



Tri County Canary

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

Gully Area Business Switches to Temporary Home Delivery - “Care Packs”

The world is spinning with adjustments these days, and so it has been for Kolling Cards and Things Made Here! At this time of year, Artist-Owner Cindy Kolling would normally be working long days; organizing, preparing and shipping wholesale orders to specialty stores gearing up for the spring season.

Made Here! of rural Gully, Minnesota, is an artist owned, wholesale-only business (since 1986) that serves specialty stores in museums, park and public land visitor centers, nature and outdoor stores & retail outlets in resort areas across the U.S.A. Kolling Cards (Made in the USA) product line includes note cards, greeting cards, Journals with No

Rules™, Minne-Mural™ Coloring Art Posters and more.

The impact of COVID19 (Coronavirus) started showing up seriously in early March with cancellations of the major trade shows where buyers place their orders. This was followed by mass announcements of shut-downs of museums and their stores, followed by announcements of park and monument store closings. Many buyers for seasonal resort area stores who would normally have placed their orders for their spring-summer season went into a holding pattern, not sure what to do.

Wholesale vendor companies and makers of products that these places sell, are highly affected by these shutdowns, because the major ordering is usually done early in the season for later shipping dates.

Sometimes a little luck comes at the right time. Earlier this winter, due to customer demand to see more products online to make their ordering easier; Cindy overhauled the Kolling Cards and Things Made Here! website. (www.kollingcards.com) The overhaul was just intended to use an online store format as a catalog for the wholesale buyers. The new site, although still a work in progress, went live in early February. By early March, it was obvious that with the trade shows closing down, the website would be far more important than anticipated. But then the museum and park store closing notices came in mass and the wholesale ordering virtually stopped.

People in the pockets where early “shelter in place” practices were implemented had eventually cleaned out all their closets and watched too many movies. Many parents were trying to work from home and with schools closed, the kids were also home. All this adjusting caused extra stress. Consumers, unable to buy from the specialty stores, began contacting Kolling Cards to try order the Minne-Mural™ Coloring Art Posters, which have significant educational content most of which has been reviewed for accuracy by museum curators, historians and park rangers.

Minne-Murals™ are detailed coloring art posters with carefully researched content about subjects in nature, history, heritage, art and science. They come with full length color pencils and interesting information about each subject on the back. There are hundreds of designs to choose from. The detailed designs are hand-drawn originals by Your Artist, Cindy Kolling.

Kolling at first tried to defer the order requests to retail stores in the customer’s area, then, realized these stores just were not able to be open. To serve the homebound consumer requests, Cindy set the website to directly accept credit cards, contacted the Minnesota State Sales Tax office and offered Temporary Home Delivery of three sizes of “Situation Survival: Minne-Mural™ Coloring Art Poster CARE PACKS”.

The packs come with 2, 4 or 6 Minne-Murals in them. Buyers can choose the designs they want, or say “surprise me”. They can be ordered for home delivery to self, family, friends, or co-workers and the buyer is welcome to submit a short message to be enclosed in the package. The coloring projects can last several days or more.

Shipping is included in the price and most orders are shipped the next day. These smaller packets mostly go by postal service.

Kolling Cards is essentially a home based business, so will remain open for shipping orders during “shelter in place”. “I was geared up for a wholesale season, so the ducks are pretty well lined up to offer this home delivery service,” says Kolling. “As long as the Post Office and UPS are open for business and as long as I stay healthy, (which I plan to), your orders can be delivered.”

Kolling Cards products are Made Green in the USA™. “I use regional suppliers and vendors whenever possible. Kolling Cards has long been known for its attention to sustain-

able production methods and is constantly working to “grow greener every day”, but during this virus time, I will only use new shipping cartons. All proper COVID19 safety practices are in place.... so, sorry, no...you can’t pick up your order in person. Call me if you have a question.”

Some of the first words on the Kolling Cards’ website urge us to “Disconnect and Reconnect to Nature, History, Heritage, Art and Science.” There is a call to cut down on screen time, get exercise and take solid creative and quiet time. Minne-Mural™ Coloring Art Posters offer hours of creative quiet time to “Learn Stuff While We Have Fun”! Minne-Murals appeal to a wide variety of ages and interests.

The colored Minne-Murals™ can be matted or framed to become awesome wall art. The Kolling Cards’ website has added features of a “Focus on You” page to highlight submitted photos of coloring art and/or the coloring artists. (a kind of online gallery) There is also a “Kolling Cards Coloring Art Blog” which helps with coloring techniques, color blending and other bits of interest. You can subscribe to the blog and get a weekly email update.

The Situation Survival Packs are intended to be temporary until the retail stores are back in action. But, for now, it is meant to be creative learning fun. Cindy Kolling is a firm believer that “Art is Not Separate from Life” and the Minne-Murals are a relaxing way to add creative dimension that does not add further stress to your days.

“I’ve had to reconfigure before, because of hurricanes, volcanoes, floods and federal shutdowns which affected a significant portion of custom-

ers, but this is the first time my wholesale ordering all across the country has almost stopped,” says Kolling, “I know it’s been tough adjusting for a lot of people out there right now, so hopefully this care-package can offer a fresh, fun, creative way to relax, and maybe learn some new stuff during the home stays... and a good way to disconnect when you need to.”

Of course, we will want to see all the colored art; so to share with the world, coloring artists can email a photo of their Minne-Mural™ for the “Focus

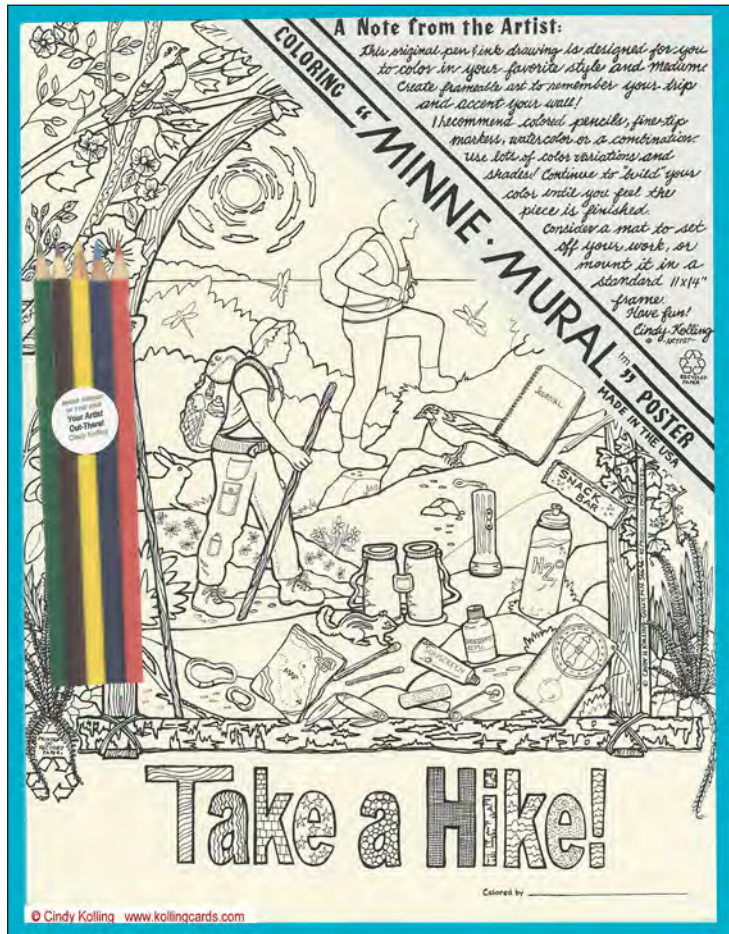
on You” Kolling Cards website page which is a kind of Online Gallery, or it may be used in the coloring art blog. Minne-Murals™ are for all ages and personalities.

