



Tri County Canary

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



Mary Schow, Personal Banker at American Federal Bank in Fosston, will be honored at a retirement open house on February 27th.

Retirement Celebration Set for Fosston Banker Mary Schow

Join us at a "Retirement Open House" as we recognize American Federal Personal Banker Mary Schow.

Customers and the public are invited to the Open House set for 10 am – 3 pm on Thursday, February 27, at the Fosston Sales Office of American Federal Bank. Cake and refreshments will be served.

Schow is retiring after nearly 24 years at American Federal.

Schow joined the Fosston Sales Office a year after American Federal acquired TCF's branch office in Fosston. She began her career at American Federal as a Personal Banking Representative, became securities licensed and a Financial Advisor, was promoted to Personal

Banker and named Assistant Vice President.

Schow has earned a number of sales performance and recognition awards during her tenure at American Federal. She achieved American Federal "Ace Sales Star" status and was named to the American Federal "Sales Star Hall of Fame." She earned her way to seven Sales Star Retreats, the bank's premier recognition event, and was named a Top Retail Sales Star. Schow also has earned 11 Brand Recognition awards.

Before joining American Federal, Schow worked for Honeywell in Minneapolis, and then joined the Farm Service Agency in McIntosh, where she was employed for 15 years. She

is a native of McIntosh, and a graduate of McIntosh-Winger High School.

Schow and her spouse, Dan, raise small grains and row crops on a farm near McIntosh. The Schows have four children, Tyler, Ryan, Kristi and Matthew, and seven grandchildren.

American Federal is a financially-strong, employee-owned community bank with full-service banking locations in Fosston, Crookston, Warren, Hallock, East Grand Forks, Ada, Fergus Falls and Moorhead in Minnesota and Grand Forks, Northwood, Fargo and Wahpeton in North Dakota. American Federal is a Top 100 Ag Lender in the United States.



Margo Hanson and Carrie Jessen, SSFC board members, registering an attendee while in the background Stacy Dresow of Dresow Family Farm and a board member of Three Rivers Fibershed, Minneapolis, explains the benefits of a fibershed to other attendees before the event begins.

6th Annual Small Scale Sustainable Sheep Event February 15, 2020 a Success

The 6th annual Small Scale Sustainable Sheep event took place at Lammers Town Hall in Solway MN February 15, 2020 and featured keynote speaker Janet McNally of Tamarack Lamb & Wool, from Hinckley, MN. The event was sponsored by the Sustainable Sheep and Fiber Community of Northern Minnesota (SSFC) and Three Rivers Fibershed, Minneapolis.

Fifty people came to hear Janet talk about her experiences switching to a mob grazing system of farming her sheep that allowed her to better manage pasture, improve weight gain and performance of her animals, reduce predation and eliminate parasite problems. She also spoke about using livestock guard dogs to protect sheep and how to effectively integrate them into your farm, trouble shoot behavioral issues and correct them before they become problems. Janet raises and uses livestock guard dogs that are a cross of several breeds she has found to work well in northern Minnesota, where predator pressure can be high and dogs need to work closely with the flock to protect them.

Another timely topic was the benefits of grassfed lamb and other meats as compared to conventional, grain-fed animal meat. She explained that people need omega 6 fatty acids in a ratio of 2:1 with omega 3 fatty acids in the diet. The average American gets a much higher amount of omega 6s, increasing the risk for chronic disease and inflammation. Omega 3s are important for reducing inflammation in the body, helping lower blood

pressure and lower the risk for many chronic diseases. Grass-fed lamb is as comparable in omega 6 to omega 3 ratios as the widely-touted farmed salmon.

Lunch was catered by Asian Food Market of Solway, MN and included delicious handmade eggrolls, fried rice and soup.

The SSFC had their annual meeting that included a recap of 2019 events and news about upcoming projects in the community. March 6, 2020 is the next Fiber Gatherings Under the

Pines, a fun, unstructured time to share fiber arts and crafts. This event will be held from 1 p.m. to 3 p.m. at the Gonvick Community Center, 170 Main St., Gonvick MN 56644. Bring your spinning wheel, latest fiber project or an interest in learning or just come out and visit.

More information about the SSFC at sheepcommunity.com, Facebook Farm to Fiber Festival or contact sustainable-sheep@gmail.com or 218-657-2502

State of the Band Message at Red Lake

Photos & Story by Michael Meurers

Band members, and all friends of Red Lake Nation are cordially invited to attend the annual Red Lake Nation State of the Band Address on Friday, February 28, 2020, at 11:00 am at Seven Clans Casino Event Center, Red Lake.

In this annual report to the people, Red Lake Chairman Darrell G. Seki, Sr., will recap the Tribal Council's 2019 agenda, and present future goals, aspirations, and plans for 2020.

Please join us for a dinner after the address. Menu: RL Walleye or Ribeye Steak, baked potato, wild rice hotdish, corn, dinner roll, beverage
 Everyone Welcome!
 Agenda
 • Flag song
 • Honor Guard and Red Lake Nation Royalty
 • Welcome and State of the Band Address
 • Dinner will be served at

no cost (as is the custom among America's Indigenous Peoples) following the State of the Band Address

Visit Program Informational Booths & Drawings from 8:30 – 10:30 am.

For more information contact Barb or Lilah 218-679-3341 or contact me.



Chairman Darrell G. Seki, Sr., delivers State of the Band message in 2019.

Northland Awards Spring 2020 Foundation Scholarships

February 13, 2020 — Northland Community & Technical College proudly announces the recipients of the spring 2020 Northland Community & Technical College Foundation scholarships. As part of its mission to enhance the educational experience of students, the Northland Foundation offers scholarship opportunities semi-annually to current and incoming students. With the generous support and investments from individuals and local businesses, the Northland Foundation distributes over \$150,000 annually in scholarships. One hundred nineteen scholarships totaling over \$65,000 were awarded to students during the spring semester. Award ceremonies were held on both campuses to honor the recipients.

Bagley - Carver, Nikkole, EGF VFW Scholarship and the Sylvia Jensen LPN Memorial Scholarship

Bagley - Nelson, Breanna, Hartz Foundation Scholarship

Bagley - Syverson, Alexandra, Marge & Orin Green Endowment Scholarship

Clearbrook - Erlandson, Bridget, Northern State Bank

Erskine - Thompson, Lindsey, Hartz Foundation Scholarship

Gonvick - Engberg, Sawyer, Northern State Bank and the Jim Cuppet Memorial Welding Scholarship

Goodridge - Beck, Megan, Altru Alliance RN Scholarship

Lengby - Kappedal, Patti, State of the City Scholarship

McIntosh - Gunderson, Jordin, Hartz Foundation Scholarship and the Northern State Bank

McIntosh - Halland, Marly, American Association of University Women Scholarship

Oklee - Erlandson, Bridget, Hartz Foundation Scholarship

Oklee - Hilgeman, Nicolem, Gerald & Marlyn Wigness Music Scholarship

Red Lake Falls - Cardinal, Benjamin, Hartz Foundation Scholarship

Red Lake Falls - Dufault, David, Hartz Foundation Scholarship

Red Lake Falls - Landman, Kelsey, Cota Family Scholarship, Dr. Tyrone Birkeland Endowment Scholarship and the Thief River Falls Times John P. Mattson Endowment Scholarship.



Patti Kappedal from Lengby.



Alexandra Syverson from Bagley.



Sawyer Engberg from Gonvick.



Marley Halland from McIntosh.



Jordin Gunderson from McIntosh.



Kelsey Landman from Red Lake Falls, received the Dr. Tyrone Birkeland Endowment Scholarship.

Operation Round Up® Grant Applications due Friday, February 28th

Organizations involved in community projects and charities are encouraged to apply for funds from Operation Round Up at this time. Completed grant applications are due in the Red Lake Electric Cooperative (RLEC) office by Friday, February 28th.

Operation Round Up is a program adopted by RLEC headquartered in Red Lake Falls. Members choosing to "round up" their monthly electric bill payment provide funds for this effort. Today 96% of RLEC members now choose to contribute pennies each month to enhance their communities. Funds will be donated pri-

marily to nonprofit organizations to help fund specific projects or programs. Since the program began in 1993, \$562,816 has been granted to community organizations and charities. Money is donated for the betterment of the community within the outside service area boundaries of RLEC.

The Red Lake Electric Trust Board of Directors determines grants. Board members are Julie Stennes, Thief River Falls; Tishara Melcher, Middle River; Diane Kolstoe, Oklee; Stephanie Johnson, Gatzke and Bonnie Christians, Crookston.

To apply for Operations Round Up grants, organizations

should contact the RLEC office in Red Lake Falls at 218-253-2168 or 800-245-6068. A short application must be completed and submitted along with a financial statement from the organization.

Grant application forms are available on the Cooperative's website: www.redlakeelectric.com

For more information, contact Stephanie Johnson, General Manager of RLEC, at 218-253-2168 or 800-245-6068.

This institution is an equal opportunity provider and employer.



Red Lake County Highway Department Retirees met at the Oklee Cafe for a breakfast get together. Lots of memories, pictures and stories were shared. Back l to r: Jim DuChamp, Mike Schmidt, Larry Eckstein, George Burthwick, Jerry Schindler, Whitey Johnson. Front l to r: Jerry Sauve, Jerry Schue, Goodwin Kvasger. Missing was Jim Kelly.

As soon as your child is old enough to count, spend time teaching them to sort, save and count coins.



To make saving more fun, you could use the tradition piggy bank your child will receive when you open a savings account at Security State Bank.



Kember Anderson

Security STATE BANK
PO Box 69
Oklee, MN 56742



Phone
218-796-5157

Q48C

College News

Minnesota students receive degrees from NDSU

FARGO, N.D., Feb. 10 — Minnesota students included on the attached list were among the students to graduate from North Dakota State University in fall 2019. NDSU awarded 1,034 degrees to students.

Students are listed by hometown. The list includes their major and degree received. An asterisk indicates students who graduated with honors. A student must earn a 3.50 grade point average or higher to graduate with honors. Please include all area students in your news publications.

As a student-focused, land-grant, research university, we serve our citizens.

BA = Bachelor of Arts
BSEE = Bachelor of Science in Electrical Engineering
Clearbrook: Alexander Scott Knutson, BSEE Electrical Engineering

Taylor Faith Volker, BS Criminal Justice

Crookston: Timothy T. Cymbaluk, BS Crop and Weed Sciences

Madison Jo Ringdahl, BS Psychology

Gully: *Hannah Danielle Paulson, BS Health Education

Newfolden: *Brody Joe Engen, BS Accounting

Spring will come again! Now is the time to think about what is next! HOME CONSTRUCTION LOANS

- Multiple options available including Construction-to-Permanent loans.

