



Tri County Canary

A supplement of the:

Leader-Record * Oklee Herald * McIntosh Times * Grygla Eagle

Wednesday, March 18, 2020

Tell the PCA it's time to build line 3!

Let's work together to keep the process and the project moving forward.



The Minnesota Pollution Control Agency (PCA) is accepting public comments on the air quality, water quality, construction stormwater and industrial wastewater permits that are needed so construction can start. This is another chance to make sure the agency hears from you about the importance of replacing Line 3 and outline the environmental benefits. Get your public comments in by March 25th.

We need your help to let the PCA know it's time to build Line 3.

It's time for this project to move forward:

- More than 5 years of re-

view and evaluation by state and federal experts.

- Minnesota agencies have held 70 public meetings.

- Enbridge has held more than 3,500 public meetings.

- Tens of thousands of public comments received and reviewed.

- Three weeks of evidentiary hearings by the Administrative Law Judge.

- For a second time, the PUC approved the EIS and granted a certificate of need and the route permit.

- The most comprehensive Environmental Impact Statement for a pipeline in state history.

4510 Airport Rd, Duluth, MN 55811

Seki Presents State of the Band Message Outlines Tribe's Major Project Initiatives for 2020 and Into the Future

Story and photos by Michael Meurers

It was standing room only as Band members, and friends of Red Lake Nation slowly streamed into the Red Lake Seven Clans Casino Event Center on Friday, February 28, 2020. They were there to attend the annual State of the Band Address scheduled to begin at 11:00 a.m. "Sovereignty is Our Power" was the theme.

In this annual report to the people, Red Lake Chairman Darrell G. Seki, Sr., along with Tribal Treasurer Annette Johnson and Secretary Samuel R. Strong, would recap the Tribal Council's 2019 agenda, and present future goals, aspirations and plans for 2020. In a change from previous years, tribal program directors gave their reports rather than being read by the Chairman.

Upon entering the complex, the eye was drawn to scores of people visiting dozens of tribal program booths dotting the perimeter of the hotel lobby outside the event center. Most hosted drawings for giveaways. A simple but elegant look decorated the event center. Floral arrangements were centered on round tables facing a stage set up in the East.

At center stage was a glass podium, behind which soon, would be flags and eagle staffs. Spotlights shone on the podium, banners and floral arrangements. To the Northeast was a large screen projecting what was happening at center stage. (The event was streamed to Red Lake Tribal HQ, and to Red Lake Embassies at Duluth and Minneapolis) In front of the stage were rectangular tables, both left and right, and facing the crowd. Here Red Lake's eleven-member Tribal Council and seven Hereditary Chiefs would be seated.

Shortly after 11 a.m., Gary Jourdain stood at the podium as emcee for the event. The Colors, carried by the honor guard, (3 Star Warrior Society) and Red Lake Nation Royalty entered the Event Center from the West to the beat of the celebrated Drum, Eyabay.

After the colors were posted, Jourdain introduced the Honor Guard and Royalty by name. Spiritual Advisor Frances "Frannie" Miller had been offered asemaa and provided the invocation.

Jourdain then introduced Tribal Council members and Hereditary Chiefs. Following a Veterans and Chiefs Song again by Eyabay, Jourdain acknowledged the "Dignitary Guests" in attendance. They included representatives from Federal, Tribal, State, County, and Bemidji Governments.

Now the State of the Band would begin. Rather than presenting the entire report himself, Seki shared those duties with the people who do the jobs. Seki would speak last wrapping it all up.

(A complete transcript of Seki's message as well as the messages from Strong, Johnson and several tribal program directors will be available by press release, email and social media soon)

First up was Tribal Secretary Samuel R. Strong, who reported on initiatives and accomplishments of his office. He first spoke of the upcoming tribal election and the four district seats that are up this year. Filing has begun for the election in mid-May.

Other subjects touched upon included the new resolution regarding blood quantum and enrolling 1,212 new members at the February Council meeting.

Strong asked those gathered to take note of all the changes happening on the reservation and closed with a strong call for all to be part of the change, to be part of the education and to "protect our language, culture and identity."

Next, Tribal Treasurer Annette Johnson, gave a comprehensive report after being introduced by Jourdain. The report included all the tribe's financial statements, loans, income and liabilities...also noting the challenges presented by the federal government. She also shared with those gathered numbers related to Red Lake Gaming. She noted that the tribe employs over 1000 people, distributing 1,200 W-2 forms for 2019, most of whom are Red Lake members.

Hunter Boldt, Executive Director, reported on Red Lake Housing, Red Lake Builders, Red Lake Inc., the new Trading Post and Subway, and RL Fisheries the tribes' largest employer.

Jerry Loud, Director of Oshkiimaajitahdah, (New Beginnings) gave a shout out to his 103 employees. He spoke of the much needed 50 childcare center coming soon. Oshki served 4500 people over the past year, and promised that the new radio station WRLN, will be on the air soon.

Next Cheri Goodwin, Director of Family & Children Services, (FCA) was introduced. She noted big changes are in process at what will now be called Ombimindwaa Gidanawemaaganinaadog. (Uplifting Our Relatives)

"Ombimindwaa is in the process of transforming our approaches and service delivery system to be rooted in Anishinaabe language, culture, traditions, beliefs, and values," said Goodwin. "Ombimindwaa's main focus is to focus on Inter-generational Family wellness." Goodwin received loud applause when she reported that 182 children were returned to families this past year.

Because the tribal government will be taking a larger role in child protective services, legislation was introduced in both the State House and Senate, to fund the construction of an \$8.7 million children and family services inter-generational complex. The tribal initiative is off to a solid start."

Tom Barrett, Chemical



Chairman Darrell G. Seki, Sr.



Tribal Treasurer Annette Johnson.



Tribal Secretary Samuel R. Strong.

Health Programs Director, first off complemented all staff with a shout out to Reyna Lussier. Chemical Health is employing 3rd party billing and it is helping with the budget. He spoke of the ripple effect of sobriety, and the new treatment center in Obaashiing which will concentrate on the healing properties of culturally related programs.

Dave Conner of the Self-Governance team was up next somehow budging in line ahead of Al Pemberton. The purpose of self-governance is that tribes know best. The Self-governance committee is concerned about funding from the federal government, and Conner spent time to explain how the Trump administration continues to cut back on BIA and self-governance programs but is hopeful that congressional allies will lessen the blow.

Allen Pemberton, Director of DNR, and Tribal Council member from Redby reported that 10,000 sturgeon have been stocked in the big lake. It takes 20 years to have babies. He noted that zebra mussels have been seen in both Upper and Lower Lakes, and the DNR is working hard to eliminate this and other invaders. He is hoping that some of the bigger fish like sturgeon will take them out. The DNR is also planting wild rice in smaller lakes. The green house doing well, planting 336,000 trees in 2019.

Jonathan Richards, Interim Director, Public Safety Dept., reporting that public safety is working closely with other programs, including Equay Wiigamig and Chemical Health. He also provided a list of drugs confiscated, etc. and a short report on the opiate epidemic.

Ogema Neadeau, Prosecutor at Red Lake Nation Court, explained Red Lake's special unique status and the responsibilities of a non-280 tribe. The Red Lake Nation Tribal Court continues to collaborate

with various Tribal Programs to address the issues identified in Court Cases i.e. Family & Children Services, Red Lake Chemical Health Programs, Red Lake Schools, Oshkiimahjitaadah - Child Support Program, and others as needed.

Thomas Barrett, Director of Boys & Girls Club, spoke of the Club's innovative programs. Barrett gave a shout-out to staff and volunteers. The Club is doing outreach and will host a 7th Generation powwow in Ponemah this year. The Club has increased its participants to 400, serving 100 per day.

Alisha Gehlert, Director of Economic Development and Planning, highlighted four projects the crew is working on; a Food Coop, Enhanced Broadband, expanding on the Waasabiik Ojibwe Immersion program by planning for a charter school, and working on the 2020 Census and how important it is to get a Complete Count of Red Lakers. Complete Count means money. She encouraged cooperation and will be hiring locals for census workers.

Dan King, President of Red Lake Nation College, as is his manner put together a Power-Point executive summary for all to view. The college will receive accreditation this year, 20 years in the making. Enrollment is increasing and even drawing non-member students who want to start off with a community or tribal college. It's a great place to begin.

Melinda Crowley, Superintendent of Red Lake Schools, spoke of the school's extensive effort in promoting language and culture. "By the time a student graduates from Red Lake High School, students should be comfortable with basic Ojibwe conversation," said Crowley. Teachers are also learning language and culture and using

Seki...
continued on page 8

Koma Til Gully Tjue Tjue (Come to Gully 2020)

We'll be celebrating our roots! July 17, 18, 19, and 20 of 2020 Gully is planning a 110th birthday celebration with a Scandinavian theme.

The four day event starts out Thursday evening with a whist tournament in the Gully Community Center. Friday night, again in the community center, the live entertainment will have a Scandinavian twist.

Saturday morning all are welcome to participate in the Jefferson Highway 5 K Run. Shortly after the conclusion of the race there will be a spelling bee with Ramona Emerson defending her title.

Saturday afternoon will commence with a parade. All entries

are welcome. Following the parade, accomplished musicians will perform Scandinavian Folk Music in the big tent.

There will be food vendors all day, (even lefse) so you won't go hungry.

