



Tri County Canary

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



Dennis Erickson has taken over the tables at Lund Church in Gully while carving letters in trim boards for the church entry that say Lund Church, Est. 1898 to be used as trim in the entry of the church where he has been painting.

Gully Area Painter Turns into Renaissance Man During COVID19

by Cindy Kolling
After the Minnesota Governor's declaration of a Peacetime State of Emergency and a call to avoid group gatherings because of coronavirus concerns, followed by an official Stay at Home order; the Gully-Trail Lutheran Parish congregations followed with the decisions of other area churches by opting to suspend worship services and group activities until further review in May.

The Lund Lutheran Church of Gully was already getting some repair work and painting done in the entry by local painter Dennis Erickson. There were quite a few large cracks in the plaster and a new paint job was long overdue. The front entry was added onto the church in the 1980's and that might be when it was last painted.

The cancellation of Lent and Sunday services and activities with Confirmation classes and Ladies Aid have meant he can leave "work in progress" without having to cleanup before services. He has used the time doing deep repair on the cracks and then painting. He has added custom made wood trim to cover some of the larger crack areas after he repaired them.

The world has slowed for many during COVID19 and instead of people stopping in to check how things were going as they normally might; Dennis has had a quiet, peaceful setting to work in.

While perched on scaffolding right up next to the ceiling, he maybe felt a little connection to Leonardo DaVinci. As he painted, patched and pondered, his creative juices got flowing and he thought maybe he could put some lettering along part of the wood trim to commemorate the formal establishment of the Lund Congregation in 1898. He ran that by congregation members with positive feedback.

Under normal circumstances, he might not have thought about that extra detail; rather focusing on the next job or what he'd have for supper. If he did think of it, he might have been inclined to stain or paint the letters.

Instead, after projecting the letter outlines onto the trim boards, Dennis got out an old time wood chisel and picked up a hammer and started to chip the letters out. The method he used is "intaglio", which means carved into, rather than raised. The wood he is carving is oak, which leaves a rich texture in the letters. He chose a very appropriate typestyle.

Sooner or later, when the COVID19 practices of isolation eventually calm down and the weather gets warmer, Dennis will be juggling regular painting jobs again.

Meanwhile... he has developed a new carving skill, and Lund Lutheran church-goers will long appreciate his quality work. As they say; "Nothing is so bad it's not good for something."



No church basement ladies this month; the April Lund Ladies Aid meeting is among the church activities cancelled to adhere to corona virus safety practices.



New trim dresses up the entry at Lund Church in Gully while helping to conceal patches on troublesome, reoccurring cracks in the plaster.



The entry at Lund Church in Gully is undergoing an interior makeover while church services and activities are temporarily suspended in respect for the safety of congregation and community during the COVID19 home stay.

Commentary

A letter from Congressman Collin C. Peterson

Dear Friends,

Governor Walz has announced that the state's Stay At Home order will be extended until May 4th. In response to that news and the ongoing strains put on our communities, I met remotely with business groups from across Western Minnesota, including Thief River Falls, Marshall, and Fosston, to discuss how coronavirus has affected local and small businesses. It is important that we keep folks healthy and stop the spread of the virus, but we also want to make sure that business stay afloat for employees and consumers to come back to once that is done.

I had the opportunity to talk to many of you as part of my Telephone Town Hall on Wednesday. I was able to answer some of your questions about coronavirus with help from Brian McDonald, Acting District Director, Minnesota SBA, and Dr. Cindy Firkins Smith, clinical professor at the University of Minnesota and current co-CEO of Carris Health in Willmar.

The weather doesn't slow down for the pandemic, and I have been talking to local leaders about the risk of flooding in Western Minnesota. I took my plane up for an aerial view of the situation and will continue to be in contact with officials.

Sincerely,
Congressman Collin C. Peterson, Minnesota 7th District



Congressman Collin Peterson took his airplane up to inspect flooded farmland and communities in the district, including Oslo, along the Red River of the North. There were many miles of flooded land as far as he could see. Peterson stated "My heart goes out to all those struggling with the wet weather and spring flooding and the added stress we're all experiencing from the pandemic." Photos taken from Congressman Collin Peterson's Facebook page.