- Finance the construction and prior to construction completion, select your permanent financing program.



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R48C

Thank You

We want to express our heartfelt THANKS for all the kind expressions of sympathy shown to our family after Roy's passing.

Special thanks to:

- The Grygla Fire Department, Grygla Lions and American Legion for their part in the service.

- All the people who brought food to our home.

- The women who worked in the church kitchen to prepare food.

- Jodi Schulz, Pastor Vicki, and grand nephews Dayle, Alex, Tony and Gavin for their beautiful music.

- Pastor Ken for his visits and comforting messages.

- The nurses at the Care Center who gave Roy such caring attention.

- The amazing staff at Johnson Funeral Home for their services.

We are truly blessed to live among such warm-hearted people!

Joy Nordby and family

Oklee Firemen's Blizzard Bonanza

Friday, February 29th

5:00 Social, 6:00 supper,

7:00 entertainment

10:00pm raffle



License x-01111

Tickets on sale at local businesses for Walleye Dinner \$15.00
Raffle Tickets are available for a chance at some great prizes:

1st Legacy Pointer 12 ga. over under

2nd Samsung 50" Smart TV

3rd \$75 Oklee Lumber Certificate

4th \$75 D&R Grocery Certificate

5th \$75 Red Lake County Coop Certificate

Drawing at 10:00 2/29/20
at the Oklee Community Hall
\$5/ticket

Q47-48C

FREE ADMISSION 20TH ANNUAL GRAND FORKS CAMPER SHOW

MARCH 6, 7, 8

AT THE ALERUS CENTER ARENA

HOURS: FRI 1PM-8PM SAT 10AM-8PM SUN 11AM-4PM

Special Show Prices!

Come out and see the 2020 models.
Lightweight Travel Trailers | Fifth Wheels | Park Trailers | Toy Haulers
There will be something for everyone at the
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The DTCCA
GF Gun Show 2020
\$5 Admission
March 7 9am-5pm
March 8 9am-3pm

R48-49C

TRUMP 2020

Attend Your Republican Precinct Caucus

Tuesday, February 25th, 2020

6:30 PM Registration | 7:00 PM Caucus

ALL PRECINCTS IN CLEARWATER COUNTY

WILL CAUCUS AT THE

BAGLEY HIGH SCHOOL CAFETERIA

1130 Main Ave North, Bagley

**** New this Year: Presidential Primary is March 3rd ****

WHY CAUCUS?

This is the night that our election process begins! This is the night that your opinions and actions will count the most! Elect or become a Delegate to the Clearwater County Republican Convention on March 14th. How should the MN GOP platform be amended? By attending your local caucus, you are showing that you support Republican candidates and that you take your civic duty to participate seriously. By attending your local caucus, YOU make OUR Republican Party much stronger and OUR *One Nation Under God* a better place to live and raise our families! For Liberty and Justice For All,

Matthew Huschle

Chairman, Clearwater County GOP
218-779-2439 Cell 694-2341 Home

Email: Chair@ClearwaterGOP.com
Website: www.ClearwaterGOP.com
Facebook: "ClearwaterCounty GOP"

Prepared and paid for by the Clearwater County Republican Party.
Not authorized by any candidate or candidate's committee.

R48C

CNA GLASS

March 2nd - April 1st

Mondays & Wednesdays

3:30-9:30pm

At MSL Training Center
in McIntosh

M47-49C

Passport photos

Richards Publishing Co.
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Polk County DFL members and volunteers preparing for the upcoming Polk County caucus on February 25th

The Polk County DFL directors and volunteers gathered at the Crookston Library on February 8 to plan the DFL caucuses for Polk County. The DFL caucuses will be held on February 25, 2020 at 7:00 P.M., with registration beginning at 6:30 P.M. While Minnesota will have a primary to select the Democratic presidential candidate on March 3, the caucuses allow voters to meet other Democrats, propose amendments to the party platform, to present resolutions, and to become a delegate to the state and national convention. Information is also available at www.polkcountydfl.org.

Here are this year's DFL caucus sites for Polk County:
Crookston Highland School:

Crookston — all wards, Gentilly, Euclid, Andover Township,

Angus Township, Belgium Township, Brandt Township, Brislet Township, Crookston Township, Fairfax Township, Fanny Township, Helgeland Township, Kertsonville Township, Lowell Township, Parnell Township, Russia Township.

Climax Public School:

Climax Township, Nielsville Township, Hammond Township, Hubbard Township, Roome Township, Scandia Township, Tynsid Township, Vineland Township.

EGF Senior Highschool:

East Grand Forks — all wards, Fisher, Bygland Township, Esther Township, Farley Township, Fisher Township, Grand Forks Township, Higdem Township, Huntsville Township, Keystone Township, Nesbit Township, Northland Township, Rhinehart Township, Sandville Township, Sullivan

Township, Tabor Township.

Fertile-Beltrami High-school Cafeteria:

Fertile, Beltrami, Garden Township, Garfield Township, Godfrey Township, Liberty Township, Onstad Township, Reis Township.

Fosston Civic Center:

Fosston, Gully, Lengby, Trail, Chester Township, Columbia Township, Eden Township, Gully Township, Hill River Township, Johnson Township, Queen Township, Rosebud Township, Sletten Township.

Win-E-Mac School:

Ersine, McIntosh, Mentor, Winger, Badger Township, Grove Park-Tilden Township, King Township, Knute, Lessor Township, Winger Township, Woodside Township.

We hope you can come out and caucus with us!

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

DOUBLE COUPONS SUNDAY-WEDNESDAY

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FAMILY MARKET AND SPIRITS
FOSSTON • MINNESOTA

SALE DATES: MONDAY AFTERNOON FEBRUARY 17 TO FEBRUARY 23

PITCHFORK PIZZA
GOURMET PIZZA, SALADS AND SANDWICHES

Caribou COFFEE

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

ESSENTIAL EVERYDAY
WHIPPING CREAM
99¢ PINT

CASS CLAY OR LAND O' LAKES DAIRY PURE
HALF & HALF
5/\$4.50 PINT

STONERIDGE ASSORTED
ICE CREAM
\$2.99 48 OZ

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

4 MEAT, SUPREME, PEPPERONI, 5 CHEESE, PEPPERONI/SAUSAGE OR SAUSAGE
TOMBSTONE PIZZA
3/\$9 19.3-21.1 oz
ASST. RISING CRUST, FLATBREAD OR ULTRA THIN CRUST
CULINARY CIRCLE PIZZA..... **2/\$8**

ESSENTIAL EVERYDAY
FAT FREE CHICKEN OR MUSHROOM
CREAM SOUP
3/\$2 10.5 OZ
ESSENTIAL EVERYDAY
CREAM OF POTATO 10.75 OZ **4/\$3**

COMFORT PLUS
SCOTT BATH TISSUE
\$4.59 12 PK-DOUBLE ROLL
X-TRA ASSORTED
LIQUID LAUNDRY..... 75 OZ **\$1.99**

ASSORTED
COCA COLA PRODUCTS
\$6.99 24 PK-12 OZ CANS
ASSORTED - 8 PK-16 OZ BOTTLES
COCA COLA PRODUCTS **\$3.99**

FROSTED MINI WHEATS OR FROSTED MINI WHEATS LITTLE BITES CEREAL
KELLOGG'S
5/\$10 15.9-18 OZ

ESSENTIAL EVERYDAY
LIGHT BROWN, DARK BROWN OR POWDERED
SUGAR
3/\$4 2 LBS

CHOICE OF 10
MARS CANDY BARS
10/\$5

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

 FAMILY PACK 85% LEAN GROUND BEEF \$3.09 LB	 BONELESS CENTER CUT PORK LOIN ROAST \$2.39 LB	 FAMILY PACK SPLIT CHICKEN BREASTS 99¢ LB	 BREADED CHICKEN NUGGETS, PATTIES OR TENDERS TYSON CHICKEN \$4.99 24-32 OZ
ANGUS FARMS BEEF BONELESS TOP ROUND ROAST LB \$3.79	FAMILY PACK BONELESS PORK COUNTRY STYLE RIBS..... LB \$1.99	FESTIVAL WHOLE TURKEY BREASTS LB \$1.19	ELLIOTT'S BONELESS SLICED HAM 2.5 LB \$8.99
ANGUS FARMS BEEF BONELESS TOP ROUND STEAK..... LB \$3.99	FAMILY PACK BONELESS CENTER CUT PORK LOIN CHOPS..... LB \$2.39	FAMILY PACK CHICKEN DRUMSTICKS OR CHICKEN THIGHS..... LB 99¢	OSCAR MAYER LUNCHABLES..... ASST. VARIETY 3.2-4.4 OZ 4/\$5
ANGUS FARMS BEEF BONELESS BALL TIP STEAK..... LB \$4.29	FULLY COOKED PORK SAUSAGE PATTIES LB \$3.69	GERBER AMISH FARMS BONELESS, SKINLESS CHICKEN BREASTS LB \$4.49	ELLIOTT'S SMOKED BACON ORIGINAL OR APPLEWOOD 16 OZ \$3.99
ANGUS FARMS BEEF BONELESS RIBEYE STEAK LB \$9.99	ARCTIC SHORES 150 TO 200 COUNT COOKED SALAD SHRIMP 6 OZ 2/\$5	ATLANTIC SALMON SIDES..... LB \$7.99	POLISH SAUSAGE, SMOKED OR CHEDDAR BRATS ELLIOTT'S 13.3 OZ \$2.79

2%, 1% OR SKIM DAIRY PURE
LAND O' LAKES MILK
\$2.99 GALLON
CASS CLAY ASSORTED
JUICE OR MILK PINT **\$1.19**

COUNTRY HEARTH DAKOTA
12-GRAIN BREAD
\$2.49 24 OZ
WHITE COTTAGE BREAD
VILLAGE HEARTH 24 OZ **\$2.49**

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VELVEETA ORIGINAL
SHELLS & CHEESE CUPS
\$4.99 8 PK
WHITE CHEDDAR PASTA BOWL
CRACKER BARREL..... 3.8 OZ **99¢**