Then get your teams ready for a competitive Viking axe throwing competition.

Saturday night will feature an outdoor street dance.

The weekend concludes Sunday with an old-fashioned Norwegian church service. (men will sit on one side, women on the other). Everyone is welcome to come and participate.

Make plans to come for the weekend. There is something for everyone!

Reframing Fears and Anxiety about Coronavirus

Crookston, Minnesota – As the coronavirus progresses closer to home, fear and anxiety about the outbreak can be overwhelming. It's important to acknowledge the impact it has on our mental health, not just our physical health. It is natural to feel stress, anxiety, grief, and worry during and after a traumatic event. While we're not experts on COVID-19, we can help you with tips to keep yourself emotionally healthy.

Stay Informed Through Trusted Sources

One of the best things you can do is stay informed, using trusted sources for updates. Reliable sources of information are advice and facts from the Centers for Disease Control (CDC), the Minnesota Department of Health (MDH), and the World Health Organization (WHO).

Keep Perspective

Excessive exposure to media coverage of COVID-19 can cause us to go down a path of unhelpful or unhealthy thinking. "While it is important to have basic details and facts to protect you and your loved ones, it is important to keep our perspective," adds Janet Denison, Chief Clinical Officer at the NWMHC.

"Our lives have much more happening than the current news and concerns. A balanced strategy could include: Know

the facts, especially the ones most important to your unique situation, do the things you can do to keep yourself and your sphere of influence safe and well, and then go along with the rest of your whole life focusing with gratitude and hope."

Remember to take breaks from watching the news. Focus on what you can control and do things you enjoy. If you experience intense emotions, take a deep breath, and remind yourself that these feelings will fade.

Take Care of Yourself

Self-care is even more crucial when your mental health isn't at 100%. "Taking extra good care of ourselves whenever we are able, especially during high-stress times, will benefit you and so many others in the long run," says Denison.

Try different ways to relax your body and mind like meditation, yoga or stretching, reading, or journaling. Eat healthy food, exercise, get plenty of sleep, and avoid drugs and alcohol. And of course, practicing good hand hygiene and cough etiquette is the best protection against respiratory illnesses such as influenza and COVID-19.

Make a Plan

Being prepared helps to minimize the anxiety of the unknown. By creating a plan when you are thinking clearly, you

can reduce the stress you may feel should the outbreak impact you directly. Make a list of food, supplies, medications, and contacts you and your family need if you needed to stay home for two weeks. Talk to your kids about COVID-19 and your plans, so they have a chance to process and prepare for what might happen. If you live alone, reach out to your support network and share your plan with someone.

Connect with Others

Sharing your concerns and how you are feeling with friends and family can be therapeutic. Reaching out to people you trust is one of the best ways to reduce anxiety, depression, and loneliness. During times of social distancing, quarantine, and isolation, you can use email, text messaging, social media, Skype, and FaceTime to stay connected.

If distress impacts your daily routine and activities, or you are experiencing symptoms of extreme stress, speak to a counselor or health care provider using the resources listed below.

If you feel like you want to harm yourself or someone else, call our local 24/7 Crisis Hotline at 800-282-5005 or contact a Trained Crisis Counselor by texting MN to 741741.

the following counties: Norman, Mahnomen, Red Lake or Polk.

The deadline to submit an application is April 20, 2020. Applications are available online at www.nwmf.org under "Scholarships" on the homepage.

The Northwest Minnesota Foundation is a public charitable nonprofit community foundation serving 12 northwestern Minnesota counties with a mission to invest resources, facilitate collaboration, and promote philanthropy to make the region a better place to live and work. Learn more at www.nwmf.org.



The Laural Capistran Murphy Scholarship was established by the family and friends of Laural to recognize her commitment to Minnesota's 4-H program and her belief in self-education, co-operative volunteering, and helping others through community involvement. Through Laural's scholarship, people 16 years of age and older are encouraged to pursue post-secondary education through a college, univer-

sity, trade school, tech school, or other accredited technical or vocational education/training institution or program.

Preference will be given to past or present 4-H members or other similar organizations, people who are adopted or from a family that adopts; home-schooled; non-traditional and returning students; those attending UMC as a post-secondary enrollment option; and contributors to their community who are pursuing post-secondary education or training in programs or activities that have been supported by 4-H. Applicants must be from one of

Coronavirus sets off changes and cancellations

Lake Agassiz Regional Library to Cancel Events Through March 31

The Lake Agassiz Regional Library is closely monitoring information about the coronavirus (COVID-19) and in compliance with recommendations from the State of Minnesota, all events, programs, homebound deliveries and meetings will be canceled through March 31, however all locations will remain open.

The health and safety of library staff and customers is the organization's top priority and it is following directions from state and local health officials as decisions are made going forward.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnomen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

Essentia Health announces visitor restrictions

Our top priority is the safety and wellbeing of our patients, staff and the communities we are privileged to serve. As a re-

sult of the COVID-19 pandemic, Essentia Health has made the difficult decision to restrict visitors at our hospitals. This is being done to protect patients and staff, and prevent the spread of this virus.

No visitors are allowed, except in the following circumstances:

- Inpatients: Visitors only will be allowed based on compassionate-care needs. Family members are advised to call the hospital/unit before coming.
- Emergency department: One visitor for pediatric, vulnerable adult, trauma or other patient requiring communication to a health care team on their behalf.
- Pediatric patients: One adult visitor will be allowed per patient.
- Labor and delivery patients: One adult visitor will be allowed per patient.
- Neonatal intensive care unit: One parent is permitted to visit at a time.

All other visitors will be asked to leave the hospital. Additionally, no visitors who are ill will be allowed. We encourage family and friends to use alternative methods of communication with patients, such as phone calls, Facetime, Skype or other digital channels.

We recognize this change will be difficult, but we believe it is necessary to protect our patients and staff from spreading illness. This policy goes into effect at noon Monday, March 16, and will continue indefinitely. We appreciate the understanding of everyone affected.

80th Birthday Party
for
Loretta Syrtveit
on March 28th
has been
CANCELED.

Essentia Health announces free E-visits for concerns relating to COVID-19

To support health and wellness in our communities, Essentia Health is waiving the fee for E-visits related to screening and evaluation of respiratory symptoms and concerns related to COVID-19.

In addition to COVID-19 screenings, E-visits cost only \$30 for 20 common conditions, including:

- Allergy symptoms
- Bug bites, including tick bites
- Colds
- Eye infections such as conjunctivitis (pink eye)
- Irritable bowel syndrome
- Lower back pain
- Mouth sores
- Stye, a red and painful bump near the eyelid
- Skin conditions such as acne; dermatitis; diaper rash; eczema; mild burns; shingles; and tinea infections, also called ringworm
- Tobacco use
- Upper-respiratory infections, including sinus infections or influenza (flu)
- Urinary tract infections (UTIs) in women
- Vaginal yeast infections

Starting an Essentia E-visit is easy. You'll fill out a short questionnaire. Your answers will be reviewed by an Essentia provider who will make a diagnosis and create a personalized care plan. You'll also be given a phone number to call if you have any questions or concerns about your care plan.

If you're 18 or older and live in Minnesota, Wisconsin or North Dakota, you can use this convenient and cost-effective online service. You don't have to be an Essentia patient to have an E-visit. Start an E-visit at <https://www.essentiahealth.org/services/e-visit/>.

Tickets On Sale NOW!
JOIN US AT THIS YEAR'S FOSSTON AREA
HEALTHCARE FUNDRAISING EVENT:

FIRST CARE FOUNDATION

Tango & Cash
Caribbean Bash
4.4.2020
BROUGHT TO YOU IN PART BY:

Ultima Bank
MINNESOTA

6PM Social - 7PM Dinner - 8:00 Johnny Holm Band - At The Fosston Civic Center

Tickets \$100 each - Limited Quantity Sold
Can be purchased at: Burggraf's Ace, Nord's Pharmacy and Essentia Fosston

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

Member FDIC

A note from Pioneer Memorial Care Center

We know many are concerned about the spread of COVID-19 (the new Coronavirus) and recent news indicating Minnesota has 5 positive cases. We do not have any cases in our facility at this time. As always, our first priority is the safety and health of our residents. Therefore, we are vigilantly following the Centers for Disease Control and Prevention (CDC) daily for updates and implementing the recommended precautions.

Effective immediately, access into our facility will be through the front entrance only. This is best for the safety for all and to ensure that we know who is in our building at all times.

Our PMCC Annual Meeting scheduled for March 26th at 2:00PM has been CANCELED. We will reschedule once the risk for our community members has been mitigated.

We are halting all visits at this time to our facility except those who are essential to care. The release of spread to Stearns County is triggering a need to be proactive in protecting the health of our residents. There will be exceptions for "patient family members under special circumstances" such as critically ill patients, and end-of-life residents. We will review all employees and essential care persons for the following symptoms to ensure the health of our facility:

- Fever
- Colds, cough, sore throat
- Respiratory issues or new shortness of breath
- If you or someone you have been in contact with has traveled internationally to areas where COVID-19 cases have been confirmed
- If you or someone you have been in contact with lives in a community that has confirmed COVID-19 case(s)

Please note that family and friends may call 218-687-2365 and be connected via telephone to visit with their loved one.