6,806 Line 3 Supporters from Across Minnesota Send Comments to the MPCA

Minnesotans for Line 3 gathered and delivered comments from people who support the Line 3 pipeline replacement to the Minnesota Pollution Control Agency as part of the public comment period, urging the agency to approve permits and allow the project to move forward

Minnesotans for Line 3 today delivered 6,806 comments to the Minnesota Pollution Control Agency that were gathered from people across the state who support Enbridge's Line 3 Replacement Pipeline Project. The comments were submitted electronically to agency and collected by post cards and an online petition to respect social distancing and other COVID-19 considerations. The comments will be reviewed by the agency as part of their process to review and approve water quality permit applications submitted by Enbridge.

"Once again people across Minnesota have come together to participate in this process and show strong support for this important project," said Susan Goudge, a member of Minnesotans for Line 3. "Minnesotans know Line 3 has been reviewed like no other project of its kind and passed every test. Not only does it make sense to replace old infrastructure with something better, this project will immediately bring new jobs and spending to help our communities economically recover. We are confident this process is nearing the end and we will soon be able to focus on construction that will be good for Minnesota and even better for the environment."

Minnesotans for Line 3 also released a map today showing the locations of verified people across the state who signed cards and comments in support of the project. Comments submitted by Line 3 supporters to the MPCA focused on the agency's draft 401 Water Quality Certification and importance of replacing an aging part of Minnesota's energy infrastructure.

The review of Line 3 has gone on for more than five years and the Minnesota Public Utilities Commission has four times unanimously



Each dot on the map shows where in Minnesota the comments on Line 3 came from to the Minnesota Pollution Control Agency.

voted to approve it. Once the MPCA has completed its review of the draft 401 permit, it will make any needed updates and issue the final version. Other agencies are expected to make decisions about permits for Line 3 later this year.

About Minnesotans for Line 3
Minnesotans for Line 3 is an active, grassroots organization of people who understand how important it is to have reliable energy to power our economy and help maintain everyone's quality of life. We also know the best way to protect our environment and natural resources is to replace aging infrastructure with a state-of-the-art pipeline that uses the newest technology available. To learn more, visit minnesotansforline3.com

Comment on Enbridge Line 3

The Minnesota Pollution Control Agency's (MPCA) held statewide telephone town hall meetings for the Enbridge Line 3 permit review process. The three different sessions were 90 minutes each on April 2, 7 and 9. These public comment periods were extended as a result of COVID-19.

I want to thank the MPCA for hosting the teletown hall meetings and allowing the public to comment on this important project. Most of the comments that were given were from people in the northern part of the state where this project takes place.

The MPCA is reviewing three permits and one certification: the Air quality permit, industrial wastewater permit, construction storm water (to be submitted right before construction starts) and the 401 water

quality certification

Enbridge originally applied for these permits in October 2018; re-filed in November 2019 after the final Environmental Impact Statement was revised.

The MPCA released draft permits and certifications on February 26, 2020. At that time, MPCA proposed to certify the project and issued draft permits and certificates.

Now that the public has had a chance to review and comment on the draft permits, it's time for the MPCA to move forward with issuance.

Getting the Line 3 construction going this spring will have economic impact on this part of the state. Thousands of jobs, local tax revenue and local cafes, hotels, restaurants will be busy.

COVID-19 is wreaking havoc on local businesses and our economy will need shovel-ready projects like Line 3 Replacement to get us back on track.

The last major construction Enbridge completed in Minnesota was in 2008 – 2009 during the recession.

Pipeline transportation of crude oil or natural gas is the safest and most efficient method available. There is and will be a need for these products now and in the future. There are thousands of items made from petroleum to the tooth brush I use everyday

It's beyond time to replace Line 3 after more than five years of study.

I respectfully request MPCA and DNR to finalize project and issue permits for Line 3 to being as soon as possible.