ESSENTIAL EVERYDAY
APPLE CIDER
2/\$3 1/2 GALLON
ESSENTIAL EVERYDAY DISTILLED
WATER..... GALLON **69¢**

WHOLE OR 1%
TRUMOO CHOCOLATE MILK
\$1.99 1/2 GALLON
PILLSBURY CHERRY, APPLE, BLUEBERRY, CREAM CHEESE & STRAWBERRY OR STRAWBERRY
TOASTER STRUDEL 11.7 OZ **\$1.99**

KRAFT ORIGINAL
MIRACLE WHIP
\$2.99 30 OZ
HEINZ GEORGIA STYLE SWEET HONEY
BBQ SAUCE 19.8 OZ **89¢**

ASSORTED DORITOS (9.75-10 OZ) OR SUNCHIPS (7-10 OZ) **4/\$10**
ASSORTED TOSTITOS (10-13 OZ) OR RUFFLES (7.75-9 OZ) **3/\$9**
ASSORTED LAY'S
KETTLE COOKED CHIPS (8 OZ) **4/\$9**

TACO BELL
TACO SHELLS
3/\$2 4.5 OZ
ESSENTIAL EVERYDAY
MILD SALSA..... 24 OZ **89¢**

ESSENTIAL EVERYDAY
SAUERKRAUT
99¢ 32 OZ GLASS
KRAFT ZESTY
ITALIAN DRESSING 24 OZ **99¢**

DEAN'S DAIRY PURE ASSORTED
SOUR CREAM
2/\$3 16 OZ
FRENCH ONION, RANCH OR TOASTED ONION
LAND O' LAKES DIP..... 16 OZ **\$1.79**

ESSENTIAL EVERYDAY
ISLAND ESCAPE TRAIL MIX
99¢ 9 OZ
ESSENTIAL EVERYDAY NUT 'N BUT NUTS
TRAIL MIX 9 OZ **\$1.99**

OLD DUTCH ORIGINAL OR RIP-L
POTATO CHIPS
\$3.59 15 OZ BOX
ASSORTED
DUTCH CRUNCH 9 OZ **2/\$5**

ESSENTIAL EVERYDAY
TACO OR FAJITA SEASONING
39¢ 1.25 OZ
ESSENTIAL EVERYDAY TORTILLA STRIPS, WONTON STRIPS OR CRISPY ONION GARLIC
SALAD TOPPINGS 4 OZ **99¢**

ESSENTIAL EVERYDAY
NAPKINS
\$2.59 500 CT
ESSENTIAL EVERYDAY LEMON SCENT
AUTO DISH GEL 45 OZ **\$2.79**

CASS CLAY 4% OR 2%
COTTAGE CHEESE
\$1.59 16 OZ
LAND O' LAKES ASSORTED
YOGURT..... 24 OZ **\$2.39**

SUNBELT ASSORTED
GRANOLA BARS
2/\$4 10 PK
FUDGE MINT BROWNIES
FIBER ONE 5.3 OZ **3/\$5**

CUTIE
CLEMENTINES
\$4.99 3 LB
RUBY RED GRAPEFRUIT 3 LB **\$2.99**
RED OR GREEN GRAPES LB **\$2.49**
NECTARINES OR PEACHES LB **\$2.49**
HEIRLOOM NAVEL ORANGES EA **69¢**
DOLE SPRING MIX, FIELD GREENS, PREMIUM ROMAINE, HEARTS OF ROMAINE, ITALIAN BLEND OR AMERICAN BLEND
SALAD BLENDS 5-12 OZ **2/\$4**
CELERY EA **\$1.29**
ASPARAGUS LB **\$2.59**
ROMA TOMATOES LB **\$1.29**
WHITE ONIONS LB **99¢**
GREEN GIANT KLONDIKE ROSE OR GOLD POTATOES 5 LB **\$3.99**

PEPPERED BACON & CHEDDAR
IDAHOAN MASHED POTATOES
5/\$2 3 OZ
ORE IDA ORIGINAL
MASHED POTATOES 4 OZ **59¢**

MINI CHUNKS (16 LB) OR HI PROTEIN (15 LBS)
SUPREME DOG FOOD
\$5.99
TUFFY'S DINNERTIME
CAT FOOD..... 20 LB **\$9.99**

ESSENTIAL EVERYDAY
CRESCENT ROLLS
99¢ 8 CT
SHREDED
SIMPLY HASHBROWNS... 20 OZ **\$2.39**

ESSENTIAL EVERYDAY CRUNCHY
CHEESE CURLS
3/\$2 9 OZ
ESSENTIAL EVERYDAY
BBQ POTATO CHIPS 9 OZ **3/\$2**

ORIGINAL OR LIGHT
COOL WHIP
\$1.19 8 OZ
GREGORY'S ASSORTED
COOKIE DOUGH .. 48 OZ FROZEN **\$8.99**

KEEBLER
ZESTA SALTINES
\$2.59 16 OZ
GODIVA
RASPBERRY TORTE.... 12.3 OZ **\$1.99**

AISLE 23
wine, spirits and beer
15 PK-12 OZ CANS
KEYSTONE LIGHT OR
KEYSTONE ICE .. **\$8.99**
6 PK-12 OZ CANS ASSORTED
BEMIDJI BREWING
BEER **\$8.99**
750 ML RUM CHATA CARIBBEAN
RUM **\$20.99**
1.75 LITER
PHILLIPS
VODKA..... **\$15.99**
750 ML CABERNET, CHARDONNAY, MERLOT OR PINOT NOIR CHATEAU
SOVERAIN..... **\$9.99**
750 ML
KENDALL JACKSON
CHARDONNAY. **\$11.99**
3 LITER ASSORTED
BLACK BOX
WINE **\$19.99**
750 ML ASSORTED
FIRE FLY
MOONSHINE..... **\$13.99**

CLASSIFIED ADS

Pre-School/Early Childhood Teacher ISD #2906 Red Lake County Central, Plummer Site

The Pre-School/Early Childhood Teacher provides developmentally appropriate educational opportunities and curriculum to children ages birth to five that develop the whole child (cognitive, social emotional, language/communication, and physical development) while supporting and educating parents to create a stronger parent-child relationship and age appropriate child development.

Qualifications

Teaching license in one of the following: Education, Early Childhood, Pre-Kindergarten, Birth to 3rd grade, and/or Parent Educator

Full time, with compensation based on Teacher's Master Contract

Date of availability 2020-2021 School Year

Closing date Open until filled. Questions and inquiries should be directed to Andy Fougner at afougner@gvtel.com

Send resume & application: RLCC Elementary School, Attention: Andy Fougner, PO Box 7, Plummer, MN 56748, afougner@gvtel.com ISD #2906,

Red Lake County Central Public School is an Equal Opportunity Provider and Employer.



Family Service Director



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

Family Service Director: Provides leadership, development, marketing, implementation and evaluation for the Homeless programs in the Family Service Department. Responsible for the effective administration of all aspects by maintaining communications, planning activities, and oversight of the grants and staff. Bachelor's Degree in Social Work or a related field. Microsoft Office Advanced knowledge preferred. Full time

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycouncil.org. Send completed application and resume to ICC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycouncil.org. Applications must be received by 4:30PM on Monday, March 2, 2020. Call 218-796-5144 x1027 for more information about the position.

ICCC is an equal opportunity employer and program provider.

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 resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN. Applications will be received until 4:30 p.m., March 4, 2020. All qualified applicants will be considered for employment. EEO.

SEE YOURSELF AT SANFORD

RN/LPN Inpatient

Join our growing team!

Sanford Health Bagley is currently accepting applications for RN/ LPN Inpatient-Med/Surg positions. Full time positions available!

To view the job descriptions and apply, please visit sanfordhealth.jobs and search Bagley locations.

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Bagley

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WELLNESS COORDINATOR (1.0 FTE), POLK COUNTY PUBLIC HEALTH

Polk County Public Health is seeking a creative, self-driven and enthusiastic individual to fill our new Wellness Coordinator – **Dental Innovations Coordinator** position. This position is responsible to work with community and healthcare partners across six counties to creatively re-think, innovate, plan and manage improved and expanded access to dental services/resources. Duties include assessment, strategic planning, implementation, evaluation, and providing education, consultation and assistance with partners and clients.

Baccalaureate Degree in Public Health, Health Education, Human Services, or a related field and three (3) years' experience in community-based health promotion experience required. Must have a valid driver's license or equivalent mobility. Candidate must possess excellent community engagement skills and have experience leading/innovating through change. This position is funded for 3 years by Blue Cross Blue Shield of Minnesota.

Please call 1-218-281-3385 or visit www.co.polk.mn.us click on "Careers" for an application and job description. Salary Range for this position is \$26.25 - \$33.37/hour depending on experience and qualifications. Please return your completed application along with a resume to the Polk County Administrator's Office, Polk County Government Center, 612 N. Broadway, Room 211, Crookston, MN 56716. Position will remain open until February 26, 2020 at 4:30 p.m. All qualified applicants will be considered for employment. EOE

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Essentia Health

The Clearbrook-Gonvick School District has an opening for a full time **Human Resources/ Payroll** position.

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What are loot boxes?

Gaming might seem like an unlikely topic to find its way into political discourse, but that's precisely what happened in 2019 when American presidential candidate Andrew Yang discussed loot boxes. Loot boxes, which have been included in many popular games, ask players who have already purchased the games to spend even more money to purchase randomized digital content, such as player outfits and weapons, that can be used by gamers. In theory, the boxes can make the games more engaging. However, the returns on the boxes are random, meaning gamers don't know what's in them before purchasing them. That has led some lawmakers, and even presidential candidates like Yang, to question the practice of including loot boxes in games, with some even suggesting that the practice is no different than gambling. Loot boxes have drawn the attention of the Federal Trade Commission, an American watchdog group that vowed to investigate the process in 2018. In addition, some countries have taken measures to protect gamers from loot boxes. That includes Belgium, which has outlawed loot boxes, and China, which has attempted to make the process more transparent by forcing companies to disclose the odds to gamers before they purchase the boxes.

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X H E E E A N L A G V K G G D O E G B F
V Q V O C D F B D K D N K H K S T L S W
G G O K W K U C C H I O B H A S B O O K
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O R Q O A O T U Y H H W A N G S V D W K
S E F R O A A D T W Y T R E L U Q G H U
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A E B O G L U B E D F T H Y K W A Q E I
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G L B R O W S E E C N E R E F E R T V W
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E X V S S W X X R X F A U T H O R Q Q U
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Find the words hidden vertically, horizontally, diagonally, and backwards.