We will continue to closely monitor and follow recommendations from the CDC and Minnesota Department of Health.

We appreciate your understanding of the above restrictions and recommendations. Our goal is to ensure that all of our residents and employees remain healthy and happy. Please feel free to contact our facility at 218-687-2365 with any questions or concerns.

Northwestern Mental Health Center Updates Related to Coronavirus Disease 2019 (COVID-19)

Crookston, Minnesota – As the world works diligently to manage and reduce the spread of coronavirus disease 2019 (COVID-19), Northwestern Mental Health Center (NWMHC) is taking steps aligned with the guidelines from the Minnesota Department of Health (MDH) and Centers for Disease Control and Prevention (CDC), as well as recommendations from Minnesota Governor Tim Walz. We want to provide an update on NWMHC's response to these health concerns.

- We ask staff and clients to stay home if you are ill. If you have any symptoms of respiratory illness, please reschedule your appointment to protect the health and safety of all our clients and staff. Symptoms of respiratory illness could include fever, cough, sore throat, runny nose, or shortness of breath.
- We ask all clients to wash their hands (or use hand sanitizer) when entering and leaving our facilities.
- We will screen all visitors to our facilities. We are working to establish the screening process and plan to implement it by Wednesday, March 18, 2020.
- We are enhancing our routine cleaning schedule and focusing on regularly touched surfaces. Hand sanitizer, disposable wipes, and masks are available at all clinic locations.
- Due to the closure of all K-12 schools in Minnesota, NWMHC is working with school administrators to determine the best way to support students and their families while schools are closed. We anticipate further updates on this in the coming days.

• Support groups and gatherings of more than ten people are canceled or postponed.

• We will continue regular business operations for individual and small group clinic and community-based services with some additional precautions. During appointments, participants should remain six feet apart in accordance with MDH and CDC guidelines.

We are closely monitoring this evolving situation, and our leaders are meeting regularly to continue to prepare. We will provide regular updates on our website and Facebook page, so please check back often. Clients will receive direct communication regarding appointment changes via text, email, or phone call.

Our priority is the health and safety of our community, our country, and our world, especially those who are more at risk of contracting COVID-19.

The Minnesota Department of Health has a hotline for questions the general public has about COVID-19. The hotline is open Monday - Friday, 7 a.m. - 7 p.m. at 651-201-3920. You may also contact NWMHC with COVID-19 questions and concerns at communication@nwmhc.org.

If you are feeling distressed or want additional support during this time, call our 24/7 Crisis Hotline at 800-282-5005 or contact a Trained Crisis Counselor by texting MN to 741741.

Effective Immediately:

The Minnesota State High School League is immediately cancelling the Girls Basketball State Tournament.

Additionally, all Boys Section and State Basketball Tournaments have been cancelled.

Section Speech Tournament events for the week of March 15-21 have been postponed indefinitely.

Additional details and information on other upcoming events including Spring Activities will be shared later today.



Correction: In last week's Canary we published a story on "Operation Gratitude". Towards the end of the story it read:

She (Pamela French) lives in the old hospital building that has since the 1970s been converted to apartments. *She thinks it is quite unique that her mother's niece Marty Gedstead Neeland, and also Aunt Maxine Gedstead worked as an LPN there in the very same building where she now lives.* In addition, her Grandma Martha Mathewson and great Aunt Minnie both lived in apartments there.

Marty Neeland did not work at the old hospital, but the new.

The paragraph should have read "...She thinks it is quite unique that her Aunt Maxine Gedstead worked as an LPN there in the very same building where she now lives. ..."

NOTICE OF MEETING OF STOCKHOLDERS OF FOSSTON TRI-COOP

Fosston, Minnesota

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Friday, March 27, 2020. Meeting will start at 3:30 p.m. The business meeting will include the presentation of the annual report and election of three directors, who will serve a term of three years. Curtis Bartz Secretary-Treasurer

M51-1C

Wednesday, March 18, 2020

PAST DUE
Tired of wasting money on late fees?

DON'T MISS ANOTHER DUE DATE!
Pay all your bills online through your personal checking account. It's simple!

CALL 1-218-796-5157 TODAY TO SPEAK WITH ROBYN MORINVILLE.

Robyn Morinville

Security STATE BANK
PO Box 69
Oklee, MN 56742

Phone 218-796-5157

FDIC



O52C

A SIMPLE TEST COULD SAVE YOUR LIFE

Colon cancer often has no symptoms, but it can be detected early—when it is most curable. Screening options include a colonoscopy or an at-home FIT test. Talk to your doctor about which test is right for you. It might be the most important conversation you'll have.

To schedule a primary care appointment, visit EssentiaHealth.org



Essentia Health | Join our team: EssentiaCareers.org

Zion Lutheran Church
of Oklee

Spring Consignment Auction.

March 29th at 12:00 Noon

at the Oklee Community Hall.
For more information call
Auctioneer Eric Mickelson 218-791-9157

JOIN US FOR A

Retirement CELEBRATION

IN HONOR OF

Nancy Amberson
(Retired Red Lake County Assessor)

Friday, April 3, 2020
American Legion Post
121 Main Ave S
Red Lake Falls, MN

Hosted by Family and Friends

SOCIALIZING STARTS AT 3:00 P.M.
FOOD, DRINKS & LAUGHS PROVIDED
SUNDOWN DJ ENTERTAINMENT STARTS AT 8:00 P.M.

O52-1P

CLASSIFIED ADS



Red Lake County Central High School is seeking a **7-12 ENGLISH TEACHER 1.0 FTE position** for school year 2020-2021. Position open until filled. Interested candidates should contact Randy Peterson, Principal, at 218-796-5136

OS0-52C

Network Administrator – Polk County, MN

Polk County has an opening for a **Network Administrator** in the Management Information Systems/MIS Department. Performs difficult skilled technical work, technical project management, assessment, planning and implementation, and day-to-day technical operations of network infrastructure, etc. Applicants must have a Bachelor's Degree in Computer Science, Information Systems, or related field & moderate experience, or equivalent combination of education and experience. A valid driver's license is required. A full job description and application can be obtained by contacting the Polk County Administrator's Office, 612 N. Broadway, Room 212, Crookston, MN 56716 or call 218-281-5408 or go online to <http://www.co.polk.mn.us> and click on Careers. Wage range for this position is \$29.49 - \$37.49/hour; DOE and qualifications. Applications for this position will be received until 4:30 p.m., April 1, 2020. EEO

M52-1C



Machinewell, Inc., a leading machine shop in NW Minnesota, is seeking applications for a day shift welding person. Candidate would be responsible for working from blueprints, specifications and/or instructions to setup and weld components, to produce quality parts. Must be able to weld various metals to meet quality standards and specifications. Willing to rotate between work/stations as required. Perform quality testing and documentation as required. Maintain a regular, reliable attendance.

This position is full time with major medical insurance, vacation, 401 (k) plan and profit sharing. Forty (40) hours a week minimum, four 10 hour shifts per week (6:30 am - 5:00 pm), Monday-Thursday. Salary based on experience.

Fax or send resumes to: Machinewell, Inc., Attn. Steve Anderson, PO Box 157, Grygla, MN 56727

G52-3C



Machinewell, Inc., has positions for CNC operators for our night shift. Applicants are responsible for working from blueprints, specifications, and/or instructions to rough and finish parts to close tolerances. Operates CNC machines, including reviewing CNC program and blueprints, varies speeds and feeds for tooling and operating machines to produce quality parts.

Previous experience in CNC operation is preferred. Accuracy with numbers is essential. Must be able to lift and carry heavy (up to 45 pounds) and/or awkward items. Ability to work under pressure against tight deadlines is also key.

This position is full time with major medical insurance, vacation, 401 (k) plan and profit sharing. Forty (40) hours a week minimum (overtime as needed), four 10 hour shifts per week (5:00 pm - 3:30 am), Monday-Thursday. Salary based on experience. Please contact Steve Anderson, PO Box 157, Grygla, MN 56727, Phone: 218-294-6101 ext 6976, Fax: 218-294-6587, or E-mail: sanderson@machinewell.com

G52-3C

DEPARTMENT OF TRANSPORTATION

TEMPORARY SUMMER VACANCIES Thief River Falls CDL Drivers (2) 40 hours/week, \$20.34/hr

MnDOT is recruiting temporary CDL Drivers, one in the highway maintenance unit and one in the bridge unit for the summer season. Applicants must have at least a year of relevant job experience and hold a valid CDL with no air brake restriction.

For complete posting description and minimum qualifications, and to apply, go to www.mn.gov/careers and search Job ID 39319. Deadline is March 30, 2020. For additional information or if you are unable to apply online, please call 218-755-6589.

MnDOT is an equal opportunity/affirmative action employer with a strong commitment to workforce diversity.

R52C



DEPARTMENT OF TRANSPORTATION

TEMPORARY SUMMER VACANCIES Thief River Falls General Laborers 40 hours/week, \$16.00/hr

MnDOT is recruiting temporary General Laborers in the maintenance and construction units for the summer season. Applicants must be willing to perform physical labor, have a general understanding of construction work, and be 18 years of age.

For complete posting description and minimum qualifications, and to apply, go to www.mn.gov/careers and search Job ID 39261. Deadline is March 30, 2020. For additional information or if you are unable to apply online, please call 218-755-6589.