It’s all about offering quiet screen-free fun and creative learning at many levels with interaction at proper social distancing. Stay home, wash your hands and let’s all develop our coloring skills!

The Kolling Cards and Things Made Here! website is www.kollingcards.com



Nature: Many Minne-Mural™ Coloring Art Poster designs feature wild mammals, fish, birds, wildflowers and more. Learn about the animal’s habitat, what they eat and what eats them and more, while you color new wall art.



During our home stays, we want to remember to exercise. “Take a Hike” is just one of many out-door activities highlighted in Minne-Mural™ Coloring Art Posters by Cindy Kolling.



Your Artist Cindy Kolling with camera doing preliminary “homework” for Minne-Mural™ Coloring Art Poster Design. The Minne-Murals are content filled creative learning activities... great for home stays!



“Lefse” Minne-Mural™ colored by local coloring artist Shirley Graftaas.

Essentia Health reduces staff, redirects resources in anticipation of COVID-19 surge

Essentia Health today announced plans to reduce non-medical staffing levels as we prepare for the expected surge of COVID-19 patients in the communities we serve.

These plans include redeploying our workforce to best position Essentia Health to care for patients, while responding to the significant financial impacts caused by a reduction in services due to the pandemic. As a result, several hundred employees who are not involved in direct patient care have been placed on a special administrative leave. Staffing levels will continually be evaluated and adjusted as needs evolve.

To slow the spread of the virus and preserve valuable personal protective equipment, Essentia Health has postponed elective surgeries and procedures. We have closed some clinics and postponed routine appointments. Even with our new ability to convert clinic appointments to virtual video

visits, patient volumes have declined.

“Essentia Health is focused on keeping our staff and communities safe while addressing the challenges of this pandemic,” said David C. Herman, MD, chief executive officer at Essentia. “We are collaborating with regional partners to share resources and ensure a coordinated response in anticipation of an expected COVID-19 surge. Predictive modeling is taking place both within Essentia Health and via our partners across the states we serve. This data-informed modeling will improve our preparedness.”

Essentia Health has not been immune to the impact on our business operations as we comply with directives from state and federal health officials, which have led to a severe disruption in services. Like other health care organizations around the country, we are projecting a 20-40% decrease in revenue due to pandemic-relat-

ed declines in patient volumes.

About 500 of our 14,500 employees are being placed on special administrative leave. Essentia is providing support for affected staff members by maintaining health insurance for the near term. These employees can take vacation time or paid time off to lessen the financial impact, as well as unpaid leave. They also can apply for unemployment benefits, which have been expanded and extended by recent legislation. Essentia is offering access to employee-assistance programs like financial counseling, as well as other counseling resources.

“The decision to refocus our operations for the coming COVID-19 surge is difficult because we deeply appreciate the contributions of all our Essentia colleagues,” Dr. Herman said. “We recognize and regret the hardship this uncertainty will have on our coworkers and their families.”

Kaul Gallery opening for online and passers-by

Opening in the Kaul Gallery in Bemidji, the photography of RJ Kern in “The Unchosen Ones,” will be available to viewers online and to passers-by from April 3 through May 30, 2020. Kern explains, “One isn’t born a winner or loser, but a chooser.” This is the theme explored in a series of portraits taken behind the scenes at Minnesota county fairs in 2016. The human condition is exposed as we, the viewers, look at them – the unchosen ones, and they look back, encouraging us to contemplate the repercussions for the ones not chosen.

Watermark Art Center is honored to continue with the virtual exhibit of recent works by master bead artist Thomas Stillday (Red Lake Nation). The exhibit, entitled “Wezhichigewaad,” is an Ojibwe word meaning “makers” (pronounced “way-zhih-chih-gay-wahd”). Items on display range from his first project as a twelve year-old to contemporary works created independently and collaborations with family members. All reflect the traditional designs important to the Ojibwe cultural arts. Also posted among Watermark’s Virtual Exhibits will be April’s Bemidji Youth Exhibit with the work of the Schoolcraft Learning Community by art teacher Jake Anderson.

The Annual High School Invi-

tational has been cancelled with the student works on display at each home school. Watermark will provide links from the Virtual Exhibits page to each school’s virtual tour.

Additional exhibits currently online include “Portraits,”



Traditional Beaded Buckskin Cape Dress, Thomas Stillday with Mary Lou Stillday.

by Blair Treuer, “Looking for America,” by Paula Swenson, and “Other Dimensions,” by Natalia Himmirska.

Through April 30, all in-house events and classes have been cancelled or rescheduled. Please confirm event status online. Watermark Art Center is located at 505 Bemidji Ave N. 218-444-7570. Virtual Exhibits, tutorials, and future virtual classes can be viewed online at WatermarkArt-Center.org.



Kenzi and Hootie, RJ Kern, Anoka County Fair.

Keep your blood pressure under control

Written by Karin Haugrud
Many people don't think about their blood pressure. Well, unless someone makes you mad or you get really upset about something. A confrontation with someone may cause a temporary rise in blood pressure but having high blood pressure or hypertension is actually very serious.

I found some interesting information from the America Heart Association about high blood pressure. They define blood pressure as the measurement that your doctor or nurse takes to determine your blood pressure is due to the recurrent pumping of blood by the heart which creates a cyclic force of blood against the blood vessels. It is measured in two numbers, for example, '140/90.' The first number (140) is systolic pressure, or the pressure when the heart contracts and pumps the blood through the body. The lower number (90) is diastolic pressure, the pressure between pumps, when your heart is at rest. Elevated blood pressure simply means your heart is working harder than normal, putting both your heart and arteries under a greater strain.