LIBRARY LESSONS WORD SEARCH *Answers on page 6*

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: I see a lot of people that have their fog lights on and when I am meeting them on the road and some are very bright and make seeing the road very difficult. Some of them appear to be out of alignment and are blinding. What is the law that covers this?

Answer: There are some specific requirements for those lights, but if the fog lights are aimed too high and/or are too bright then they are not legal just for that reason, even if they are in compliance with the rest of the law. All lights for vehicles have to be approved by the Commissioner of Public Safety and they have to be allowed by statute.

Minnesota law says that any motor vehicle may be equipped with not to exceed two fog lamps mounted on the front at a height not less than 12 inches nor more

than 30 inches above the level surface upon which the vehicle stands and so aimed that when the vehicle is not loaded none of the high-intensity portion of the light to the left of the center of the vehicle shall at a distance of 25 feet ahead project higher than a level of four inches below the level of the center of the lamp from which it comes. Lighted fog lamps meeting the above requirements may be used with lower headlamp beams.

Another relevant law says that when a motor vehicle equipped with headlamps, as (herein) required, is also equipped with any auxiliary lamps, spot lamps or any other lamps on the front thereof projecting a beam of intensity greater than 300-candle power, not more than a total of four of any such lamps on the front of a vehicle shall be lighted at any one time when upon a highway.

The best practice to keep your lights on at all times on the road to make yourself more visible to other drivers. It's the law to have head lights (and tail lights) on during rain/snow and when visibility is reduced.

Anytime your vehicle's height is altered, by adding larger tires/rims or any type of suspension lift, your headlights and fog lights may need to be adjusted so they are not blinding to other motorists.

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).

Signs of Complicated Grief & Ways to Cope



We will all experience grief at some point in our lives. At its best, grieving is complicated. We may feel a variety of emotions when something in our lives has changed, been lost or has come to an end.

It may be the death of someone important to us, but it could also be another type of loss, including:

- Loss of independence because of aging or health concerns
- A relationship ends
- A job is done—whether by choice or not
- A child moves on to college or to an even more adult venture
- A beloved pet dies
- We move to another community

All of these events can, and usually do, cause grief. When other emotions, life events or other people enter into our grief, it can become even more complicated. We can end up feeling stuck.

The Merriam-Webster dictionary defines “complicated” as:

1. Consisting of parts intricately combined.
2. Difficult to analyze, understand or explain.

Grief, by nature, can be both of these things.

When does grief become complicated grief?

Grief affects many aspects of a person's life. It affects how a person feels, thinks, behaves—even what they believe. Grieving people can feel a range of emotions while also experiencing cognitive effects like being unable to remember simple things, and physical changes, such as fatigue and sleeplessness. These types of reactions are common and completely normal.

Most people who are experiencing normal grief will go through a period of sorrow, numbness and even guilt or anger. With time and personal growth, these feelings will gradually ease, allowing the individual to accept the loss and move forward.

However, some people experience grief that is more complicated. This is grief that sets in and does not fade over time, hindering the person's ability to come to terms with a new nor-

mal. It is unknown what exactly causes complicated grief. But women can be 10 to 20 percent more prone to this type of grief if they are also dealing with other factors, such as multiple losses, high stress levels, pre-existing mental health conditions and/or substance use.

A list of signs and symptoms of complicated grief follow. Many of the same symptoms can be applied to “normal” grief, as well. If you are experiencing any of the following, please reach for help.

Signs & Symptoms of Complicated Grief

- Focusing on little else but your loved one's death
- Feeling that life holds no meaning
- Wishing you had died along with your loved one
- Isolating yourself from others and/or withdrawing from activities
- Having trouble carrying out normal routines

4 Strategies to Manage Your Grief

1. Express your feelings – Talking about your grief and allowing yourself to feel and work through your grief can help prevent you from getting stuck in your sadness.
2. Identify your support system – Ask for help and lean on others to help support you in your grief. Support from family, friends and your faith community are all good options. In addition, support groups can be a helpful place to connect with others who may have experienced a similar type of loss. Hospice of the Red River Valley offers monthly ongoing support groups for men, widows, pregnancy and infant loss, and more.
3. Seek grief counseling – One-on-one grief counseling after a loss can offer you a safe place to explore your emotions surrounding your loss and learn healthy coping skills.
4. Know when to contact a medical professional – Your doctor or a mental health professional can assist you. If you have thoughts of suicide, talk to someone you trust. If you think you may act on suicidal feelings, call 911 or the National Suicide Prevention Lifeline at 800-273-TALK.

Grief is a process that needs to be carefully worked through,

and you are not alone. If you are feeling “stuck” in your grief for any reason, please call a trusted friend, a counselor, a clergy person or our grief specialists at Hospice of the Red River Valley. Call (800) 237-4629 and ask to speak to someone in the grief support department.

There is help. There is hope. Editor's note: This article was written by Janel Ruby, LBSW, & Janna Kontz, MDiv. They are grief specialists with Hospice of the Red River Valley.

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, not-for-profit hospice serving more than 30 counties in North Dakota and Minnesota. Hospice care is intensive comfort care that alleviates pain and suffering, enhancing the quality of life for patients with life-limiting illnesses and their loved ones by addressing their medical, emotional, spiritual and grief needs. For more information, call toll free 800-237-4629, email questions@hrrv.org or visit www.hrrv.org.

Did you know?

Every February people across the United States and Canada pay homage to prominent African American and black figures who have had impact on the world in various ways. Each year, athletes, doctors, film stars, writers, directors, and politicians are just some of the people highlighted as individuals of merit. The official observance of Black History Month, sometimes referred to as African American History Month in certain areas, is relatively recent, though the contributions of black people have been celebrated for centuries. Black History Month evolved from Negro History Week, which was created in 1926 in the United States by historian Carter G. Woodson. Woodson chose the second week in February because it coincided with both the birthdays of Abraham Lincoln (February 12) and Frederick Douglass (February 14). The prominent civil rights group The National Association for the Advancement of Colored People, or NAACP, was also founded on February 12 on the centennial anniversary of the birth of Lincoln. Each of these things makes February an ideal time to celebrate black history. Negro History Week continued through the 1960s and ultimately evolved into an entire month of celebrating on some college campuses. However, Black History Month would not receive national recognition in the United States until 1976, when President Gerald Ford officially recognized it as an opportunity to honor the accomplishments of black Americans throughout history. Canada officially recognized Black History Month in 1995.

Theology in the Trenches

By Kathleen Kjolhaug

Something Triggered Deep Within

Tonight, as I set into place the 440th piece (give or take) of a 1000 piece puzzle, something triggered deep within..

Tonight, it's the color of my soft pink sweatshirt and the warmth of the light in the loft that seems to do it. Grandma comes to mind. It was as if her heart brought love enough to keep all evil at bay. Suddenly, I longed to take the soft pink and wrap all evil in it so those who encounter it may know how deeply they're loved and not alone. To take all pain and rock it gently would be a grand gift to give.

Mother Teresa said, “If we love until it hurts, there can be no more hurt...only love.”

A mama's heart desires to do just that. So, where does a mama lavish the love she so longs to give when the one they long to love is not able to receive, or worse yet, no longer here? What's a mama to do?

At such a time as this we sense the pain of the other. That's what mamas do. So easy it is to say to one another, “Trust, God's got this, Let go and let God, or He never gives you more than you can handle.”

Truth is...life is hard. Somewhere along the line we thought it wasn't going to be or supposed to be. We try desperately to play

God so things turn out the way we think they should. We pound our best out onto the pavement of life only to discover that we can do nothing to change that which has been set in motion.

Or can we? I may not have all of the answers, but I do have one.

We can do something. Each and every one of us can. We can turn to the cross. When I do, I see a man hanging upon it. I see a man that was crucified. I see the Son of God. I see all triggers, all trauma and all trespasses against us nailed to it and it reminds me that I am not alone. It reminds me that I never will be. It reminds me that “in my weakness, He is strong” (2 Corin. 12:9).

When I look at the cross, it reminds me that life is hard and this world is broken. He gave up His life so that we might turn to

Him rather than this world because this world will not satisfy.

Truth is that when this world tries to rip the very heart right out of a mama...we can cling to something. We can cling to His Word as we look to the cross.

“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God which is in Christ Jesus our Lord” (Rom. 8:38-39).

It is because He is who He says He is that we are able to cling to the truth of the cross on which He rested so that we may rest in His reassures as we live within the borders of this broken world. To this a mama's heart can cling. Rest assured. Amen.

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Case SC and DC

By Auctioneer Eric W. Mickelson

As usual I have been doing my fun thing.....a little research. This week when I was skimming through Craigslist I saw an ad for a model DC Case and another for a couple of SC Case tractors. . . They looked pretty good so I began to think maybe I need a Case tractor. I about a year ago I had the same experience when I came across an SC Case with a F 10 farmhand loader on it. I wanted that Case too. I guess I am just a sucker for old tractors!

Probably my attraction to Case tractors comes from another story my day told about growing up in Clearbrook. He always paid close attention to the tractors of the day and what tractors the neighbors had. Can you imagine being fairly new to the farm, like dad was, and see a new Flambeau Red Case DC-3 come roaring down the road! That probably looked pretty cool! My favorite color is green.....John Deere green, but in 1939 Cases's new “orange” color made for an attractive machine! Well, dad's neighbor in Clearbrook Reuben Rydeen had a new DC-3 and it was one of the tractors that got dad's attention.

Case came out with the “D” series in 1939 replacing the “C” series. It was really not a “new” machine. It used most of the components of the “C” were basically used on the new model “D”.

The model “D” was the standard version, and the model “DC” had several different versions.

Over the years the “D” was upgraded many times. The hand clutch was converted to a foot clutch. Like most brands the hydraulic system was im-

proved along with the adding of disc brakes. After 15 years the model “D” production run ended in 1953. At the same time the DCs little brother also hit the market, the SC. The SC was made from 1941-1954. The SC was a two plow tractor and DC was considered a 3 plow tractor. Either tractor would be a nice addition to a tractor collection.....someday, maybe!??

How about a little tractor trivia!