MnDOT is an equal opportunity/affirmative action employer with a strong commitment to workforce diversity.

R52C



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.intercountycc.org. Send completed application and resume to ICCC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycc.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.

R48-52C

Help Wanted: Utility/City Maintenance Superintendant

Full-time position installing, operating and maintaining water, sewer and natural gas distribution systems for the City of Clearbrook. The position requires other duties including park, facility, street, highway and general maintenance. After hours and on call availability requirements with an on call response time of 30 minutes. Minimum qualifications include high school diploma or equivalent. Must submit to regular drug and alcohol testing. Preferred candidate would be gas qualified according to MN O.P.S. regulations, with ability to obtain water & sewer certifications. Benefits include: PTO, retirement plan & health insurance. Application deadline is April 3, 2020. Send resume to City of Clearbrook, PO Box 62, Clearbrook, MN 56634 or call the City office at 218-776-3213 for an application or complete job description.

R52-1C

JOB POSTING

CLEARWATER COUNTY ASSESSMENT CLERK

Applications are being accepted for an Assessor Clerk position, under the general supervision of the County Assessor. The Assessment Clerk develops and maintains clerical functions, and assists the assessing staff in support and customer service. This position is responsible for recordkeeping, filing, answering public inquiries as to property tax valuations, data entry, word processing and general office support.

Minimum Requirements: High School graduate or equivalent. Highly prefer someone with previous land records management experience, excellent computer skills, detail-oriented and great communication skills. Must possess a valid Minnesota Class "D" Driver's License.

Applications may be obtained from the Clearwater County Assessor's Office, 213 Main Avenue N, Dept. 203, Bagley, Minnesota 56621 or on the county website at www.co.clearwater.mn.us/employment.

This is a full time, 40 hours per week position. Starting Salary Range \$15.47 - \$20.24 an hour with full time benefits. Applications must be submitted to Jamie Freeman, Clearwater County Assessor no later than March 31, 2020 at 4:00 p.m.

Clearwater County is an Equal Opportunity Employer

R50-52C

Norbord Minnesota Inc., a leading manufacturer of Oriented Strand Board (OSB) located in Solway, MN is currently accepting applications from qualified individuals for the position of:

Production Technician

Production Technicians are responsible for the daily operation of manufacturing equipment that produces oriented strand board (OSB) and are responsible for safe operation, producing quality OSB, achieving production targets, and maintaining all equipment at a very high standard.

Interested candidates must be able to pass a post-offer physical/drug screen and criminal background check. Norbord Minnesota Inc. offers competitive salary, an excellent benefit package; which includes 401k and profit sharing plan.

Interested candidates can apply at: www.norbord.com/careers



Norbord

R51-2C

WWW.TRICOCANARY.COM

Engineering Technician

Red Lake Watershed District (RLWD) is seeking applicants for a full-time position as an Engineering Technician.

General Function: Water resource engineering practices. Surveying, operation and inspection of RLWD projects. Construction inspection and staking. Knowledge in maps and construction plans. Assist in permitting and stream gaging.

Requirements: High School Graduate. Minimum of a two-year technical college preferred in Civil Engineering Technology or work experience preferred in Trimble GPS survey equipment/software, surveying and construction experience. Knowledge of agricultural practices, construction materials/methods and simple engineering practices. Skill in use of field, office and laboratory equipment. Ability to tolerate and work safely in construction areas and inspect moderately difficult construction projects. No physical limitations in relation to tasks performed, and able to lift 50 pounds. Extensive knowledge of Microsoft Office (Excel and Word) and AutoCad/Civil 3D preferred. Valid Minnesota Driver's License and experience if required in the use of all-terrain vehicles along with license if required by law.

Application is available at the RLWD office at 1000 Pennington Avenue South, Thief River Falls, MN 56701 or visit our website at redlakewatershed.org

Please submit application, cover letter, resume and references to the RLWD office.

Application deadline: March 20, 2020
Red Lake Watershed District is an Equal Opportunity Employer.

R60-52C



Wanted: Experienced Contractors

Seeking General and Sub Contractors for owner and rental single-family home rehab.

Projects for home improvements in Crookston, Red Lake Falls, Thief River Falls MN and throughout the Northwest Minnesota Multi-county Housing and Redevelopment general region of work.

MUST HAVE PROPER LICENSE AND INSURANCE TO BE ELLIGIBLE TO BID.

For an application and information, please contact Kristi, Call 218-309-0057 or Email kristi@nwmnhra.org

The HRA is an Equal Opportunity Employer.

R62C

Clearbrook-Gonvick School has an opening for an

Administrative Assistant/ Testing Support. This is a ten month position. Need to be able to multi task, communicate with students, parents, and staff. Computer skills required. Must be able to pass a background check. Please send letter of interest and resume to Jeff Burgess. R51-2C



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R26TFC



HEAD START MANAGEMENT POSITIONS AVAILABLE

Inter-County Community Council is accepting applications for openings in our Head Start department:

Nurse: 40 hours a week, year round, office in Oklee, working with staff serving families of children ages birth to 3 years, LPN license required, RN or BSN preferred; experience with young children preferred. Supervisor of 6 Early Head Start staff. Additional training will be provided. Must be able to pass a background check.

Professional Development Coach: 40 hours a week, 10 month position, office in Oklee & Thief River Falls, providing professional development support to education staff through coordination and coaching; minimum of a Bachelor Degree in early childhood education or related field; experience with adult learning preferred, additional training will be provided. Must be able to pass a background check.

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycc.org. Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycc.org. Applications must be received by **Friday, March 20 at 4:30PM.** Call 218-796-5144 x1028 for more information.

ICCC is an equal opportunity employer and program provider. R51-52C

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R29th

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AUCTIONS

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Sellers Auction Gun Auction, March 21st 11AM. 902 Ogden Ave. Superior, WI check sellersauction.com for details and pics. Auctioneer Mickey Greene.

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R51C

R11C

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

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

NUTRITION LABEL WORD SEARCH

Answers on page 6

ALLERGEN	DAILY VALUE	HYDROGENATED	PROTEIN
CALCIUM	ENRICHED	INGREDIENTS	SERVING
CALORIES	FACTS	IRON	SIZE
CARBOHYDRATES	FATS	LABEL	SUGAR
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RUMMAGE SALE - Embassy basement 3rd/Eaton, Fosston, Friday Mar. 20th (most items 50¢) Saturday, Mar. 21st (\$3 bag sale, bags supplied) 9 am-noon both days.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: What is the proper technique when there is a zipper lane? For example, coming off of 35 onto London road, there are two lanes, but everyone merges over to the left lane immediately upon getting onto London Rd. I learned to drive, and spent most of my driving years in Washington State, and we learned that when there are two lanes, use both of them until they merge, and merge every other vehicle. Is the true in Minnesota also?



Answer: According to the Minnesota Department of Transportation, a zipper merge is when a lane is closed in a construction zone. A zipper merge occurs when motorists use both lanes of traffic until reaching the defined merge area, and then alternate in “zipper” fashion into the open lane. The merge that you are talking about does not have an active construction zone, but a merge is required, and so the same rules would apply.

Motorists should use both lanes of traffic in a construction area or merge zone. Traffic should not merge together until reaching the designated merge area. At that time, vehicles should alternate in a “zipper” fashion into the open lane.

Some drivers slow too quickly and move over to the lane that will continue through the construction area. This driving behavior can lead to unexpected and dangerous lane switching, serious crashes and road rage.

Some motorists will intentionally drive slow or block the lane that is closing because they believe drivers are trying to “beat” the traffic. This is not only dangerous and can lead to a crash or road rage, but it’s also illegal. Remember, the driver using the open lane is

following the proper way to merge.

It is suggested that when you see the “lane closed ahead” sign and traffic backing up, stay in your current lane up to the point of merging. At that point, take turns with other drivers to safely and smoothly ease into the remaining lane. When traffic is heavy and slow, it is much safer for motorists to remain in their current lane until the point where traffic can orderly take turns merging.

Studies show that the “zipper merge” works the best to keep traffic flowing, especially when there is a lot of traffic.

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).

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Economy Tractors

By Auctioneer Eric W. Mickelson

A few years ago I went to the State Fair with my wonderful wife Patty and we took in all the sites. They always have a street roped off with a bunch of old tractors. One in particular caught my eye. It is one I have seen in magazines, but to my knowledge I have never seen with my own eyes. The ECONOMY tractor, sold by Sears and Roebuck. Recently one of my favorite tractor magazines ran an article on Economy tractors which got me doing a little research.

In 1931, Sears and Roebuck developed a tractor to market they called the Economy tractor. It was sold for about a year. Then in 1937 they again made a deal this time with Peru Wheel Company, of Peru Illinois to produce another tractor. The frame was produced by the Peru company while using a Model A engine for the power plant. The tractor design was patterned roughly off the F-12 Farmall design. Sears even sold the basic tractor frame, with no engine, in case a farmer had a useable Model A engine of their own that could be reused. The Economy tractor was sold in 1938-1939. The price was reasonable. Sears advertised the Economy as a sturdy 2 plow tractor at a small one plow tractor price. Early on, Sears, Roebuck & Co. was a major player in agriculture. The company’s

goal was to provide farmers with reliable, low-cost, efficient machinery. Sometimes I wish I lived in the days where you could order a new “Economy” tractor from the Sears and Roebuck catalog!