Unfortunately high blood pressure can develop over many years with no noticeable symptoms. That's why seeing your doctor for regular blood pressure checks is so important. Warning signs of high blood pressure can include nosebleeds, racing or irregular heartbeat, headaches and dizziness.

According to WebMD if you are diagnosed with high blood pressure, it is extremely important that you follow your doctor's treatment guidelines. This should include keeping your diet low in fat, reducing your salt intake, stopping tobacco use and limiting your alcohol consumption. Regular exercise, keeping your weight within normal bounds, and learning to manage the stress in your life.

"Having a healthy lifestyle really makes a difference in your life because you can avoid high blood pressure," said Dr. Mary Ann Bauman, an internist at Integris Baptist Medical Center in Oklahoma City. Excessive salt can make high blood pressure worse. It causes water retention, which makes your heart work harder than it has to. The National High Blood Pressure Education Program recommends no more than 2,400 mg per day. That is about one teaspoon of table salt. Most Americans consume 4,000 to 6,000 milligrams of sodium a day.

The Mayo Clinic reminds us how important it is to take steps to keep your blood pressure under control. The treatment goal is blood pressure below 140/90 and lower for people with other conditions, such as diabetes and kidney disease. Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. If lifestyle changes alone are not effective in keeping your pressure controlled, it may be

necessary to add blood pressure medications.

High blood pressure is often silent, or without symptoms, until a major problem develops. That's why it's essential to see your primary care physician for checkups on a regular basis. These check ups could save your life! Your doctor can help you prevent high blood or treat it at an earlier stage when it's easier to manage. This could significantly decrease the risk of stroke, heart attack, and kidney failure.

This article is made possible with Older Americans Act dollars from Dancing Sky Area Agency on Aging. The Senior LinkAge Line® makes it easy for older adults and their families to find services in their community. Call the Senior LinkAge® at 800-333-2433 to speak with an information specialist, or check out our website at Minnesota-Help.info.

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MCCL meeting is cancelled

The April meeting of Minnesota concerned citizens for life (MCCL) local chapter #45 has been cancelled. Please continue to pray for our country's most vulnerable citizens - pre-born through elderly.

Essentia Health opens drop-off site for community donations

Essentia Health-Fosston is accepting community donations of personal protection equipment for healthcare facilities.

While the most pressing need are medical-grade N95 masks, other useful items include:

- Medical-grade personal protective equipment (PPE) — masks, gowns, eye protection and gloves
- Face shields
- Handmade masks

Donations can be dropped off every Thursday, beginning on April 9th, between the hours of 9:00 a.m. and 12:00 p.m. at

Embassy Center, located at 603 3rd Street, Fosston.

When you arrive, follow signage at the site and remain in your vehicle. Staff will come to your vehicle to accept your donation. Our staff will organize donations and make sure items are distributed to the appropriate people.

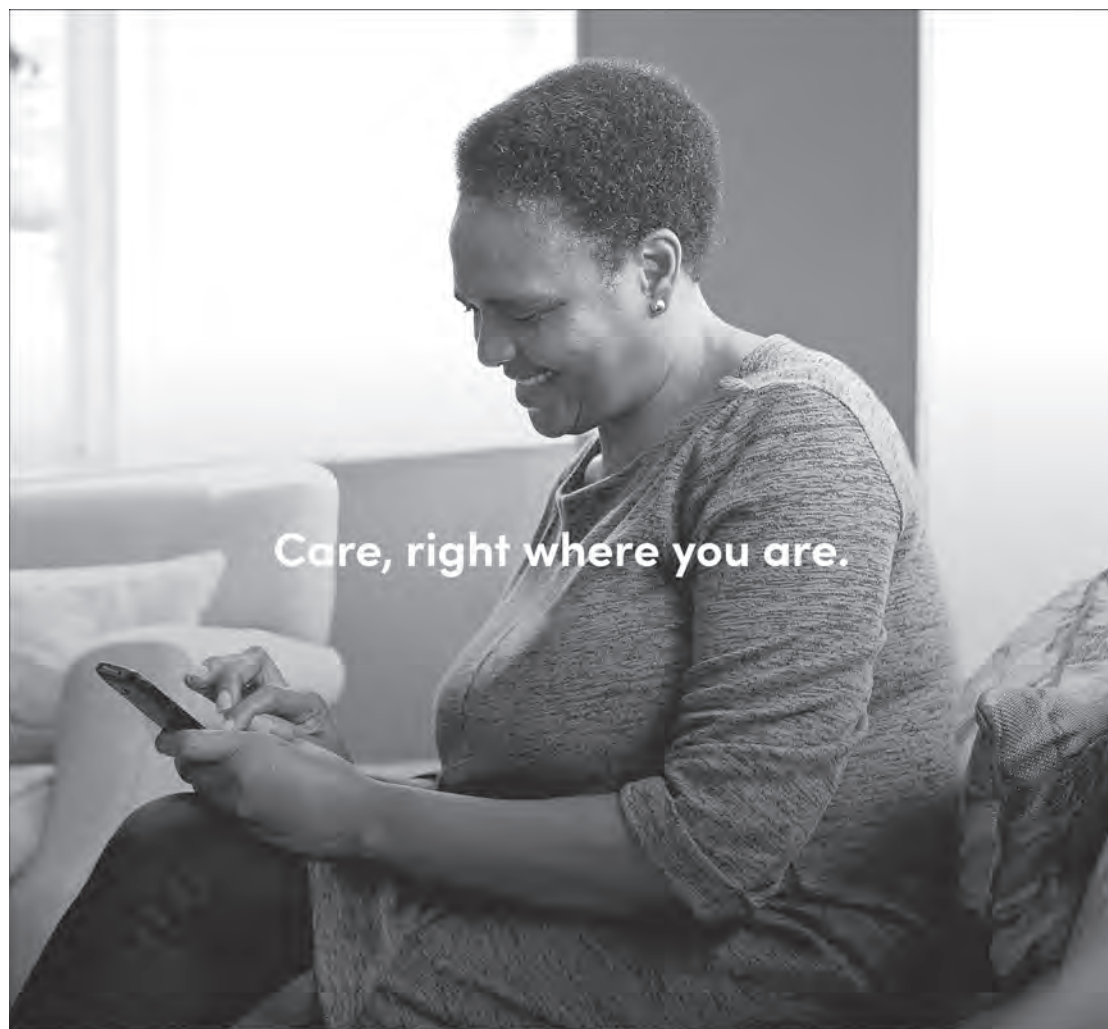
You can call 218-435-7631 or 218-435-7654 or email COVID-donations@essentiahealth.org for additional information or with questions.