1. In 1940 Case replaced the 3-speed transmission, with a _____ speed transmission.
A) 4 B) 5 C) 6 D) 8 (four speed with Hi/Lo range)

2. Famous for catching the fence row the long steering arm was often referred to as _____?

- A) The Long Arm of the Law
- B) Chicken roost/pigeon roost
- C) That crazy Case steering

3. The model SC and DC tractors were manufactured in _____?

- A) Milwaukee, WI B) Racine, WI
- C) Appleton, WI D) Madison, WI

4. The model DC-4 had a _____ front end.
A) Wide B) Narrow C) Standard D) Non-adjustable

5. The DC Case and the M Farmall differed in belt hp by ONE hp(According to Tractor data.com). Which one was bigger!

Answers: 1. A. 4speed 2. B. Chicken roost 3. B. Racine 4. D. Non-adjustable 5. M Farmall -37, DC-36



Case advertisement featuring the DC, SC, and VAC.



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OBITUARIES



Services for Maxine Sorenson

Maxine Sorenson, age 78, of Gonvick, MN passed away peacefully in her sleep on Friday, February 14, at Essentia Health Senior Living in Fosston, MN.

Funeral services will be held at 11:00 a.m. on Thursday February 20th, at Samhold Lutheran Church in Gonvick with Rev. Kris Snyder. Interment will be at Clover Township Cemetery, at a later date. Visitation will be held one hour prior to the service on Thursday morning at the church. The Cease Family funeral home assisted the family with arrangements.

Maxine Jeanette Sorenson was born on February 13, 1942. She was the daughter of Burton and Julia Webstad. She attended both Clover Country School, and Clearbrook High School. As a child, she was baptized and confirmed at Clover Chapel where she enjoyed playing the organ. In 1959, she married Larry Sorenson. They moved to a farm in rural Gonvick, where they raised their three children, Terry, Julie, and Stacy. Maxine enjoyed working on the farm and milking

their dairy cows. She also began working at the Gonvick School as an aide, where she spent several years.

Maxine later met Ted Hamm and they lived together for over 30 years. Maxine spent a lot of her time playing solitaire at the table alongside Ted, as well as going for nightly drives. Maxine also spent a lot of her younger years gardening, canning, embroidering dish towels, and doing puzzle books.

Maxine is known for her deep love for animals, especially her cats and dogs. However, she had a deep hatred of worms.

She always enjoyed visits from her family, but if you planned to come between the hours of 11:00am-12:00pm, be prepared to sit down and watch The Young and the Restless with her. Maxine especially loved to have her grandchildren over where she would fill them up with plenty of cookies and other treats.

She is survived by her son Terry (Roxanne) Sorenson of Fosston, daughter Julie (Bob) Wagner of Gully, daughter Stacy (Terry) Halvorson of Gully, grandchildren, Jeremy (Becky) Sorenson, Nicole (Adam) Sweno, Darren (Ashley) Lee, Dana (Wayne) Fenske, Breanne (Braden) Beckstrand, Brittany (Cole) Kortan, Cody Halvorson, and great grandchildren Trinity, Devin, Ella, Emma, Teagen, Derek, Jaden, Brynn, Kaleb, and Kolby.

She was preceded in death by her parents Burton and Julia, her significant other, Ted, and grandson Jason.

She will be missed by all. Until we meet again, Uggo much.

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

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



Services held for Erling Lian

Erling Lian, 84, of Thief River Falls, MN and Gatzke, MN passed away on Tuesday, February 11, 2020 at Sanford Medical Center, Thief River Falls, MN.

Visitation was held from 3:00 PM until 6:00 PM with a 5:00 PM prayer service on Sunday, February 16, 2020 at Johnson Funeral Service in Thief River Falls, MN. Visitation was also held one hour prior to the funeral at United Lutheran Church in Gatzke.

The funeral to celebrate Erling's life was held at 11:00 AM on Monday, February 17, 2020 at United Lutheran Church in Gatzke, MN with Rev. Timothy Lundeen officiating. Burial will follow at Moose River Cemetery in Gatzke, MN.

Erling Herman Lian was born on October 6, 1935 in a log cabin near Gatzke, MN the son of Herman and Ethel (Johnson) Lian. He was baptized into the Lutheran faith and confirmed at United Lutheran Church in Gatzke. He attended school in Gatzke.

Following high school, Erling moved to Minneapolis, MN where he worked different jobs including Land-O-Lakes and Applegrens Service Station.

On September 4, 1955 Erling was united in marriage to his high school sweetheart, Mary Finnerud, in Minneapolis. They made their home in Minneapolis until 1970 when they moved to California with

their family of five children. He worked at Alcorn Fence as a mechanic and welder.

In the fall of 1989 Erling and Mary moved to Thief River Falls where they have since resided. He went to work at Arctic Cat until his retirement. He also had rental properties in Thief River Falls which kept him busy with carpentry work.

He loved spending time with his family and friends and he spent hours playing Rook. He loved the outdoors and in his younger years, enjoyed camping, hunting and 4-wheeler riding. Home for Erling was always coming to Gatzke to spend time at his land and visiting with his neighbors and friends.

Erling was a social man who loved telling stories, with an intoxicating laugh, and a twinkle in his eye.

He was a member of United Lutheran Church in Gatzke. He enjoyed participating in Gatzke and Grygla Seniors, and meals at the Grain Bin Café in Grygla.

Survivors include children, Darrell (Deborah) Lian of Bremerton, WA, Marilyn McKee of Thief River Falls, Scott (Mary-Beth) Lian of Palmdale, CA, Mike Lian of East Grand Forks, MN; grandchildren, John Lian of Georgia, Cassidy Lian of St. Hilaire, MN, Emilie (Steve) Rons of Simi Valley, CA, Roxana (Sasha) Lian of Seattle, WA, Crystal McKee of Thief River Falls, Melissa McKee of St. Hilaire, MN, Joshua Lian of California, Megan Lian of California; great-grandchildren, Brody, Lily, Chloe, Rylie, Anthony, Chloe, Avery, Amaya, Mary Jane, and Skylar; sister, Marvel Dahl; brother, Keith (Linda) Lian; many nieces, nephews, relatives and friends.

He is preceded in death by his wife, Mary in 2013; son, Richard in 2014; grandson, Jesse James Lian; siblings, Kenneth LeRoy (Darlene) Lian and JoJean (Lee) Ronspiez; and brother-in-law, Arvin Dahl.

Condolences may be sent at www.johnsonfuneralservice.com



Services held for Darrell Stenlund

Darrell Wayne Stenlund, age 87, of Little Canada, Minnesota, formerly of Brainerd and Leonard, Minnesota, died on February 11, 2020 in Roseville, Minnesota.

Mass of Christian burial was held at 11:00 AM Tuesday, February 18th, at St. John the Evangelist Catholic Church, 380 E. Little Canada Rd., Little Canada. Visitation was at church one hour prior to Mass. Burial Ft. Snelling National Cemetery. In lieu of flowers memorials are preferred to Alzheimer's research at the Mayo Clinic in Rochester. Arrangements by Chapel Funeral Providers.

Darrell was born on March 19, 1932 in Leonard, Minnesota to David and Irene (Buzick) Stenlund.

He served in the US Navy.

Worked as a salesman with the Square D Company.



Survived by his loving wife Alice (nee: Kucera); children Dwayne (DeeAnn), Karla (Jim) Tessier and Dwight (Kathryn Worrell).

Grandchildren Katherine (Nick) Varda, Benjamin (Kathleen) Stenlund, Steven Tessier and Tim Stenlund.

Also survived by 4 grandchildren; 5 great-grandchildren; sister Noreen (Winston) Villocino and also many other loving relatives and friends.

Memorials are preferred to Alzheimer's research at the Mayo Clinic in Rochester.



Services for Jeanette Hetland

Jeanette Lorraine Hetland, 84, of Gonvick died on Thursday, February 13, 2020 at the Sanford Fargo Medical Center.

Funeral services will be held on Saturday, February 22, 2020 at the Samhold Lutheran Church in Gonvick, MN at 11:00 a.m. Visitation will be one hour prior to the services at the church. Interment will be held at the Samhold Lutheran Cemetery in Gonvick, MN. The Cease Family Funeral Home assisted the family with arrangements.

Jeanette Lorraine Hetland was born September 9, 1935 to John and Judith Faldet of Gonvick, MN. Jeannette was baptized October 20th, 1935 at Samhold Lutheran Church. Jeannette graduated from Gonvick High School in 1953.

Jeanette married Carroll Hetland on September 04, 1954. They moved to Aurora/Hoyt Lakes in 1956 where they lived for 8 years. During this time Carroll worked for a mining company and Jeanette was busy raising

their growing family. In 1964 they moved back to Gonvick and bought the Hetland family farm.

Throughout her life she worked as a treasurer for the Samhold Lutheran Church, a bookkeeper for the Gonvick creamery, Gully Co-op and Fosston Co-op. In 1975 Carroll and Jeannette began Clearbrook Ag Service, a family business which Jeanette co-managed.

Family was important to her and came above everything else. Her biggest joy in life was to have her family together. She was the best cook in the world, and is famous for her caramel rolls, apple pie, lefse, cookies, and mashed potatoes. Not just an amazing cook, she was also a great conversationalist with insight and a delightful sense of humor.

Jeanette is survived by her children Pamela (Tom) Goebel, Julie (Fred) Sundquist, Randy (d. 2012) Yvonne Hetland, Richard (Marissa) Hetland all of Gonvick, MN. Grandchildren Nicholas (Stacy) Gunning, Lindsey Lamwers, Jessica (Ryan) Kopischke, Joe (Nikki) Goebel, Benjamin (Leslie) Hetland, Bradley Hetland, Reegen Hetland and Brynn Hetland, Derek (Tammie) Loiland. She had 9 great grandchildren and 1 great great grandchild. Brother-Jimmy Faldet, Sister-in-laws Joan Higdem and JeNelle Faldet, brother-in-law Jerry Erickson.

She was preceded in death by her husband Carroll, her son Randy, her sister Carolyn and brothers Jon and Gary.

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

Submit Obituaries & Memorials to Richards Publishing at richards@gvtel.com



Services for Gerald Cote

Gerald Cote passed away Monday, February 10, 2020 at the First Care Living Center in Fosston at the age of 87 years, 2 months and 5 days.

Funeral services are scheduled for Saturday, February 22, 2020. Visitation was held from 10:00-11:00 AM at the St Francis Xavier Catholic Church of Oklee and funeral followed at 11:00 AM. Burial was at the church cemetery following the service.