How about a little tractor trivia!!

- The Sears Economy Tractor was rated to pull a _____ bottom plow.

- The 1939 Economy tractor would set you back \$_____.

- T or F The open steering gear caused problem for the 1938 model.

- T or F The Economy had a standard Model A 3-speed transmission.

- Since I saw my first Economy at the State Fair. What is the record one day attendance at the Minnesota State Fair?

Answers: 1. 2 bottom 2. A. \$495 3. T- It would fill with dirt and grease and make for hard steering 4. T 5. C. 260, 374 was the record one day attendance from Saturday, Sept. 3, 2016.



Here is a picture of a Sears Economy Tractor!

Theology in the Trenches

By Kathleen Kjolhaug

Contrite

The word contrite has been spinning round in my mind as of late. For the past several months now it’s come aboard my train of thought.



It was subtle at first. Other connecting words would trigger it to the surface. Words like humility, stability are closely linked and so I contemplated them all in one big pile...together.

Today, however, the word contrite came to the forefront as I linked it to another form of the word...contrition. It triggered a memory I have of a prayer I once learned as a child. It’s called, “An Act of Contrition.” Back in second grade it was a required prayer to memorize and take to heart because it was in second grade that we made our First Confession. It was during this time that we were taught about sin and how to confess it. After confessing our sins, we then had to say the prayer called “Act of Contrition” as a form of owning what we’d done. It was meant to redirect our hearts as to where it should be.

As the years rolled on over to adulthood, I began hearing a variety of explanations of one may confess sin. It all seemed plausible enough. I learned things like, “I don’t need a confessor, I can just go right to God.” So I did. I confessed my sins to Him, and I do not doubt that He forgave that which I brought forth.

However, something jolted me to attention this past week as the man on the radio spoke my word...CONTRITE...and linked it to the prayer and specifically to the confession of sin. I heard something new when he spoke. Perhaps it really wasn’t anything new, but along the way, I’d forgotten.

What did the man on the radio say? He said, “A contrite heart is not a heart that merely seeks forgiveness. A contrite heart is a heart that is truly sorry for any particular sin because”... and here is what jolted me to attention ... “because it offended Jesus.”

It were as if the missing puzzle piece suddenly fell into place for me. You see, He’d been readying my heart to hear what the man on the radio said...so when I heard it, I received it well. I did not despise the wisdom I heard, but rather ran to it with open arms to hug every inch of it.

Somewhere along the line as I had been confessing my sins, it became more of an unburdening of them. I desired the weight to be lifted, and it was. But in doing so, it was about me. It wasn’t until I paused to reflect what these words I had just heard spoken reminded me that it is not about me...but rather...it is always...always about Him.

I went back in time and took a look at the Act of Contrition and discovered it anew. I pray you will too.

“Oh my God, I am heartily sorry for having offended Thee.

And I detest all my sins because I dread the loss of heaven and the pains of hell.

Did you know?

According to the National Council of State Boards of Nursing, nurses are the second largest group of licensed professionals in the United States. While laws vary depending on where nurses work, many nurses must have their licenses renewed at certain intervals. State boards of nursing, sometimes referred to as “BONs,” were established to oversee and assure the safe practice of nursing in an effort to protect the public’s health. Part of the responsibilities of a BON is to evaluate licensure applications, and some BONs, depending on the state laws, will handle license renewals as well. The goal of license renewals is to ensure licensed nurses are up to date on the latest best practices and procedures. In addition, nurses who have not practiced in some time but want to return to practicing may need to take a refresher course to ensure they can still serve as competent nurses. In states where renewals are required, nurses who continue to practice without renewing their licenses may be subject to discipline. Nurses are urged to stay abreast of the licensing laws where they practice and to contact their BON if they have any questions about the licensure process.

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But most of all because I have offended Thee, my God, Who art all worthy and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life, Amen.”

(Don’t let that penance part mess you up...as the ACT of... merely means to go back into His Word and seek what He is speaking to help clear up any heart fog.)

When young, my heart knew this prayer full well and the meaning of it. As the years piled a mixture of substitutions, He brought me back...way back to faith like that of a child.

“Truly I tell you, unless we become like little children, you will never get into the Kingdom of Heaven” (Matt. 18:3).

Confusion is merely an illusion when destruction begins to fraction off that which is Yours.

Let me set aside me as I turn to Thee. Amen.



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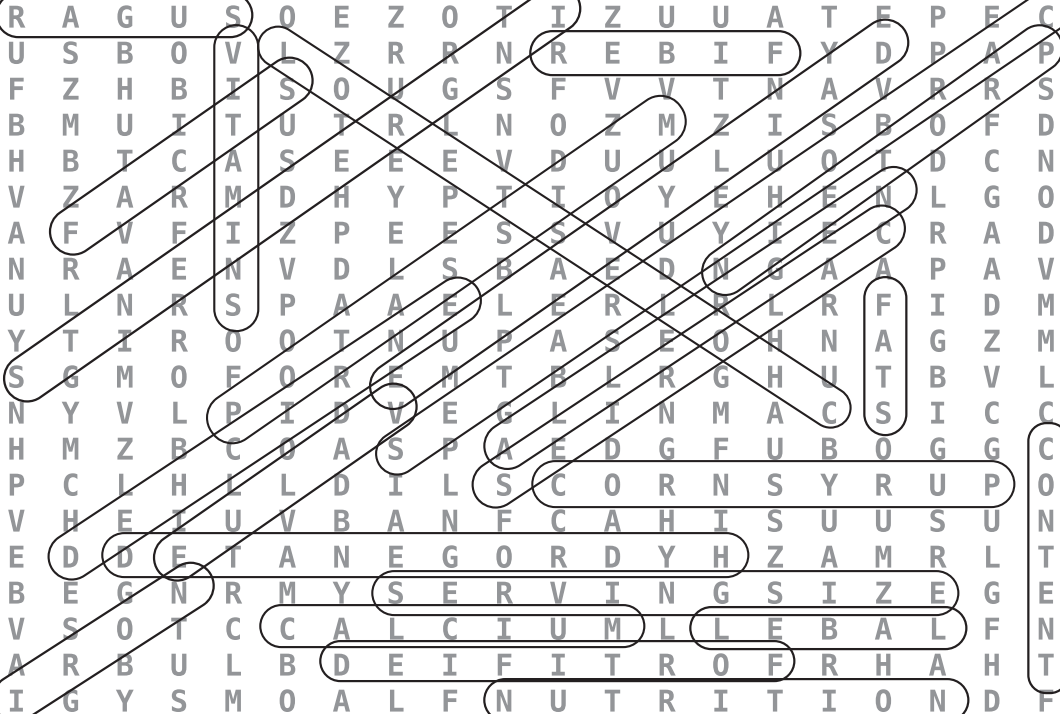
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Word Search Answers



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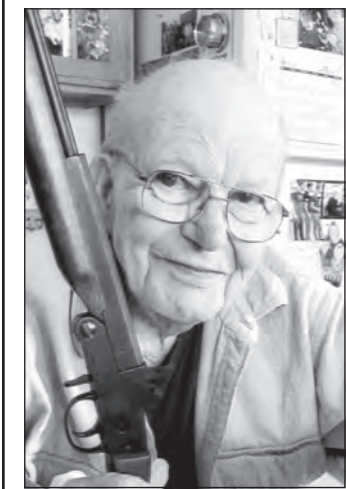
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OBITUARIES



Services held for David Salvhus

David Salvhus, age 73, of McIntosh, MN, passed away on Monday, March 9th, at McIntosh Senior Living.

Funeral services were held at 11:00 a.m. on Saturday, March 14th, at Mount Carmel Free Lutheran Church in McIntosh with the Rev. Karl Anderson officiating. Interment in the church cemetery. Visitation was held for one hour prior to the service on Saturday morning at the church. Arrangements with Carlin Funeral Service and messages of condolence may be shared at www.carlinfuneral.com.

David LeRoy Salvhus was born on October 20, 1946 in Fosston, Minnesota to parents Andrew and Minnie (Dyrdaahl) Salvhus. He grew up in Lessor Township on the Salvhus home farm. He attended McIntosh High School, graduating in the class of 1964. Following high school, David worked on the missile silos in North Dakota, on the

Iron Range, and then for a natural gas company in Thief River Falls.

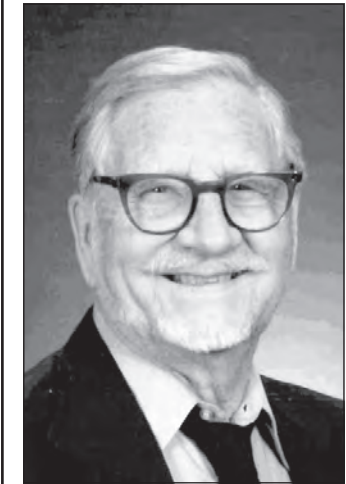
David was united in marriage to Sandra Fjerstad on October 21, 1967 at Mount Carmel Free Lutheran Church in McIntosh. They lived in Thief River Falls where David continued to work at the gas company. He then was employed by the Thief River Falls Fire Department until his retirement. In addition to serving as a firefighter, he did carpenter/home construction work for Peterson Lumber.

In 2000, he returned to his roots on the Salvhus family home place and built a retirement home. He and Sandy have lived there since that time.