"We appreciate our friends and neighbors graciously of-

fering donations and support to help our staff and patients," said Tonya Loken, community relations program manager at Essentia. "We are humbled by your generosity and caring."

Donations of PPE will help us meet ongoing health care needs, as well as conserve existing PPE for providers.

To improve the effectiveness of handmade masks please see directions on our website (EssentiaHealth.org). Directions for face shields can be found at delve.com.



VIRTUAL VISIT

Face-to-face interaction with your Essentia Health provider from the convenience of home or work.

We've introduced virtual video visits, allowing you to receive care from your provider, right where you are. Virtual visits are now available for nearly all clinic appointment types in most specialty areas.

Virtual Visits are done through the MyHealth website or the MyChart app using your own computer, tablet or smartphone.

EssentiaHealth.org/VirtualVisit



Essentia Health

If you have concerns or symptoms related to COVID-19, Essentia Health is providing E-Visits at no cost for evaluation. To learn more, or to start an E-visit, go to EssentiaHealth.org/COVID-19.

*Testing ordered as a result of screening may incur a charge.

WE ARE HERE FOR YOU!

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Wanted Hunting Land Leases

I am looking for hunting leases for Deer and Bear Hunting for 2020 and Beyond. I am looking for short to longer term leases. 20 to 400+ acre tracts to include Farmsteads, fully wooded areas, swamps, Hardwood Ridges, sloughs, popple slash, pine plantations, Field edges, etc.

Areas of interest include: Clearbrook, Leonard, Gonvick, Gully, Trail, Oklee, Bagley, Ebro, Lengby, Fosston, McIntosh, Erskine, Mentor, Shevlin, Solway, Pinewood, Wilton. Fully licensed and insured. If you have property you would consider leasing please give me a call at 218-533-1180.

Essentia Health restricts clinic visitors

Beginning Wednesday, April 1, patients visiting any Essentia Health clinic are asked to attend their appointments alone. Limited exceptions include one additional person being allowed to accompany children, obstetric patients and adult patients that require assistance. Anyone accompanying a patient to a

clinic appointment is required to be healthy and at least 18 years old.

This follows recent restrictions placed on visitors at our hospitals. These steps are geared toward slowing the spread of COVID-19 and protecting our patients, staff and the communities we serve.

Help Finding Services for Older Adults during COVID-19

ST. PAUL, MN, March 31, 2020 – As Minnesotans are adjusting to changes due to the threats of COVID-19, access to services and other resources has become a more urgent need. Older adults are among those at greatest risk for the coronavirus and many of the familiar services that help them stay independent in their homes may not be available or may offer different or more limited services.

The Minnesota Association of Area Agencies on Aging (m4a) and the Minnesota Board on Aging (MBA) are working together to ensure the needs of older Minnesotans and tribal elders are met and respond quickly to the increasing and changing needs caused by the pandemic. Through the administration of Older Americans Act and related funds, we are working closely with local community organizations to target funding to crucial services, such as home-delivered meals, grocery shopping and delivery services, virtual caregiver support and telephone reassurance for isolated older adults. These organizations are on the front lines and continue to provide important services in this challenging environment.

The Senior LinkAge Line® (1-800-333-2433) continues to be the best source of unbiased and accurate information for older adults and caregivers. To supplement that service, we are announcing today a new online resource finder tool with current information on services specific to older adults, tribal elders and caregivers during the COVID-19 pandemic.

This finder tool is located at HelpOlderAdultsMN.org and is a searchable listing of services from across the state, including Indian County. Users can access the information through categories of services, such as home-delivered meals, grocery and drug deliveries, care coordination and home care. Search capabilities make it easy to find services relatively close to home. Currently the listing includes services provided under the Older Americans Act and other readily accessed information. We will continue to add and update resources on a daily basis to make it as complete and up to date as possible.

About Minnesota Association of Area Agencies on Aging (m4a)
The Minnesota Association of Area Agencies on Aging (m4a) is a coalition of the seven Area Agencies of Aging on Minnesota. The Area Agencies provide services, information and connections that help people age well. They are designated under the federal Older Americans Act by the Minnesota Board on Aging.

About the Minnesota Board on Aging

The Minnesota Board on Aging works to ensure that older Minnesotans and their families

are effectively served by state and local policies and programs, so they can age well and live well. The MBA administers state and federal funds and also creates public awareness, encourages research on aging issues and provides technical assistance and grants to local aging organizations.

Contact: Julie Roles, Communications Director, Metropolitan Area Agency on Aging, jroles@metroaging.org, 2165 Grey Fox Rd., Suite 2, Arden Hills, MN 55112, 651-895-3341

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Polk County Sheriff

Public Access on the Red River Closed

Please be advised that the public access points to the Red River through Polk County are closed due to the rise of the Red River.

With the increasing river levels, existing ice jams, and debris in the river, it is unsafe for public use at this time. Access will be re-opened when the river recedes to a safe level.

As the waters rise we expect some overland flooding and additional road closures. Please continue to watch the Polk County Website for updated information on the road closings.

Body-worn cameras

The Polk County Sheriff's Office, in compliance with Minnesota Statute 626.8473, announces that they will be incorporating body-cameras into its equipment inventory, for daily use by the Polk County Sheriff's Office sworn personnel.

A draft copy of the Portable Audio/Video Recorders policy is currently posted and for review on the Polk County website located at <https://www.co.polk.mn.us/221/Sheriffs-Office>.

The Polk County Sheriff's Office will accept public comments in writing on the Polk County website Form Center, located at <https://www.co.polk.mn.us/formcenter/Contact-Us-4/Sheriffs-Office-53> or by mail at:

Polk County Sheriff's Office
Body-camera project
600 Bruce Street
Crookston, MN 56716

If you wish to be heard in person, a public meeting will be held at the County Board chambers at the Polk County Government Center on 4/28/2020 at 9:00 AM. Due to the current Stay at Home Order by the Governor this might change.

Comments will be received and considered until 4/28/2020.

Motor Vehicle Accident

On 04/05/2020, the Polk County Sheriff's Office responded to a report of a motor vehicle accident involving a single vehicle rollover at the intersection of 225th St SE and 310th Ave SE in Chester Township. The Polk County Sheriff's Office was advised of the call by the Red Lake County Sheriff's Office, which initially received the report and dispatched Oklee first responders as well as Red Lake County deputies. While responding Polk County deputies learned that the vehicle was on its roof and partially submerged in water in a ditch.