Gerald Duane Cote was born on December 5, 1932 in Terrebonne township, Terrebonne, Minnesota to parents Arthur and Laura (LaCoursiere) Cote. He was baptized December 18, 1932 at St. Anthony Catholic Church in Terrebonne and confirmed August 5, 1945 at St. Francis Xavier Catholic Church, Oklee Minnesota. Attended country school through the 8th grade.

Gerald married Lorraine Christianson on December 19, 1953 at St. Francis Xavier Church Rectory. They were blessed with one son Dale and a daughter Debbie. They lived and raised their family on the family farm and worked together daily. Gerald farmed his whole life

and had done township road maintenance for a number of years, worked campaign at American Crystal Sugar in Crookston, welded at Arctic Cat in Thief River Falls, and worked for Oklee Manufacturing. Gerald had been a resident of First Care Living Center since October 2018.

Gerald had an art for welding and created many useful items for the farm shop where you could find him many hours of the day. He and Lorraine took a few trips to Wisconsin, Hawaii, Arizona, Las Vegas. But their roots were near home most of the time. He loved his children, grandchildren (who all lived nearby) and great-grandchildren. He will be missed dearly.

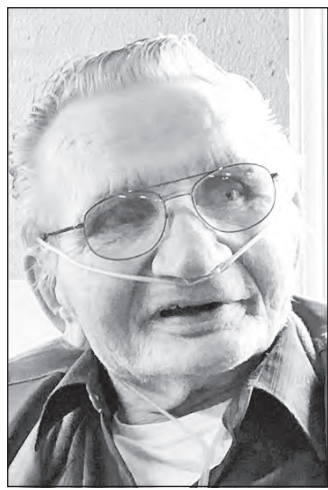
He was a member of the Chester Township board, member of several coops, member of St Francis Xavier Catholic Church Oklee.

Survivors include his wife of 66 years Lorraine, son Dale (Bonnie) Cote, daughter Debbie (Rick) Sherman. Grandchildren Conway (Kim) Olson, Nicosia (Andy) Ubert, Ryan (Andi) Sherman, Jennifer (John) Van Dam, Jesse Sherman, Douglas (Tracy) Cote. Great grandchildren Sidney Olson, Paige Olson, Jack Ubert, Nate Ubert, Bentley Ubert, Amari Ubert, Bailey Sherman, Shelby Sherman, Ryleigh Sherman, Stella Sherman, Caitlyn Van Dam, Olivia Van Dam, Alexandra VanDam.

Gerald is survived by several sister in laws and brother in laws, nephews and nieces.

He was preceded in death by his parents, brother Lloyd and sister-in-law Rita Cote, nephew Danny Cote, son-in-law Curtis Olson, great grandson Lucas Ubert.

Condolences may be sent at www.johnsonfuneralservice.com



Services for Walter Sylstad

Walter Sylstad died February 9, 2020 at Bethany Home in Fargo, North Dakota at the age of 76.

A funeral service will be held on Monday, February 24 at 11:00 a.m. at Our Savior's Church in McIntosh, Minn.

Walter Winton Sylstad

was born May 22nd, 1943 to parents Willie and Ione (Droppa) Sylstad at Bagley, Minn.

He grew up in Fosston, Minn. and spent most of his summers in Gonvick helping on his uncle's farm. He graduated in 1961 from Fosston.

Walter married Linda Sherlock in 1973 at Manvel, North Dakota. They had two sons, Mark and Mike.

He worked on the ore ships for United States Steel for 32 years, retiring in 2000.

Walter is survived by his wife Linda and two sons, Mark (Hannah) and Mike (Brittany), and two grandsons, Brenner and Isak.

He is also survived by one brother, Richard Underdal of Sauk Rapids, and a sister, Dorothy Lee of Fertile.

He is preceded in death by two granddaughters Ainsley & Olivia Sylstad, one sister Marilyn, and one brother Gordon.



Caregiver Grief When Caring for Someone with Dementia

You sit down with a deep sigh and soak up the few minutes of quiet and calm that are a rarity these days. Your mind has a harder time slowing down than your body. You may worry about your loved one getting hurt or lost, or whether they are receiving good care. You are a caregiver for someone with dementia.

You are unexpectedly faced with what Kathryn Roberts calls "The Long Goodbye." Caring for your loved one with dementia can come with feelings of deep sadness, anger and frustration, and ultimately grief.

Grief is your response to losing bits and pieces of your loved one over a long period of time. It's your response to losing future hopes and dreams. We know there is grief following the death of a loved one, but the grief that comes with caring for someone who has dementia is also normal and often overlooked. Many times, the caregiver does not recognize that he/she is dealing with grief reactions.

Guilt & Relief

Along with feelings of deep sadness, caregivers may feel bad for occasionally getting out and enjoying themselves. They may question why they are healthy while they watch their loved one struggle with daily tasks and loss of independence. Guilt is another component to grief, and it can be one of the toughest grief reactions to cope with for a caregiver.

Caregiver guilt may also surface when your loved one with dementia dies and the initial reaction is relief. Relief that they are no longer suffering. Relief that the very difficult task of caring for someone with dementia has ended.

Guilt is a natural reaction to our grief. Most grieving individuals feel guilt at some point. There are various causes of guilt, but if you dig deep, the root cause is usually the same—love. If we didn't love, we wouldn't have anything to feel guilty about.

It's healthy to process and acknowledge feelings of guilt or regret, but it's also important to balance that with what you are doing well as a caregiver. If we didn't love the person dealing with dementia, we wouldn't feel that guilt or have the need

to grieve.

Self-care

As a caregiver, one of the healthiest ways we can cope with our grief is by practicing good self-care. Your initial thought might be, "I don't have time for that," but like anything else in our schedule, we must be deliberate about penciling in time for ourselves. If self-care hasn't been a priority or even a thought, one may start by asking these questions:

- What rejuvenates me?
- What relaxes me?
- What can I do to physically make myself feel better?
- What activities bring me a sense of joy or even humor?

Self-care can take on many forms and is not always about getting a massage or getting out of the house. Sometimes it's as simple as eating a healthier meal or going to bed early. But it won't happen unless you make it a priority and a habit. Self-care enables you to be a better caregiver and equips you for coping with the harder days and the grief that accompanies caregiving.

Find Support

Grieving as you care for a loved one with dementia can leave you feeling lost and alone. It's important to remember that you are not alone. Dementia is one of the greatest challenges facing our elderly population.

Fostering a good support system is essential in helping you cope well with caregiver grief. Many communities offer caregiver support groups, which are a safe place for caregivers to share what they are going through with others who truly understand.

Anticipatory or caregiver grief can and should be a topic discussed at these groups. There are also many organizations devoted to supporting caregivers, such as the Alzheimer's Association and Senior LinkAge Line.

If people in your life are offering to help, let them. Not only can this lift some of the stress and load off you, but it also offers them the reward of helping you in a tangible way.

There is great strength and value in acknowledging the grief you have as a caregiver, and by being your own advocate and taking care of yourself. This will make you an even better caregiver.

Essentia Health welcomes new vice president of public policy

Andrew Askew joins Essentia Health on February 4 as vice president of public policy. Askew will be responsible for Essentia's government relations and public policy strategy for North Dakota, Minnesota and Wisconsin. He will also bring Essentia's voice to national health care policy conversations.

Askew worked for several years alongside the late Mike Mahoney, who held this position previously. Askew served as a lobbyist and member of our public policy team focused on North Dakota issues while working as an attorney at Pearce Durick in Bismarck, North Dakota.

"In his new role, Andy will expand upon that work as he forges trusting relationships on a broader scale," says Essentia

CEO David C. Herman, MD. "I appreciate Andy's passion and enthusiasm for public policy work and the opportunity to support Essentia's mission."

Askew received his law degree from the University of North Dakota School of Law in Grand Forks, North Dakota. He also received a bachelor's degree in English from the University of North Dakota and a bachelor's degree in business management from St. Cloud State University in St. Cloud, Minnesota.

Askew joins Pat Mullen on Essentia's public policy team, who also serves vice president of public policy with a focus on Essentia's city and county relationships as part of the Vision Northland project. His office will be located in St. Paul.

TRI COUNTY CANARY 7

More coloring contest winners

By Auctioneer
Eric W. Mickelson

I am a 5th grade teacher in Goodridge, MN. Over the years I have had my students enter a Minneapolis Moline coloring contest. For years my colleague and 4th grade teacher Eloda Knutson and her late husband Sheldon were members of the Minneapolis Moline Collectors Club. Since they are members they sponsored my students in the coloring contest. I decided that maybe the Tri River Pioneers could sponsor a coloring contest. The members voted to donate some cash prizes and do a contest at the Plummer School. You see I had a connection as my sister Angel Bergeson is a 4th grade teacher there! I guess I would consider it a success. The next year upon

the request of some of our members we also held the contest in the Red Lake Falls School. You see I have a connection as my son Marshall teaches 1st grade there! Again thanks to the Angel, Marshall, and the rest of the teachers we had a successful coloring contest.

Well this year we were able to do it again and I would like to share the results. In Plummer the fifth and sixth grade classes participated and completed Minneapolis Moline sheets. The winners will be sent into the national Minneapolis Moline contest. In Red Lake Falls the 4th grade class also did Minneapolis Moline sheet and will also be included in the national contest. The pictures that accompany this article honor the winners.



RLCC 3rd grade winners: 1st place Savannah Brekke, 2nd place Brennen Christianson(not pictured).



RLCC 4th grade winners: 1st place Keanna Landrus, 2nd Madison Emery.



RLCC 5th grade winners: 1st Lexus Waldal, 2nd Sarah Vetteson.



RLCC 6th grade 2nd place-Emma Hendrickson.



RLCC 6th grade winner: 1st Rylan Lundeen.



Junior Alex Dawson #23 for the Clearbrook-Gonvick Bears up for a shot against the Win-E-Mac Patriots at the boy's basketball game held February 11th.



Senior Dustin Osland, senior forward for the Win-E-Mac Patriots, works the ball around against the Clearbrook-Gonvick Bears at the boy's basketball game held February 11th.



Win-E-Mac Senior Zach Simonson up for a bucket as the Clearbrook-Gonvick Bears hosted the Patriots. Isaac Spears #43 for the Bears goes up against Simonson.

American Federal Banker Earns Top Recognition

Fosston Ag and Business Banker Ryan Paulson has earned American Federal Bank Sales Star recognition for outstanding sales performance in 2019. Paulson competed in the Ag and Business Banking division.

In recognition of his achievement, Paulson was among 18 American Federal "Sales Star" employees and their families invited to attend a weekend Sales Star Retreat, training seminar and awards banquet in their honor at the Arrowwood Resort and Conference Center in Alexandria, MN.