He was a member of Mount Carmel Free Lutheran Church. David loved gardening and enjoyed giving away the fruits of his vegetable garden labor. He also enjoyed hunting and especially loved spending time with his family. He will be dearly missed.

He is survived by his loving wife of 52 years, Sandy, of McIntosh; one son, Scott Salvhus of McIntosh; three grandchildren, Katie (Ruben), Jonah, and Isaac; and one great granddaughter, Beatrice; one brother, Dan (Mary) Salvhus of McIntosh; brother-in-law, Glen Brua of McIntosh; sister-in-law, Lori Salvhus of Ada, MN; and several nieces, nephews and cousins.

He was preceded in death by his parents; and three siblings, Arvid Salvhus, Joanne Brua, and Marilyn (Leighton) Hamre.



Services held for Hans Brendalen

Hans Brendalen, son of Christ and Helga Brendalen, was born September 25, 1925 near Lillihammer, Norway. When Hans was three years old he came across the ocean to Ellis Island along with his mother and older brother John. There they met up with husband and father Christ, who had come to America two years previously. They ended up on a small farm in Weme, Minnesota. Hans was the second of seven children. He attended a country school where he learned to speak English rather than his native Norwegian. He was an excellent ice skater and skier. During his teen years he worked on the Masabe Iron Range in Hibbing, MN. When he was old enough, he enlisted in the U.S. Navy. He had various jobs on ship, from guarding the huge gun in the stern, working in the kitchen, as well as serving as fireman in the hold of the ship. He was stationed in Guam, during part of WWII. When the air raid sirens went off, signaling the troops to take over, Hans would stay in his cot, and say "You have nothing to fear, but fear itself." When he came back home to Clearbrook, MN, his brothers saw him walking up to the farm, and commented that he was as brown as the gravel road! Quite an achievement for a fair-skinned Norwegian.

He met Eleanora Bauer in Minneapolis on his way home. He had been pick-pocketed and had no money to buy a bus ticket. So, he borrowed \$20.00 from the dark-haired young lady he met on the sidewalk. Hans got Eleanora's address, promising to pay her back. The rest is history! They

were married September 27, 1947. They lived in Milwaukee, WI, where Hans was employed at Harnischfeger greasing the enormous industrial machines, and also for Schlitz Brewing Company. Two sons were born to Hans in Milwaukee, Arnold and Edward. Tired of the hustle and bustle of the city, this country-oriented couple moved to a small farm on the Chippewa River in Glidden, called the Mackinburg. Another son, David was born and a daughter, Donna at this time. The Brendalen family moved to a bigger farm, the Hentgartner place, where Michael was born, completing their family.

Hans was a lumberjack, farmer, politician, and carpenter. He bought old houses, remodeled them, and rented them out. He served as Commander of the local VFW for a number of years. He was town chairman and the road grader operator for 12 years. He was active in the church, enjoyed talking with people, was always reading, learning and growing. He enjoyed life and nature, and was happiest when he was working in the woods cutting down trees! He used to joke that he had sawdust in his veins! Hans died on Saturday March 7, 2020 in Park Falls.

Left to cherish his memory are his wife Eleanora of Park Falls, (5)children: Arnold (Margie) of Appleton, Edward (Leanne) of Butternut, Dave of Ashland, Donna (Mark) LaDue of Canton, SD, and Michael of Boston, KY, (9) grandchildren, (10)great-grandchildren, and (1)great-great-grandchild. Also his siblings: John (June) Brendalen of Clearbrook, MN, Arnold (Beverly) Brendalen of Mora, MN, Erling (Betty Lou) Brendalen of Skidmore, TX, Martha Ahles, and Christine Strande, both of Bemidji, MN. Hans was preceded in death by his parents and one brother Anton Brendalen.

A memorial service was held at Trinity Lutheran Church in Glidden on Thursday March 12, 2020 at 11:00am. Rev. Kenneth Lahners will officiate.

A visitation was held at the church on Thursday from 10:00am until the hour of the service.

Birch Street Funeral Service in Park Falls is assisting the family. www.birchstreetfuneralservice.com

14, 2020.

Duane loved to farm on the family farm. He also enjoyed hunting, fishing, gardening, cooking, and playing cards. Time spent with his family was very important to him. His favorite event of the year was "Flash Fest" which was a family reunion held every Labor Day. Duane was the proud recipient of the 2019 Everyday Hero Award as well as the Rotary's Paul Harris Award.

He is survived by his wife, Annette; two daughters, Krystal (James) Kumpula, of Clearbrook, MN; and Erin (Colby) Dunrud, of Everson, WA; three grandchildren, Kaitlyn, Savannah, and Jacob Kumpula; three sisters, Linda (Carter) Torgerson, of Grygla, MN; Darlene (Dick) Roue, of Fosston, MN; and Brenda (Darwin) Faldet, of Gonvick, MN; one brother, David (Misty Erickson) Dunrud, of Grygla, MN; and several nieces, nephews and cousins.

He was preceded in death by his parents.

Funeral Services will be on Thursday, March 19, 2020; 2:00 p.m. at the Trinity Lutheran Church in Detroit Lakes, MN. Visitation will be on Wednesday from 5:00 – 8:00 p.m. at the West-Kjos Funeral Home in Detroit Lakes, MN, with a prayer service at 7:00 p.m. Interment will be in the Bethlehem Lutheran Cemetery, rural Gonvick, MN. (in the spring).

Jean is remembered as an avid reader and a skilled piano player who also taught piano. She was also a talented artist and volunteered many hours of her time to various Greeley organizations including Centennial Village, the Union Colony Civic Center, and gallery, the United Methodist Church, and the local 4H groups. Jean worked for Heunike and Ostercile, CPAs, in Greeley for many years until she opened her own accounting business.

Jean is survived by her daughters Stephanie (Kevin) Harvey and Shelley Hartnett. Four grandchildren, Tylor (Kristina) Weston, Elise (Lewis) Rucker, Jacqueline and Eddie Hartnett. Five great-grandchildren, Ayla, Reece and Keira Weston, and Anthony and Hagen Rucker. A brother, Bruce (LaVonne) McWilliam of Winger, Minnesota, and a sister, Susan (Orrie) Flermoen of Winger, Minnesota. And numerous nieces and nephews.

Jean is preceded in death by her parents, her husband, and a brother, Jan McWilliam of Winger, Minnesota.

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Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors - including those who may be divorced or widowed - feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets



Caution and caustic products go hand-in-hand

Keeping a home clean is no small task. All sorts of stains appear in homes every day, some harder to clean than others. And for each individual spill or accident that can dirty up a home, there seems to be a cleaning product tailor-made to address it. That can make choosing the right cleaning product more complicated than simply choosing the least expensive option.

Cleaning products are not one and the same, and various consumer advocacy groups have emphasized the importance of choosing products that are both effective and safe. Caustics are one type of product that get ample shelf space at grocery stores. According to the U.S. Department of Health & Human Services, caustics are chemicals that burn or corrode people's skin, eyes and mucus membranes. While it may seem as though no one would willingly bring such products into their homes, caustics are widely used. In fact, the National Capital Poison Center notes that drain cleaners, oven cleaners, rust removers, toilet bowl cleaners, dishwasher detergents, and cleaning products for brick and concrete are among the various products that can cause chemical burns.

Adults generally know to exercise caution around potentially dangerous cleaning products, including caustics. However, children and pets may not be so savvy. That only underscores the importance of exercising extreme caution when bringing such products into a home. The NCPC notes that caustic products cause instant damage, which means parents and/or pet owners won't be able to prevent injuries if curious youngsters and animals come into contact with these substances. Before purchas-

ing caustic cleaning products, consumers can consider these pointers, courtesy of the NCPC.

- Only purchase caustics if nothing else will do the job. Because of their potential to cause so much damage so quickly, caustics should only be purchased if no other product is up to the task. A little extra elbow grease is worth avoiding the potential problems caused by caustics.
- Don't buy caustics in bulk. Extra caustics around the house only increase the risk of injury. Only purchase the amount you need, storing anything you bring home in areas that cannot be accessed by curious kids and pets.
- Do not transfer products to different containers. Caustics should always be kept in their original containers. That reduces confusion and the risk of accidents. In addition, product warning labels on the original packaging will ensure anyone who needs to use the substance will be made aware of its potential safety hazards.
- Follow directions carefully. All it takes is a simple spill for a caustic product to cause an injury. When using caustics, follow the manufacturer's instructions carefully and exactly.
- Protect yourself. When using caustic products, wear gloves and safety glasses to reduce your risk of injury. In addition, open windows if the label advises doing so.
- Do not use caustics near kids or pets. Never use caustics in front of children or pets. Kids and pets are naturally curious, and that curiosity may compel them to look for products they saw mom and dad using.
- Caution and caustic products must go hand-in-hand to avoid injuries and accidents around the house.