Upon arrival the Oklee Fire Department assisted in removing the vehicle from the ditch and the driver was not located. Deputies investigated the accident and located foot tracks leading away from the scene. The Grand Forks County Dive Team was contacted and also began responding to this incident to attempt to locate the driver as it was not clear if the driver had left the scene or not. After some time, a Polk County sheriff's deputy was advised that the driver had contacted a friend in Oklee, MN, and stated he was fine. Deputies interviewed the friend and then cancelled the search.

The driver of the vehicle was identified as Cody Lee Wendell, age 28, from Greenbush, MN. The crash is still under investigation at this time.

Also responding to this incident were the Oklee Fire Department, Oklee Ambulance, Red Lake County Sheriff's Office and the Grand Forks County Dive Team.

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CLASSIFIED ADS

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Interested candidates must submit the following:

- District Application
- Letter of Application
- Resume
- Teaching Credentials
- Copy of Official College Transcripts
- Three (3) signed Letters of Recommendation

Applicants interested in the position, should submit their completed application to: Mr. Andrew Fougner, Principal, Red Lake County Central Elementary, PO Box 7, Plummer, MN 56748, 218-465-4222

Applications will be accepted until the position is filled.

Application forms are available at www.rlcc2906.org

ISD #2906 is an equal opportunity employer.



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Qualifications

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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.



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EOE R26TFC

Engineering Tech IIIB Polk County Highway Department

Polk County Highway Department is seeking applicants for an Engineering Technician IIIB position. Eligible candidates must have/not limited to have working knowledge of highway engineering practices, construction specifications and regulations, CADD/mathematics & related sciences and skill in construction inspection. MnDOT certifications required: Grading & Base, Level II (Inspector) and any three of the following: Bituminous, Level I QM (Tester), Bituminous Street, Level I (Tester), Concrete, Level I (Tester), Bridge Construction, Level I (Tester), Bridge Safety Inspection, Level I (Asst. Insp). Must have a valid driver's license. Wage range is \$22.04 - \$28.02/hour; DOE and qualifications. A full job description and application are available at <http://www.co.polk.mn.us> click on Career's or by contacting the Polk County Administrator's Office at 218-281-5408. Please mail your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716. Applications for this position will be received until 4:30 p.m., April 15, 2020. EOE M2-3C



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.

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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



For more information on MCAN ads call:
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Seasonal/Summer Polk County Highway Department

Polk County Highway Department has various seasonal/summer positions opening in the Maintenance subdivision. Eligible applicants must have a high school diploma, be 18 years of age or older as of June 1, 2020, have a valid driver's license and a safe driving record.

Wage starts at \$13.14/hour, DOE and work assignment. A full job description and application are available at <http://www.co.polk.mn.us> click on Career's or by contacting the Polk County Administrator's Office at 218-281-5408. Please mail your completed application to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716. Applications for this position will be received until 4:30 p.m., April 15, 2020. EOE M2-3C

Engineering Tech IV Polk County Highway Department

Polk County Highway Department is seeking applicants for an Engineering Technician IV position. Eligible candidates must have experience in Technical Engineering, CADD design and supervisory experience. Associate's degree with coursework in Civil Engineering is required. Must have a valid driver's license. A written field and/or computer exam will be administered. Wage range is \$27.82 - \$35.37/hour; DOE and qualifications. A full job description and application are available at <http://www.co.polk.mn.us> click on Career's or by contacting the Polk County Administrator's Office at 218-281-5408. Please mail your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716. Applications for this position will be received until 4:30 p.m., April 15, 2020. EOE M2-3C

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Essentia Health

R29tfn

NURSE PRACTITIONER – Polk County, MN

Polk County Public Health in Crookston, MN has a Nurse Practitioner position available up to .8 FTE with flexible work schedule. This position will provide program coordination and oversight, and a variety of patient-centered health care services, including but not limited to Sexual/Reproductive Health services, for clients of Polk County Public Health and Norman-Mahnomen Public Health.

Eligible applicants must have a Master's degree in Nursing from an accredited college or university, be a graduate of an accredited Nurse Practitioner Program, and have a Family Nurse Practitioner Certificate. Verification of Licensure by the MN State Board of Nursing as a Registered Nurse and Advanced Practice Registered Nurse (APRN) & Certification by a national APRN certifying body in specialty area will be required.

Applicants must possess excellent computer skills, have the ability to speak clearly and concisely, and exercise independent judgment, using all information available in sensitive/critical situations among youth and young adults. Must have a valid driver's license or evidence of equivalent mobility. Wage range is \$35.12 - \$44.65/hour.

Please call 218-281-3385 or visit www.co.polk.mn.us click on Careers for an application and position description. Please mail 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. Applications for this position will be received until 4:30 p.m., May 15, 2020. All qualified applicants will be considered for employment. EOE M3-6C

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O52-3C

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O3-5C



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R3-6C

The Clearbrook-Gonvick School District has an opening for a **HS English Teacher**. This position would be available for the 2020-2021 school year.

Requirements: MN Teaching License in English/Language Arts. Preference will be given to applicants with multiple licensure. Extra Curricular Activities are available with this position. Position is opened until filled.



Please submit letter of interest, resume, credentials, and two references to:

Clearbrook-Gonvick School, 16770 Clearwater Lake Rd, Clearbrook, MN 56634, Attn: Jeff Burgess

R1-5C



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R9-7FC

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R3-7C

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M3H-C



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McIntosh Senior Living offers PTO, holiday pay, 401k, free single health insurance, family health insurance, dental, life, scholarship funds for schooling or loans and competitive wages. Interested persons should send resume to 600 Riverside Ave NE, McIntosh, MN 56556 or contact Tricia Hove, Director of Nursing at 218-563-2715.

M2-4C

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M1-4C

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R30-2C

WORDS & VERSE WORD SEARCH

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

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

WORDS & VERSE WORD SEARCH

Answers on page 5

ALLITERATION
ALLUSION
ANAPEST
ANAPHORA
ASSONANCE
CAESURA

COUPLET
EMPHASIS
END
ENJAMBMENT
EPIGRAPH
FOOT

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OBITUARIES



Obituary notice for Rosalie Weiby

Rosalie Weiby, age 80, of Erskine, MN, passed away unexpectedly on Wednesday, April 1st, at her home. Services will be announced and held at a later date. Arrangements are with Carlin Family Funeral Service of Erskine. Memories may be shared at www.carlinfuneral.com.

Rosalie Marie (Rogers) Weiby was born in Hillsdale, Michigan to Ned and Isabelle (McKibben) Rogers on February 13, 1940.

After high school she moved to Norfolk, Virginia, where she worked as a secretary for the U.S. Navy and met her future husband, Clif-

ton Weiby of Erskine, Minnesota. Rosalie and Clifton were married May 20, 1961.

