia (10) and Hunter (13) Lien get their deer within minutes apart! Just as exciting for parents John & Amy Lien from West Fargo and grandma, Eileen Lien of Gonvick.



Back Breaker’s Vintage Snowmobile Show and Ride

Mark your calendars! The 10th Annual Back Breaker’s Vintage Snowmobile Show and Ride will be held on Saturday, February 15th, in Grygla. The show will be held at Diamond’s Bar & Grill, starting at 10am with the ride leaving Grygla at 12pm sharp. There is an entry fee of \$5 per person. Riders can plan on returning to the bar at or before dark. Everyone is welcome to ride along with any year sled they have. Trophies will be given in three different categories: Best Unrestored/Original, Best Restored and Most Unique/Custom. Only 1979 and older chassis snowmobiles may be eligible for trophies. A meal will be served at Diamond’s when the ride returns and many door prizes will be given out after supper.

Contact: Drew Monson 689-1601, Hunter McMillin 686-3180, Lucas Miller 689-0138, or Dayle Larson 684-0601.



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



Visit TriCoCanary.com, click on an advertiser to learn more

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 Newis - (218) 652-3105	Home at Heart Care In-Home Personal Care & Homemaking Serving North Western 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