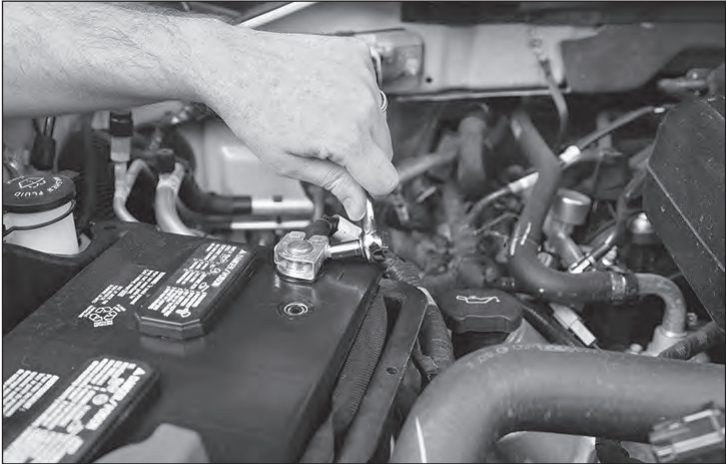
Charge up your car battery knowledge

Vehicles consist of many essential components to keep them running efficiently and effectively. Car and truck owners should have an understanding of how their vehicles function so they can diagnose and address problems as they arise.

Car batteries are an important component of any vehicle. Even though engines are the powerhouse of any car or truck, without a battery, the engine wouldn't be able to work. According to Firestone Complete Auto Care, car batteries work by providing a jolt of electricity necessary to power all the electrical components of the vehicle. This is achieved through a chemical reaction that changes chemical energy into the electrical energy needed to deliver voltage to the starter. In addition to initially starting the car, the battery also keeps electric current steady to keep the engine running.

The battery also works in conjunction with the alternator to power the electronics in the car, according to the automotive information blog Autosessive. While the car is running, the alternator reverses the current produced by the battery, recharging it as a result. This happens during long journeys, so people who drive for short bursts of time may find that their batteries will not have a chance to recharge and may not have the longevity desired.

There is quite literally a lot riding on a functioning battery. No one wants to be caught stranded by a dead battery, so



Learn the function of a car battery and how to keep it operational.

drivers may wonder if there are any indicators that may signal the battery needs replacement.

- **Slow turnover:** If a vehicle does not immediately start or if the cranking is sluggish and takes longer to start, it may mean the battery is starting to fail.

- **Frequent, short trips:** Drivers who make frequent, short trips may find their car batteries do not have time to fully recharge. This, coupled with overtaxing thanks to a lot of accessory use, may cause the battery and the alternator to have shortened life spans.

- **Low battery fluid levels:** If the fluid level is below the energy conductor inside, it is often indicative of overcharging and excessive heat.

- **Corrosion:** Corrosion buildup, dust, dirt, and grime on

battery connections may cause performance problems. Inspecting and cleaning the terminals can prolong the battery life.

- **Odors and leaks:** Battery leaks can produce a sulfur odor similar to the smell of a rotten egg. This can become problematic over time, and leaks may indicate an aging or damaged battery.

- **Age:** Most batteries have a finite life span. A well-maintained battery can last up to five years. Neglect can reduce that life expectancy considerably.

- **Bloated or cracked battery case:** Replace the battery immediately if the case is cracking, as it could be because excessive heat is swelling the battery.

Understanding how car batteries work can help drivers keep their cars running smoothly.

the same sleds as last week. In the Expert 600 Limited class, Braden Sillerud picked up the win on his Arctic Cat.

Heat five consisted of the Junior classes battling it out for their second day of racing. In the Junior 14-17 class, Derek Kloety took home his first podium of the season after taking the win in Naytahwaush. Cooper Kangas took second and Aaden Olson took third overall, all on Arctic Cats. In the Junior 10-13 class, Aiden Johnson took the win on his Arctic Cat. Jaxan Hammer came in second on his Polaris and Keegan Houser in third on his Arctic Cat. In the Junior 14-17 Girls class, McKenna Cloose and Danika Diesen put on another great race. Cloose came out on top this weekend with Diesen in second and Annie Olson in third, all on Arctic Cats. In the Junior 10-13 class, Maia Burnside was the lone entry in her first USXC race. She finished and took the win on her Arctic Cat.

The last race of the day was the Pro Stock final. This was a 10 lap event based on time. Lian (Arctic Cat), Erdman (Arctic Cat), Selby (Arctic Cat), Herfindahl (Arctic Cat), Christensen (Polaris), and Hetteen (Polaris) were the sleds that made up the front row for the heads up start. After 10 laps of tight racing action, Chad Lian came out on top for the second time this season. Taylor Bunke earned his first podium of the season by taking the second-place finishing spot on his Polaris. Aaron Christensen went home with the third-place finish on his Polaris.

After seven rounds of racing action, Zach Herfindahl is leading the Pro Stock points by four points over Aaron Christensen. Last season, Herfindahl went into the last race of the season by five point over Christensen. Herfindahl ended up winning the points championship last season by one point. Will it be the same outcome this season or will we have a new Champion? Justin Tate is currently sitting third, 22 points behind first.

USXC will have a break before the season finale at Andes Tower Hills in Alexandria on Friday, April 3rd and Saturday, April 4th.

Story and photos by Emily Wicklund

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Seki...

continued from front

it she said, but noted, "we are not teaching culture, we are using culture to teach." There has been a 43% improvement in suspensions.

Earlier as Directors were giving their reports, Event Center staff began serving a meal of ribeye steak, walleye, baked potato, wild rice hotdish, corn, roll and dessert. Drawings were also held as Seki spoke and the crowd ate.

Chairman Darrell G. Seki, Sr. was upbeat and noted it was "time to rock this building, woo!"

Seki took the stage, and as is his custom, first spoke in his native Ojibwemowin. "Ozaawi Naabesim indizhinikaaz, Migizi indoodem, Obaashiing indoon-jibaa," he said introducing himself, his clan and where he was from. He thanked the Council, Chiefs, Color Guard, the Drum Eyabay, Royalty Dancers, and Frances Miller for the invocation. He also thanked all the members and guests present.

Now speaking in his second language English. "It's an honor and I am humbled to stand before you all to present the State of the Band," he said. "We are a sovereign nation and sovereignty is our power."

"Red Lake Nation is very strong in beliefs of our traditions, culture, customs, teachings and revitalizing our language. We as a nation protect our lands, waters, air, our territories and most of all our tribal membership, from golden age to our newborn and generations to come. The creator and spirits are with us to move forward to love one another. Sovereignty is our power and we are strong as a nation. DEBWEWIN – TELL THE TRUTH."

Seki then began an update on several projects including the new Trading Post, new fire halls, treatment center, dialysis center, and the Mino-bimaadiziwin Project in Minneapolis. He spoke of the , hemp project and that medical marijuana is on the ballot for the members to consider.

He said that the council will look into reopening the swimming pool at the Humanities Center and credited Red Lake Representative Robert Smith for shepherding the project.

Seki said he'd like to see a new retail center in Ponemah and spoke extensively on IT security that has been a problem at times. He gave an update on legislative issues at both the federal and state level.

Seki then spoke of Red Lake's Solar Energy Initiative. The initiative began in 2016, with a three-phase goal involving installing solar panels on tribal buildings and eventually producing a solar farm. Soon panels will be added to the roofs of Red Lake Tribal College and the tribe's three casinos.

"Since 2016, Red Lake has been involved in the planning process of a solar farm, with the ultimate goal of the Red Lake becoming energy independent," Seki said. "An engineering study estimates that the solar power generated by our farm would be sufficient to power 2500 homes. This indicates that the solar farm we're developing will put us on our way to energy independence."

The second phase solar farm is coming together having met some resistance from electric companies in the purchase of excess energy produced by the tribe.

"The development of these projects is designed to address

our basic needs and understandings," said Seki. "They include the preservation and conservation of our environment, providing an energy source which is compatible with our beliefs of living in harmony with nature, the diversification of our economy and investments, improving the quality of life, training and jobs for our people.

The third phase of the project will be to develop a solar energy plant on the reservation and job training to build solar panels and install solar arrays.

Seki gave a rousing speech citing progress on several projects taking place on the reservation, but he closed on a more philosophical note. "We need to be good to each other, take care of one another, we need to put people first," Seki said. Let's be kind to one another, love one another, because the negative things are not the way of life as Anishinaabe people."

Having finished his comprehensive report, and those in attendance having finished their most excellent dinner, the time seemed right for this fulfilling conclusion to the 2020 State of the Band Address. Seki then called on Eyabay again for Healing and Traveling Songs. "Take care of your family, love one another, safe travels, concluded Seki."

Elected Officials & Special Guests in Attendance

Federal Delegation
Andy Martin, Outreach Worker for US Senator Amy Klobuchar; Ravyn Gibbs, Native American Outreach Director for US Senator Tina Smith; and LeRoy Stumpf former State Senator, Representing US Congressman Collin Peterson.

Indian Country

Faron Jackson, Chairman, Leech Lake Band; (Faron has Red Lake ancestors) David Morrison, Secretary/Treasurer, Bois Forte Band; and Andy Wells of Wells Technology, Wells Academy & Red Lake member.

State Delegation

Roger "Giniw" Moe, Former State Senate Majority Leader and adopted Red Laker; John Persell, DFL State Representative District 5A; Jeremiah Liend, DFL Candidate, State Representative for Red Lake, District 2A; Kari Howe, MN

Dept Employment & Economic Development, NW Project Manager; Theresa Ebbenga, MN DNR, NW MN Regional Manager; Kerry Ross, MN DNR, Planner; and Pat Znajda, MN DNR, Captain Law Enforcement.