Upon returning to the Erskine area, Rosalie worked as a daycare provider, and receptionist at a car lot. But her love was nursing. She worked as a CNA and LPN at Johnson's Rest Home, Pioneer Memorial Care Center, and McIntosh Manor.

She passed away on Wednesday, April 1, 2020 at her home in Erskine at the age of 80 years.

Rosalie was preceded in death by her husband, Clifton; her son, Ethan; and two brothers, Tom and Terry Rogers.

Rosalie is survived by her children and grandchildren, Joyce Raen of Minneapolis, MN, Sheelah and Charles; Gemma (Kevin) Winger of West Dundee, IL, Kenneth and Katherine, Amy (Eric) Winfield, Erin and Sarah; Erica Olsen of Moorhead, MN; Derek (Rocksann) Weiby of Fosston, Christopher, Sarah, and Leo; Tiffany Brua Weiby of Carpentersville, IL, Joshua and Josephine; Sarah (George) Scanlan of Carpentersville, IL, Joshua, Tori, Scott and Bryk; Elizabeth (Stacey) Snobeck of Erskine, Zach Gummeringer; and several great grandchildren.



Obituary notice for DeLaine Oppegaard

DeLaine Oppegaard, age 86, of Fosston, MN and formerly of McIntosh and Erskine, passed away on Friday, April 3rd, at Essentia Health Hospital in Fosston. Due to pandemic restrictions, no funeral service will be held at this time. Please share a memory at www.carlinfuneral.com.

DeLaine Viola Rolf Oppegaard was born on the family farm north of McIntosh, Minnesota on May 17, 1933. DeLaine was baptized in Trinity Lutheran Church, confirmed and married in Immanuel Lutheran in McIntosh, and she became a member of Grace Lutheran Church in Erskine, MN when she got married. DeLaine helped her mother with sewing, cooking, cleaning, and helping with the younger children. These skills helped her when she was 15 and began living on her own, doing various jobs, but the job that meant the most to her was being a nurse's aide and then an activities assistant at McIntosh Manor nursing home for nearly 40 years. She loved to get the residents to join in singing, dancing, exercises, cooking, playing games, and she even handled the church service a few times.

At age 18 she met the love of her life, Parnell Oppegaard and they were married on April 5, 1952, and they enjoyed 55 years of marriage together. They resided in Parnell's family homestead, which they kept in the family for over 100 years and raised their four children. They were immensely proud when they received the century farm certificate from the government. They enjoyed roller skating (where they first met), bowling and attending the Steam Thrashers Reunion in Rollag, Minnesota. She has traveled to 34 states along with Canada and Mexico, most of them were with Parnell and their small camper. DeLaine loved to bake, cook, quilt, sew, and raise a family. Her quilting talents were enjoyed by so many, including the hundreds of quilts that she made for the missions at church. In retirement, they sold the family farm and they built a new home within the city limits of McIntosh. After Parnell's passing, DeLaine moved to Fosston, MN to have access to the city bus, the clinic, and the hospital.

DeLaine went home to be with the Lord on April 3, 2020 at the age of 86, after complications from a fall.

She was preceded in death by her husband Parnell Oppegaard; parents William and Alice Rolf; siblings Irene, twins Baby Girl and Curtis, Orville, Sherman, Vernon, Lois, and Lawrence; and two grandsons Jason and Jeremy Raisanen.

She is survived by her four children Linda DeNell of Fosston MN, Larry Oppegaard of McIntosh MN, Julie Miller of Oxnard CA, and Curtis Oppegaard of Sydney, Australia; brothers Roger (Eva) Rolf and Marvin (Barbara) Rolf; grandsons Justin Miller and Brandon Lundquist; and great grandson twins Colton and Caiden Huntington.



Obituary notice for Judy Engebretson

Judy Engebretson, 64, a lifelong resident of Clearbrook, died on March 28th after a 4 month battle with cancer. She was the third child of Ernest and Alma Engebretson and the first child to be baptized at Elim Lutheran Brethren church in Clearbrook when it was established in 1956. She was also a child of God, having put her trust in Him as her Savior and Lord.

Judy attended school at Clearbrook, graduating with the class of 1974. She went on to college at Bemidji State College and received her Bachelor's degree in Physical Education. She then taught and coached at Fertile High School for a couple of years before coming back to Clearbrook to teach and coach at Clearbrook and later Clearbrook-Gonvick school. Since 1985 she has been teaching and coaching and mentoring kids and young people in the Clearbrook-Gonvick school system and the Community Education program. Hundreds of kids came under her influence as teacher, coach and mentor as they developed their sports interests.

Judy's life interest was sports. She may have been coored into that when very young by her two older brothers. In order to make even teams in baseball and basketball, she had to play and muscle up to compete with them. Every spare minute when not working on the farm, was spent playing an inning of baseball or a few minutes of basketball in the yard. The chicken coup back-

stop wall was pulverized with baseball pock marks.

Judy never married. Some may have considered her life a lonely one lived to herself. She rarely traveled much outside the Clearbrook area. (She did however, make a trip to Africa with Mom to visit her brother in 1982). However Judy gained great satisfaction from her work. She was a great organizer of sports events that benefited and developed the skills of kids and young people. She was an integral part of developing the Kloster Park baseball/softball program in the 1980's. She organized Summer Fest kiddie games, coached basketball and volleyball, and helped organize and played on a women's state championship softball team. She also would help organize the annual Summer Fest Prairie Fire Theater that helped interested kids develop their acting skills. The NELL program also gained the attention of her organizing skills.

Judy died the day after her 64th birthday. She had spent much of the previous 8 weeks in Rochester at Mayo being diagnosed and treated for her cancer. She had been sent home on hospice care on her birthday. The trip was grueling, but a few hours after getting settled in her hospital bed at her house, she was surprised by the arrival of some 80-100 of her co-workers, friends, relatives and young people she had touched over her 40 years of service. Constrained to distancing by COVID-19, they filed passed her open door and picture window to wish her Happy Birthday and express their love and gratitude. It was a deeply touching moment as Judy acknowledged and accepted their thanks with a wave. Less than 24 hours later she had passed on to see her Lord and Savior.

Judy is survived by her two brothers, Gordon (Roxanne) and Dennis (Jacky) Engebretson, numerous nieces and nephews and great nieces and nephews. She was preceded in death by her parents.

A family grave side service was held on April 1. A public memorial service will be held at a later date.



Obituary notice for Maria Reed Kremper

Maria Kremper, 43, of Bemidji, MN passed away on Saturday, March 21 at the Sanford Medical Center in Fargo, ND after a very short illness resulting in complications due to lung cancer.