A "Sales Star" is the highest honor of recognition an employee can earn at American Federal.

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tions in Fosston, Hallock, Warren, Ada, Crookston, Moorhead, East Grand Forks and Fergus Falls in Minnesota and Fargo, Grand Forks, Wahpeton and Northwood in North Dakota. American Federal is a Top 100 Ag Lender in the United States.

Apply for the Northwest Minnesota Annual Art Exhibit — Open Now

Warren, MN. The Northwest Minnesota Arts Council is pleased to announce their latest "Call for Entries" for the 2020 Annual Art Exhibit. The deadline to submit your art work is February 29, 2020!

This year, the annual Art Exhibit will be in Red Lake Falls in April after Easter.

Artists from our 7 county-service region can enter into this art exhibit and will be competing for \$2,300.00 in cash awards. Artists must reside in Kittson, Marshall, Norman,

Polk, Pennington, Roseau, or Red Lake counties to be eligible. Both adult and student artists are encouraged to enter. Exhibit cash award winners will be chosen while the exhibit is on display by a qualified juror. They will be recognized and receive their check at the Artist Reception. The Artist Reception will be on April 29 at 5 pm in Red Lake Falls.

Visit our website for more information, including the exhibit entry rules and directions. If you would like the application mailed to you, please contact our office 218-745-9111 or email Mara. The application must be submitted no later than February 29, 2020.

Essentia Health sponsors healthy schools challenge

Essentia Health is challenging area schools to implement a program focused on student wellness to facilitate healthy behavior patterns at a young age.

According to Healthy People 2020, the risk of developing a chronic disease in adulthood is largely determined during adolescence when behavioral patterns are established.

Schools can propose a wellness program of their own design that will be funded by Essentia Health. Program proposals in the areas of physical activity, nutrition, mental health and substance abuse are welcome. Applications are due by Friday, Feb. 28.

To be eligible, schools must reside in one of the following counties: Ashland, Bayfield, Becker, Big Stone, Carlton, Cass, Cook, Douglas, Itasca, Koochiching, Lake, Norman, Pine, Polk, St. Louis or Washburn. Selected schools will receive up to \$2,500 to carry out their program.

For more information, contact communitycontributions@essentiahealth.org.

Did you know?

Many people plan to retire by a certain age, but few may actually still be working at their targeted retirement age. In the United States, the age at which working Americans expect to retire has risen to 66. But a Gallup poll showed that most don't stay on the job that long, instead retiring when they're about 60 or 61. In addition, according to a 2018 Employee Benefit Research Institute survey, 48 percent of workers wanted to retire after age 65, but only 19 percent of retirees stayed on the job that long. The reasons vary, but one positive outcome is having enough money to live comfortably during retirement. Still, early retirement largely involves unexpected scenarios. These may include poor health, having to care for an aging parent, downsizing, new skills required for the job, or other work-related reasons.

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USXC Goodridge/Grygla 500 Recap



Hamnes scores 1,000th point!

Jonny Hamnes scored his 1,000th point on Friday night, February 14th, in Fosston. Unfortunately, the team didn't win. Jonny will be receiving a basketball from the team on Thursday, February 20th in Clearbrook. Jonny is the son of Jamie and Dean Hamnes. Congratulations Jonny!

DNR offers workshop to discuss deer population goals

The DNR is hosting the second of two workshops to gather input on deer management and receive feedback on future deer population trends in the Northwest Parkland-Prairie goal block (DPAs 201, 203, 208, 209, 256, 257, 260, 261, 263, 264, 267 and 268).

The workshop will be held February 26, 6 to 9 p.m., in Thief River Falls at the Quality Inn, 1060 Hwy 32 So.

Participants will discuss solutions to the issues brought forward in the first workshop and create recommendations for the deer populations in those blocks.

Anyone may attend these workshops, regardless of affiliation or knowledge of the process. Background information will be provided. Attendees are highly encouraged to RSVP on the DNR goal-setting webpage.

The workshops replace the citizen advisory committees and public meetings that were used

during the last round of deer goal setting in 2017.

The DNR sets deer population goals – how much of an increase or decrease is desired in a deer population in a particular deer permit area – as part of managing the state's wild deer herd. Deer population goals will be updated on a staggered basis in 14 regional goal-setting blocks that are made of multiple deer permit areas. The population goals established in this process will provide direction for management over 10 years, with a midpoint review every five years.

The goal-setting process will take four years to complete statewide, with several geographic blocks addressed each year. This year focuses on blocks in the northwestern and western parts of the state. Complete details, including the dates and locations of the workshops are listed on the goal-setting webpage.

Pioneer Athletes Named to Minnesota College Athletic Conference Fall All-Academic Team

February 14, 2020 – The Minnesota College Athletic Conference (MCAC) has announced its 2019 Fall All-Academic Team. The student-athletes receiving this dignification have met sport-specific athletic requirements and have achieved a cumulative grade point average at or above the standards set by the General Assembly of the MCAC.

The 2019 Fall MCAC All-Academic Team is comprised of student-athletes from over 25 U.S. states and more than ten countries. Over 360 individuals were named to this distinguished honor. Some area Pioneer-student athletes named to the All-Academic Team are as follows:

Lengby, Alex Bodensteiner-Clay Target
Fosston, Treydan Carlson-

Clay Target

Goodridge, Logan Merrill-Clay Target

Greenbush, Emmie Jacobson-Volleyball

Greenbush, Carly Mekash-Volleyball

Goodridge, Liberty Johnson-Volleyball

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Winners of the Pro Factory 600 from left: #10-Aaron Christensen from Metiskow, AB placed 3rd with his Polaris; #28-Justin Tate from Scandia, MN placed 2nd with his Polaris; #312-Zach Herfindahl from Eagle River, WI placed first with his Arctic Cat.

After four rounds of racing action in the USXC circuit, this marks the halfway point of the 2020 USXC season. This past weekend's racers made their way to the Goodridge/Grygla area for the coveted I-500 race on February 8th & 9th. This event is a favorite for a lot of the racers that compete on the circuit. It is also known to draw in racers from all directions to try and add their name to a short list of racers who have claimed this title. One competitor, Silas Neeposh from Mistissini, Quebec, Canada, drove 24 hours one way to compete! Unfortunately, he blew a shock before completing lap 1 and had to make the long haul home on Sunday morning with a broken sled.

On day one, riders were let off in groups of two 10 seconds apart and according to their highest entered class. Ben Langaas (Arctic Cat) and Justin Tate (Polaris) were the first two sleds off the line. Current points leader Aaron Christensen (Polaris) started eighth and defending I-500 champ, Zach Herfindahl (Arctic Cat), started ninth. Sleds made their way towards the first of 3 fuel stops which was about halfway through the 125-mile loop. Zach Herfindahl showed his speed early and made his way from ninth all the way up to first before the first fuel stop. Justin Tate trailed him staying a consistent second. Bunke (Polaris), Christensen (Polaris), Langaas (Arctic Cat), and Selby (Arctic Cat) came in behind Tate to fuel and continued on their way trying to keep up with Herfindahl. By the end of day one, riders had put on 250 miles with 3 fuel stops as their only breaks. Herfindahl came across the line first with a time of 3:35:22. The Eagle River driver already had over a six-minute lead after day one. Selby made his way past Tate and came across 2nd at 3:41:43. Selby had a solid day making up 12 positions throughout the 250 miles. Polaris riders Justin Tate (3:43:51), Aaron Christensen (3:45:50), and Taylor Bunke (3:46:33) rounded out the top five for day one. Semi Pro and Pro rider Cale Anseeuw had a good day coming across the line eighth leading the pack in Semi Pro. Other Semi Pro riders who made their way through the pack were Marshall Busse (Polaris) passing 15 sleds, Thomas Junglen (Ski-doo) passing eight sleds, Dustin Dohrn (Ski-doo) passing 10 sleds, and Boe Bunke (Polaris) passing 16 sleds.

After day one, some classes were done for the weekend and class champions were awarded. For the Classic IFS class, Ryan Derrick took home the win on his Polaris. In the Classic IFS 50+ class, Karl Mattison was



Sleds are staged and we're ready to go.

victorious on his Arctic Cat. In the Vintage division, Collin Grover took the win on his Arctic Cat. In the Vintage 50+ class, Dave Chambers was the lone entry who finished the race and took the win on his Vintage John Deere sled. The Junior 10-13 classes were also complete after day one. Dawson Darco won the Junior 10-13 class on his Arctic Cat. Polaris rider, Unity Gausen took the win in the Junior 10-13 Girls division. Pro drivers that didn't make it through day one were Garet Grzadzilewski (Arctic Cat) and Silas Neeposh (Polaris).

At 3:00 pm on Saturday, riders were given the chance to take an hour work period to tune up their sleds. This took place in a supervised area, so teams had to bring out tools from their trailer to tune up their sleds. Another work session started at 4:15 for sleds that hadn't yet completed day one of racing. After getting their hour in the work area, sleds had to be staged and teams couldn't touch their sleds until it was time to fire them up on Sunday morning.

On day two, riders were sent out according to their finishing time from day one. Zach Herfindahl was the first sled off the line. Wes Selby, who was sitting in second, had to wait a full 6 minutes and 21 seconds before given the green flag. After another 2:07, Justin Tate was sent on his way. Aaron Christensen waited 1:59 before given the chance to chase the field. After Christensen, Bunke waited 45 seconds and he and Brown left the line together. Starting at these two drivers, riders were then let off in groups of two 10 seconds apart. Coming into the first fuel stop, Herfindahl stretched his lead out to 7 minutes and 59 seconds. Wes Selby (Arctic Cat) was the driver in second and Justin Tate (Polaris) still in third. Before we knew it, Herfindahl was completing lap one, fueled, and was on his way to complete his final lap of the 500 mile race. Justin Tate came through second after get-

ting around Selby. Sometime during lap one, Selby started having mechanical issues with his sled and when he came in for lap two, was forced to pull into the repair area. While he was there, he changed the clutch and was on his way. During this, Aaron Christensen came in for fuel and was back out before Selby. Brown also got around Bunke but they were bumper-to-bumper the entire day two. By the last fuel stop Herfindahl stretched his lead out to 8 minutes and 23 seconds over Justin Tate. Sleds made their way back to the finish line and Zach Herfindahl brings his #312 Arctic Cat sled to the top of the podium for the first time this season. Herfindahl wins back-to-back I-500 titles after claiming his 3rd victory in the past 4 years. His total two-day time was 6 hours 52 minutes and 58 seconds. Justin Tate brought his Polaris through in second with the time of 7 hours and 33 seconds. Aaron Christensen rounds out the podium on his Polaris with the time of 7 hours 1 minute and 28 seconds.