Beltrami County Delegation

Tim Sumner, County Commissioner, & Red Lake Member; Commissioner Reed Olson; Commissioner Richard Anderson; Ernie Beitel, Beltrami County Sheriff; County Administrator Kay Mack; and Becky Secore, Beltrami County Health & Human Services Director.

City of Bemidji Delegation

Rita Albrecht, Mayor, & Candidate for State Senate District 5; Nate Mathews, City Manager; and Mike Mastin, Chief of Police.

Friends of the Nation

John Eggers, Creator of Project Graduate/100% Graduation & former RLHS Principal; Tim Flathers, Executive Director, Headwaters Regional Development (HRDC); Curtiss Hunt, Chairman Beltrami County DFL; and Mary Forney, Vice Chair, Beltrami County DFL.

Red Lake Band of Chippewa Indians Royalty

Ponemah Head Start; Princess Kambria Johnson and Brave Robert Cobenais, III

Red Lake Head Start; Princess Anevay Schoenborn and Chaske Wilson

Ponemah Elementary; Princess Rianna Cloud and Brave Cole Kingbird

Red Lake Elementary; Princess Grace Needham and Brave Adrian White

St. Mary's School; Princess Aniah Sumner and Brave John-Henry Defoe

Ponemah Labor Day; Princess Jasinda Kingbird and Brave Treyson Cloud

Red Lake High School; Princess Ariah Sumner and Brave Steven Bellanger, Sr.

Red Lake Nation; Jr. Princess Natanne Caldwell and Jr. Brave Cade Dow

Red Lake Nation; Sr. Princess Elise White and Sr. Brave Sidney Kingbird

Red Lake Elders Gathering; Queen Sylvia Branchaud and King Ed Strong

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Bowling Results									
3/9/2020 Week 25 of 28 Monday Night Ladies * 2019-2020									
Bowl Inn									
USBC Certification:									
** THE CLINIC \ BUCK TRAXX WINS THE FIRST QUARTER * ** THE BOWLIN' BARBS WIN THE SECOND QUARTER ** *** OTTERTAIL WINS THE THIRD QUARTER ***									
Team Standings									
Place	Lane	#	Team Name	Points	Wins	Loss	Team	Points	Wins
1	5	3	FARMCHCK	99	51	625	329	71552	45590
2	7	4	BOWLINX BARBS	85%	64%	637	324	73268	49133
3	6	2	OTTERTAIL	75	75	554	369	72778	45715
4	4	6	KNUTSON BRUSHING	73%	73%	576	368	71015	44024
5	3	1	THE CLINIC\ BUCK TRAXX LIQU	58	92	683	282	73095	50940
6	8	5	CARVER TRUCKING	58	92	572	376	70933	42025
Lane Assignments									
3-4 5-6 7-8 Today 1-6 3-2 4-5 Next Week 3-4 5-6 1-2									
Season High Scores									
Scratch Game	792	THE CLINIC\ BUCK TRAXX LIQU	786	BOWLINX BARBS	742	FARMCHCK	742	FARMCHCK	
Scratch Series	2251	THE CLINIC\ BUCK TRAXX LIQU	2200	BOWLINX BARBS	2063	FARMCHCK	1086	FARMCHCK	
Handicap Game	1103	BOWLINX BARBS	1097	THE CLINIC\ BUCK TRAXX LIQU	1086	FARMCHCK	1086	FARMCHCK	
Handicap Series	2145	THE CLINIC\ BUCK TRAXX LIQU	2095	FARMCHCK	2099	BOWLINX BARBS	2099	BOWLINX BARBS	
Scratch Game	218	KIRSCHLE BRUA	216	BRODGET LANDSVERK	213	CONNIE SHEGRID	213	AMANDA RAMSRUD	
Scratch Series	599	BRODGET LANDSVERK	546	JENNIFER GUTTLAND	539	STEPHANIE WILDE	539	STEPHANIE WILDE	
Handicap Game	272	AMANDA RAMSRUD	271	KIRSCHLE BRUA	270	CORY TOLLEFSON	270	CORY TOLLEFSON	
Handicap Series	718	CORY TOLLEFSON	702	DESI RENDEAH	700	AMANDA RAMSRUD	700	AMANDA RAMSRUD	
Last Week's Top Scores									
Scratch Game	775	THE CLINIC\ BUCK TRAXX LIQU	611	BOWLINX BARBS	625	FARMCHCK			
Scratch Series	2164	THE CLINIC\ BUCK TRAXX LIQU	1970	BOWLINX BARBS	1851	CARVER TRUCKING			
Handicap Game	1059	THE CLINIC\ BUCK TRAXX LIQU	998	CARVER TRUCKING	671	BOWLINX BARBS			
Handicap Series	2016	THE CLINIC\ BUCK TRAXX LIQU	2082	CARVER TRUCKING	2000	BOWLINX BARBS			
Scratch Game	212	BRODGET LANDSVERK	199	KIRSCHLE BRUA	191	CORY TOLLEFSON			
Scratch Series	509	BRODGET LANDSVERK	492	CORY TOLLEFSON	459	CONNIE SHEGRID			
Handicap Game	2513	KIRSCHLE BRUA	2417	CORY TOLLEFSON	2401	DANIELA ANDERSON			
Handicap Series	660	CORY TOLLEFSON	632	GLORIA CARVER	621	BETTY LANGSTETH			

THURSDAY TRIO'S 2019-20									
Bowl Inn									
** FARMCHCK WINS THE FIRST QUARTER * ** HARWOOD OIL WINS THE SECOND QUARTER ** *** DAN'S STANDARD SERVICE WINS THE THIRD QUARTER ***									
Team Standings									
Place	#	Team Name	Points	Wins	Loss	Team	Points	Wins	Loss
1	3	GULLY TRI CO-OP	90.3	28	3	77.0	445	133	2
2	4	FARMCHCK	79.3	23	6	71.3	391	157	2
3	7	TRIPLE 60'S	77.8	21	6	60.4	246	161	2
4	2	DAN'S STANDARD SERVICE	82.6	19	4	80.4	466%	113%	4
5	1	MAIN STREET	57.9	11	8	79.2	451%	118%	1
6	5	HARWOOD OIL	52.4	11	10	73.1	408%	149%	1
7	6	THE WRECKING CREW	0	9	54.5	217%	181%	18911	25838
8	8	BYE	0	0	0	0	0	0	0
Season High Scores									
Scratch Game	617	MAIN STREET	581	HARWOOD OIL	574	GULLY TRI CO-OP			
Scratch Series	1727	MAIN STREET	1588	DAN'S STANDARD SERVICE	1568	HARWOOD OIL			
Handicap Game	732	MAIN STREET	710	HARWOOD OIL	706	GULLY TRI CO-OP			
Handicap Series	2018	MAIN STREET	1955	HARWOOD OIL	1942	DAN'S STANDARD SERVICE			
Men	Scratch Game	266	HARVEY CARLSON	262	REUBEN NETLAND	245	JOHN LARSON		
Scratch Series	688	REUBEN NETLAND	688	REUBEN NETLAND	655	PERRY GRUNDYSON			
Handicap Game	781	REUBEN NETLAND	781	REUBEN NETLAND	749	PERRY GRUNDYSON			
Handicap Series	222	JANET LANDSVERK	197	DARLENE ROUE	125	TERR MATHIS			
Scratch Game	590	DARLENE ROUE	507	JANET LANDSVERK	349	TERR MATHIS			
Handicap Game	294	JANET LANDSVERK	288	DARLENE ROUE					
Handicap Series	668	DARLENE ROUE	648	JANET LANDSVERK					
Last Week's Top Scores									
Scratch Game	559	HARWOOD OIL	553	DAN'S STANDARD SERVICE	542	FARMCHCK			
Scratch Series	1563	MAIN STREET	1507	HARWOOD OIL	1491	DAN'S STANDARD SERVICE			
Handicap Game	872	HARWOOD OIL	862	DAN'S STANDARD SERVICE	862	FARMCHCK			
Handicap Series	1846	HARWOOD OIL	1818	MAIN STREET	1818	DAN'S STANDARD SERVICE			
Men	Scratch Game	226	RANDY LANDSVERK	210	PERRY GRUNDYSON	202	KEVIN JOHNSON		
Scratch Series	576	RANDY LANDSVERK	555	PERRY GRUNDYSON	545	KEVIN JOHNSON			
Handicap Game	262	RANDY LANDSVERK	240	ANDY ANDERSON	240	CHRIS LOUE			
Handicap Series	687	RANDY LANDSVERK	653	KEVIN JOHNSON	642	DEAN EVJE			
Women	Scratch Game	189	DARLENE ROUE	162	JANET LANDSVERK				
Scratch Series	489	DARLENE ROUE	421	JANET LANDSVERK					
Handicap Game	224	DARLENE ROUE	208	JANET LANDSVERK					
Handicap Series	594	DARLENE ROUE	559	JANET LANDSVERK					
Individual High Averages									
Men	178.82	BRYAN LANDSVERK	175.16	PERRY GRUNDYSON	174.93	REUBEN NETLAND			
Women	162.04	DARLENE ROUE	148.39	JANET LANDSVERK					
High Individual Match Points									
Men	49.5	REUBEN NETLAND	43.5	DEAN EVJE					
Women	38	DARLENE ROUE	34	JANET LANDSVERK	42	TIM MASELL			