Maria Elena Gregorio Samonteza was born in the Philippines on October 12, 1976. After her mother passed away, Maria was placed in an orphanage in Manila at the age of 4 and was adopted by Patrick and Carol Reed of Leonard, MN in 1984.

After sleeping for 17 hours after the long flight, Maria, who had never seen snow before, delighted in playing out in the fluffy stuff a large part of the day while also petting the cattle. She loved animals, especially her kittens and goats, although she wasn't too fond of having to milk cows when she got older! She started first grade in Clearbrook and quickly made friends who made her feel welcome and helped her learn English and American customs. She later designed and sewed some of her own clothes and also created beautiful flower gardens, including a frog pond.

During her years in the Clearbrook school, Maria was a cheerleader, played volleyball, played trumpet

in the band, was a Valentine Royalty Attendant and received a congratulatory letter recognizing her in Who's Who in American High School Students. She was also a Clearwater County Dairy Princess attendant. She graduated from high school in 1995 and from the two year Communications Art and Design program at Alexandria Technical College in 1997. Maria was an extremely gifted artist and preferred drawing in ink. She then moved to Walker and worked at Ditto's, later moving to Cass Lake.

She married Chad Kremper in 2000. Three children, Cameron, Gavin and Amber were born into the Kremper family. Chad and Maria later divorced. Maria worked at various jobs over the years and also designed, made and sold unique and beautiful jewelry. She was employed by Crazy About Cleaning in Bemidji at the time of her death. She was delighted to connect with her biological family in the Philippines last November and to communicate with them through pictures and Skype. She had plans to visit them in the Philippines next year.

Maria is survived by her children, Cameron, Gavin and Amber Kremper of Cass Lake, parents Patrick and Carol Reed of Leonard, brothers Jason Reed of Osakis, Josh (Staci) Reed of Leonard, Jennifer and Rafael Gregorio and other relatives in the Philippines, nephews Christian, Spencer, Kyle and Garrett Reed and nieces Brittany (Andrew) Beckstrand and Ashlyn Reed.

She was preceded in death by her biological mother, Maxima Gregorio, biological brothers Francisco and Alberto Gregorio.

A memorial service will be announced and held at a later date.

Visit www.TriCoCanary.com for updated Obituary Notices

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How Do You Grieve When You Can't Attend the Funeral or Participate in Rituals?

by Janna Kontz, MDiv

Grieving the death of a special person in our lives is one of the most difficult of human experiences. Within that difficult experience, we rely on the sympathy, empathy and closeness of family and friends. We can only lean into our grief by allowing others to hold us upright.

What happens when our closest circle of support is not able to gather?

What happens when the important ritual of a funeral, memorial service and burial can't take place because of distance, illness or other unexpected circumstances? How does that affect grief?

Grief becomes much more internalized when we are unable to share with others. Loneliness often accompanies grief when we are unable to gather with our circle of support. Our loneliness can double and triple because we are unable to experience the physical comfort of others, such as hugs, hand holding and a sincere look into our eyes. These comforts are what help connect us as human beings and process our feelings.

The closeness of others is so important. It can be jarring for both the grieving person and for the support person if these things are unable to happen.

If we can't be physically "present," what can we do to help ease the pain?

If we can have any kind of ritual, we should do it. This may include a small intimate service of less than 10 people. It might look like a visitation with only the closest family members.

There was a family who could only gather at the funeral home in a small group. Others who couldn't attend the funeral, went to the cemetery and painted the casket of their

loved one with acrylic paints. By the time they were finished, the once simple box was covered with favorite scripture, quotes and pictures. It was an unusual but very healing ritual for them.

Others have had drive-up visitation where friends line up in their cars outside the funeral home and greet family through their open windows. Funerals can be streamed live on YouTube, Skype, FaceTime, Zoom or other online services.

Priests, pastors, rabbis, imams and other leaders are typically open to these different ways of participating in ritual because they want people to be able to support each other and grieve in the most helpful way.

How can a support person help?

If you are a support person for the grieving person, show up. There may be times when we can't physically show up, but we can show up in other ways, including phone calls, texts and letter writing.

Create a reminder for yourself to contact the person again. It could include another phone call or a text message every morning. You could be the difference between depression and healing for the grieving individual. It may be a little more work on your end, but it matters for the person to know you are there during their time of need.

If you are having difficulty coping with your grief, Hospice of the Red River Valley can help. We offer free community grief support to the communities we serve. You don't have to grieve alone. Call (800) 237-4629 and ask to speak to someone in the grief support department.

Janna Kontz is a grief specialist with Hospice of the Red River Valley.

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Theology in the Trenches

By Kathleen Kjolhaug

Letter to a Loved One

During the month of April, I will be sharing about recovery. Restorative recovery is a process that is constantly seeking stability...making sense of the process of transformation. Recovery offers a future and a hope. May the voices that speak each week give rise to prayer. Prayer has the power to change things when we invite God into the process. His Word is active, breathing, and living.

This week's article will give voice from a family member. Next week we will be hearing from an addictions counselor, and the final two weeks from the loved one in the midst of restorative recovery. May these give rise to hope.

Dear Loved One,
This is difficult to write. I vacillate between being angry by wanting to give voice to the pain that has pierced hearts over the years to being compassionate and trying to understand the root of your pain.

To be honest, anger hits the top of the list. Betrayal surfaces along with feelings of being used and manipulated. Love is a two way street...it gives and takes. It is living and breathing. For some time now, I could hardly breathe. Not knowing was the foundation for much of the paralysis. The stories just never added up.

Texting, calling, coming to see you were ways of trying to let you know you were truly loved. Like a life-line embedded into the side of a mountain, it became one way to hang on. It was the only survival technique I had while trying to grasp for

reassurance.

As you became more distant from even yourself, my stomach burned. As the light in your eyes began to dim, I wanted to jump in and beat the crap out of the sadness that had caused it. I wanted to reach into the very depths of the sadness and rekindle a fire within your heart. I wanted to put blinders on the side of your eyes so you would not look to the right or to the left but only into the face of Christ.

In this world we will have troubles wasn't very comforting because when evil lays a hand on my kid...all bets are off; I want to fight the battle that belongs to the Lord.

Like a teeter-totter the household became. When you were up we were up, and when you were down we were down. One minute everything seemed fine, and the next minute the bottom would drop out. The word co-dependent was foreign to us at that time, and through much of this we flat out didn't know how to let go.