In the Semi Pro division, Cale Anseeuw had a great run winning the class with a time of 7 hours and 9 minutes on his Arctic Cat. Marshall Busse came in second on his Polaris and Thomas Junglen rounded out the podium on his Ski-doo. Marshall Busse also took the win in the Semi Pro Improved class this weekend. In the Sport 600 class, Thomas Junglen took the win with the time of 7 hours and 21 minutes. Ski-doo rider, Lydia Sobeck, was victorious in both the Women's and Sport 600 Improved divisions. Jesse Hallstrom (Arctic Cat) was also a multi class champ taking the win in both the Junior 14-17 and Expert 600 Limited classes. McKenna Cloose snagged the win in the Junior 14-17 Girls class on her Arctic Cat. In the Masters 40 class, Nick Roehl (Ski-doo) took the win with Jon Arneson winning the Masters 50+ class on his Arctic Cat.

After four rounds of racing, Polaris rider Aaron Christensen

is still leading the Pro Stock points standings with Justin Tate in second (Polaris) 18 points down and Zach Herfindahl in third (Arctic Cat), 30 points behind Christensen.

USXC will take next weekend off after a busy two weekends for some of our Pro drivers. We will be back in action on February 22nd in Manvel, North Dakota for the Turtle River Rough Rider 100.

Photos and story by Emily Wicklund



Zach Herfindahl dominates the Goodridge-Grygla 500 making it back to back 500 wins in Goodridge, Minnesota.

Up Next... 2020 Turtle River Rough Rider 100

The race headquarters/pit area will be at the USXC Racing Scoring Trailer in Manvel, ND.

Online registration ends at 8:00 PM Thursday, Feb. 20th. You can register and/or make payments in person on Friday, Feb. 21st at the USXC Racing Scoring Trailer between 4:00 - 7:00 PM. Pre-tech will be at the USXC tech trailer from 3:00 PM to 5:30 PM on Friday and open again at 7:00 - 8:00 AM Saturday morning.

SATURDAY MORNING:
8:30 AM - Drivers Meeting
8:45 AM - Pre-ride
NO DRIVERS LEAVING LATE FOR THE PRE-RIDE! COURSE MUST BE CLEARED BY 9:15 AM!

9:30 AM - Staging for Race #1
Race #1 – 10:00 AM - Pro Open, Semi Pro Improved, Masters 40 (4 laps – 50 miles)

Race #2 – 11:15 AM - Classic IFS & Classic IFS 50+, Junior Boys 14-17, Junior Girls 14-17 (4 laps –

50 miles), Vintage & Vintage 50+, Junior Boys 10-13, Junior Girls 10-13 (4 laps – 50 miles)

Race #3 – 12:30 PM - Semi Pro, Sport 600 Improved, Women (4 laps – 50 miles)

Race #4 – 1:30 PM - Masters 50, Sport 600, Expert 600 Limited (3 laps – 40 miles)

Race #5 – 2:30 PM - Pro Stock (8 laps – 100 miles)

Awards will be at the Oldham Saloon (in Manvel) 1 hour after the completion of the last race.

Red Lake County Rebels vs Northern Freeze played on 02/11/20 (69 - 64)

(Home) Type: Season Location: Red Lake Fall

Score by Periods

Northern Freeze 27 30 7
Red Lake County Rebels 31 26 12

Player	#	GP	GS	Min	FGM	FGA	FG%	eFG%	3PM	3PA	3P%	FTM	FTA	FT%	OReb	DReb	REB	PF	PTS
Derek Peterson	2	1	1	34	9	22	40.9	43.2	1	7	14.3	3	4	75.0	2	8	10	1	22
Eric Gieseke	11	1	1	34	6	19	31.6	31.6	0	6	0.0	7	8	87.5	2	2	4	0	19
Trent Goulet	21	1	0	9	0	0	0.0	0.0	0	0	0.0	0	0	0.0	0	2	2	0	0
Bailey Hince	23	1	1	16	3	5	60.0	80.0	2	3	66.7	0	0	0.0	0	1	1	1	8
Carter Williams	24	1	1	36	0	3	0.0	0.0	0	2	0.0	1	2	50.0	1	1	2	4	1
Isiah Olson	33	1	1	36	3	9	33.3	33.3	0	0	0.0	3	7	42.9	3	10	13	2	9
Tyler Hanson	41	1	0	3	0	0	0.0	0.0	0	0	0.0	0	0	0.0	1	0	1	1	0
Hayden Cardinal	45	1	0	15	4	5	80.0	80.0	0	0	0.0	0	2	0.0	0	2	2	3	8
Jake Duden	15	1	0	24	1	2	50.0	50.0	0	1	0.0	0	0	0.0	0	1	1	0	2
Total for Game		0	5	201	26	65	40.0	42.3	3	19	15.8	14	23	60.9	9	27	36	12	69

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Stock #08005A - Work truck. 4.3V6 Nice truck. Tow package. 33,516 miles. **\$24,800**

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Stock #09015A - Heated seats, auto climate, running boards, remote start. 35,385 miles. **\$30,500**

2017 CHEVROLET SILVERADO 1500 LT



Stock #98126A - Local trade, non smoker, super clean 5.3V8, Htd cloth. 30,286 miles. **\$31,900**

2016 CHEVROLET SILVERADO 1500 LTZ



Stock #07001BA - Heated/cooled seats. Sunroof, Nav, Bose. 50,688 miles. **\$35,800**

2016 CHEVROLET SILVERADO 1500 LTZ



Stock #98140A - Heated leather, Nav, Bose, tow package. 5.3V8. 60,904 miles. **\$33,500**

2016 CHEVROLET SILVERADO 3500HD



Stock #99041A - 6.6 Dura Max, Sunroof, running boards, ready to work. 57,529 miles. **\$47,800**

2015 CHEVROLET SILVERADO 1500 LT



Stock #07023B - Local trade, non smoker, htd cloth seats, rear camera. 87,604 miles. **\$24,900**

2015 RAM 1500 SPORT



Stock #07002B - Heated/cooled leather. Nav., sunroof, auto start. 66,325 miles. **\$27,800**

2014 CHEVROLET SILVERADO 1500 LTZ



Stock #08029B - Heated leather, low miles, 5.3V8. 56,229 miles. **\$27,500**

2014 CHEVROLET SILVERADO 1500



Stock #08049A - Clean, well cared for. Alum. topper, 5.3V8 129,416 miles. **\$15,200**

2013 CHEVROLET SILVERADO 1500 LT



Stock #98132A - Super clean, low miles! Auto start. 29,849 miles. **\$25,800**

2013 FORD F-150



Stock #98102A - 3.5V6 Eco-boost. Lariat package. 87,584 miles. **\$24,500**

2013 CHEVROLET SILVERADO 1500 LT



Stock #98108A - Local trade, super clean, matching topper. 103,875 miles. **\$19,500**

2013 CHEVROLET SILVERADO 1500 LT



Stock #98107A - Non smoker, local trade, remote start, running boards. 124,483 miles. **\$18,900**

2011 RAM 1500



Stock #09014B - Local trade, 5.7 Hemi, tonneau, running boards. 135,121 miles. **\$15,900**

2011 CHEVROLET SILVERADO 1500 LT



Stock #08051B - Crew Cab Short Box 4-Wheel Drive LT. 178,942 miles. **Call for price.**

2010 CHEVROLET SILVERADO 1500 LT



Stock #78106B - Tow package, 5.3 V8 129,055 miles. **\$15,900**

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Crew Cab Short Box 4-Wheel Drive LT
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2019 GMC ACADIA SLE



Stock #07031A - Htd Cloth, AWD, 2nd Row Buckets, 3rd Row Bench. 15,782 miles. **\$26,600**

2019 GMC ACADIA SLE



Stock #07033A - Htd Cloth, AWD, 2nd Row Buckets, 3rd Row Bench. 14,319 miles. **\$26,500**

2019 GMC ACADIA SLE



Stock #07030A - Htd Cloth, AWD, 2nd Row Buckets, 3rd Row Bench. 14,251 miles. **\$26,600**

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Stock #07027A - 4WD, Htd Seats & Steering Wheel. Leather Loaded! 22,304 miles. **\$26,500**

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2019 BUICK ENCLAVE



Stock #07009A - Essence AWD, Heated Leather, 3rd Row Seating. 15,039 miles. **\$34,900**

2019 BUICK ENCLAVE



Stock #97091A - Essence AWD, Heated Leather, 3rd Row Seating. 19,753 miles. **\$34,500**

2018 CHEVROLET EQUINOX LT



Stock #08050A - AWD, Local Trade, Htd Cloth, Backup Camera. 33,250 miles. **\$17,900**

2018 GMC ACADIA SLE



Stock #97063A - AWD, Great Value, Heated Cloth, Low Miles. 17,856 miles. **\$25,900**

2017 CHEVROLET TRAVERSE LT



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2016 FORD EXPLORER XLT



Stock #09021A - 4WD, 4DR, Super Clean, Great Value. 70,099 miles. **\$21,900**

2016 BUICK ENCLAVE



Stock #09037A - AWD, Heated Leather, Clean, Nicely Equipped. 62,997 miles. **\$22,900**

2015 CHEVROLET CAPTIVA



Stock #98071A - Sport Fleet LTZ, FWD, 4DR, Clean, Leather Heated Seats. 82,298 miles. **\$10,900**

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Stock #07018B - AWD, Super Clean, Heated Cloth. 54,796 miles. **\$18,900**

2015 JEEP WRANGLER UNLIMITED



Stock #07026B - 4WD, 4DR, Sport. 36,619 miles. **\$26,980**

2014 FORD EXPEDITION



Stock #07008B - 4WD, 4DR, XLT, Great Value for Full Size SUV. 134,710 miles. **\$16,900**

2014 FORD ESCAPE SE



Stock #99028B - 4WD, 4DR. Local Trade, 2.0 Eco-Boost. 54,907 miles. **\$14,500**

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2012 CHEVROLET EQUINOX LT



Stock #08002A - AWD, Nicely Equipped SUV. 83,516 miles. **\$9,800**

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