When the lies got to be so out of hand that they began to jumble on top of the other, I thought I would lose my mind. Like Forest Gump I wanted to run and run and run and never stop. When you operated covertly in a world in which you thought only you were in, the truth was, you were not alone. You took every single one of us with you. That's how love works. You hurt, we hurt. Anything and everything that pierced your heart, pierced ours.

Running off to start a new life and telling the world to

just go to hell seemed like a good idea at times. But, when we choose love, it means we build, and I guess being honest is part of that building. Here is more honesty...more building if you will.

When you kept secrets, I felt shut out. Sometimes I wondered if you did it on purpose to hurt me. It felt like death at times. Then, I remembered the resurrection and that therein lies our hope. I believe in the resurrection and the life. I believe that He is resurrecting that which He has gifted from birth. "Before you were placed in your mother's womb, I knew you" (Jeremiah 1:5).

We love you deeply. You were made in His image and He has never left you nor has He forsaken you (Heb. 13:5). Neither will we forsake you.

However, for this season, we must let go. For this season we will allow Him to do His good work in you and in that He needs no help from us. We will pray. We will support in healthy ways, but we will not enable unhealthy.

We give you over to Him in trust.

Amen and Amen.
Anonymous



720 John Deere

By Auctioneer Eric W. Mickelson



During my quarantine I have been busy trying to figure out how to teach school via computer, cleaning house, and I got into looking through old photo albums. I love old pictures ranging from when my dad and mom were kids, to when my own kids were young, or pictures of my 2 month old grandson. They are special!

I am sure you all have family albums with pictures of days gone by, but do you also have "tractor albums?" I sure do! I have pictures of old family tractors, new family tractors, and tractor show after tractor show. I have two huge tractor scrap books. One is full of pictures of tractors my family had or has now. The other is full of tractor pulls and shows I have been to over the years. I am sure when I am dead and gone my kids will say, "Why the ---- did dad take to many tractor pictures?!" well he loves tractors!

One of the picture I came across was during the summer of 1998. It features my 9 year old son, Nickolas, driving my friend Duane Whyte's 720 John Deere diesel. It was a row crop 720 with a wide front and pony motor start. The pony motor did not work so when you wanted to start it you had to give it a pull! After that it ran like a top. In fact, I wish I had it today!

You see back in 1956, the model 720 came to Nebraska to be tested. Low and behold the 720 continued the two cylinder tradition and broke yet another fuel economy record!! What was amazing about this accomplishment was that the 720's record would stand for 27 years!! John Deere engineers attributed the

reason for the great fuel efficiency was the two cylinder design, a 16:1 compression ratio, and the geometric design of the pistons and the cylinder head to create increased turbulence in the cylinders. They referred to this as "cyclonic fuel intake!" Whatever the reason, for a long period of time the John Deere two cylinders were the kings of fuel economy.

I can remember watching my nine year old son, Nick, heading back and forth and back and forth with the 720 and a 10 foot tandem disc. It was dry and no danger of getting stuck and the disc had no hydraulics so he didn't have to worry about extra controls. I was proud of Nick! I have a 5 X 7 picture of Nick driving that 720 that day on my wall! Now Nick lives down the road with his wife Nicole and his son Archer and I know he will be just as proud of that little boy!

How about a little tractor trivia

1. The Pony Motor(starting motor) on an R John Deere had how many cylinders?
A) 1 B) 2 C) 3 D) 4
2. The 720 Pony Motor had _____ cylinders.
A) 1 B) 2 C) 3 D) 4
3. The 70, 80 and 720 all had _____ forward speed transmission.
A) 4 B) 5 C) 6 D) 6
4. T or F the 720 had all fuel, gasoline, LP, and Diesel versions.
5. T or F the 720 was made in row-crop and standard tread versions.

Answers: 1. B 2. D 3. C 4. True 5. True



Nick Mickelson discing with Duane Whyte's 720 Diesel summer 1998.

USDA Announces More Than 3.4 Million Acres Selected for General Signup Conservation Reserve Program

SAINT PAUL, MN, March 26, 2020 – Agriculture Secretary Sonny Perdue today announced the acceptance of more than 3.4 million acres in the general Conservation Reserve Program (CRP) signup recently completed, the first general signup enrollments since 2016. County offices will begin notifying producers with accepted

offers no later than April 3.

Through CRP, farmers and ranchers receive an annual rental payment for establishing long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Farmers and ranchers who participate in CRP help provide numerous benefits to the nation's environment and economy.

"The Conservation Reserve Program is one of our nation's largest conservation endeavors and is critical in helping producers better manage their operations while conserving valuable natural resources," State Executive Director Joe Martin said. "The program marked its 35th anniversary this year, and we were quite pleased to see one of our largest signups in many years."

Over these 35 years, CRP has addressed multiple concerns while ensuring the most

competitive offers are selected by protecting fragile and environmentally sensitive lands, improving water quality, enhancing wildlife populations, providing pollinator forage habitat, sequestering carbon in soil and enhancing soil productivity. Seventy percent of the nation's land is owned and tended privately, and America's farmers, ranchers and landowners have willingly stepped up to protect the environment and natural resources.

This general signup included offers for State Acres for Wildlife Enhancement (SAFE), which allows producers to install practices that benefit high-priority, locally developed wildlife conservation objectives using targeted restoration of vital habitat. Over 95 percent of SAFE offers submitted were accepted under this general signup representing more than 487,500 acres. This acceptance level highlights the commitment to SAFE as an important part of CRP.

The 2018 Farm Bill established a nationwide acreage limit for CRP, with the total number of acres that may be enrolled capped at 24.5 million acres in 2020 and growing to 27 million by 2023.

While the deadline for general CRP signup was February 28, 2020, signups for continuous CRP, Conservation Reserve Enhancement Program, CRP Grasslands and the Soil Health and Income Protection Program (SHIPP) are ongoing. The CRP Grasslands deadline is May 15, and the SHIPP signup begins March 30, 2020, and ends August 21, 2020.

Continuous and Grasslands enrollments are available nationwide. All counties located within the Prairie Pothole region states of Iowa, Minnesota, Montana, North Dakota and South Dakota are eligible for SHIPP.

This spring, FSA will roll out a new pilot conservation program, the Clean Lakes, Estuaries, and Rivers 30 (CLEAR 30).

USDA Service Centers are open for business by phone appointment only and field work will continue with appropriate social distancing. While our program delivery staff will continue to come into the office, they will be working with our producers by phone, and using online tools whenever possible. All Service Center visitors wishing to conduct business with the FSA, Natural Resources Conservation Service, or any other Service Center agency are required to call their Service Center to schedule a phone appointment. More information can be found at farmers.gov/coronavirus.

For state-by-state information on general signup results, visit www.fsa.usda.gov/crp.

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