Corrine Richards
Gonvick, MN



Peatland Reds in Trail, MN donated 850 pounds of red potatoes to Thief River Falls Area Food Shelf recently! Posted on Facebook, Thief River Falls Community Pandemic Swap Sell Trade Giveaway.

In Memoriam
In Memory
of Annette Magnell
1960-2019
Annette, we miss you.
Your memory lives forever
in our hearts.
Love Always, Your
Family, Friends & Relatives

Gully Postpones Summer Celebration

Due to the Covid-19 Outbreak, Gully's 110 year celebration scheduled for July 16-19 has been canceled for 2020.

Hopefully the celebration can be rescheduled for 2021 when the community can once again gather.

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Jenna Schommer

Governor Walz expands outdoor recreation opportunities

[ST. PAUL, MN] – Governor Tim Walz today issued Executive Order 20-38, which expands allowable outdoor recreational activities. The changes will allow Minnesotans to continue to enjoy the outdoors close to home while following social distancing guidelines.

Executive Order 20-38 allows Minnesotans to engage in a range of activities, including golfing, boating, fishing, hunting, and hiking, as long as they

From the Motor Vehicle Office, in Fosston:

Governor Walz has extended the Stay-At-Home order thru **May 4th**. DMV offices are prohibited from providing over-the-counter & face-to-face transactions during this order

You may renew your tabs by mail with me: **DMV PO BOX 32 Fosston, MN 56542** Remember to include your insurance info & your contact number. (note: if you mail your renewal to St. Paul, there is no staff in the central office to process those until May 4th)

You may email me: roux@gvtel.com OR, call the State directly at: 651-297-2126 Please note: Driver's License that expire during the Stay At Home order have been given an extension for 2 months after the peacetime emergency ends. And CDL health cards that expired after March 1, 2020 are extended to June 30, 2020.

Social Distancing is Driving Force Behind RSVP's 7 Day Meal Kit Project

Thanks to recent Northwest Minnesota Foundation and NW Regional Sustainable Development Partnership (NWRSDP) grants, isolated seniors and individuals affected by COVID job loss have one less thing to worry about. Using a newly-developed University of MN Extension, "14 Day Meal Kit" template, the Retired and Senior Volunteer Program of the Red River Valley (RSVP of the RRV) has secured funds to implement and provide Weekly Meal Kits for those most needy during and after the COVID-19-induced Stay at Home and social distancing directives.

RSVP is partnering with small town grocers and RSVP volunteers (without compromised health issues) throughout the 7 County NW MN region to package and deliver non-perishable meal kit boxes at no cost to recipients. Food items chosen will be according to the 14 day meal kit guide produced by a UMN Extension team, and revised for a 7 day version. Meal kits, projected to feed one person for a week, will be assembled by participating local grocery stores and delivered to those in need by RSVP volunteers, keeping social distancing and the health and safety of clients and volunteers, in mind.

The emergency food, suggested by a UMN Extension health and nutrition team, is 'shelf stable, easy to prepare, and calorie sufficient for vulnerable populations.' The products are typically easy to find in any rural grocery store, thereby supporting local businesses. The kits include items for breakfast, lunch, dinner and snacks. "These meal kits will allow communities to help each other while also supporting local businesses that serve as a critical resource during times of crisis."

An RSVP volunteer task-force (COVID screened) has been established, representative of each NW MN County, who will be the eyes, ears and hands throughout the region. Volunteers will pick up meal kits that have been packaged by partnering grocery stores, then provide non-contact delivery to recipients, thereby minimizing contact among members of the public. Non-contact delivery means that deliveries will be left outside the door of a client's home. Recipients will be screened prior to delivery to assure that a solution will be found if someone is unable to

get their groceries from outside.

Aiming to replicate the meal kit project within each of the 7 Counties served by RSVP of the RRV, Program Director, Tammy Frohlich, wrote the grant proposal to supply 10 meal kits within each. Rural living can be isolating under normal circumstances; adding COVID-19 concerns and sheltering in place intensifies fear and disconnection. "My hope is to alleviate financial burden and fear of COVID-19 exposure, while creating connections that meet fundamental needs among those most vulnerable," Frohlich states.

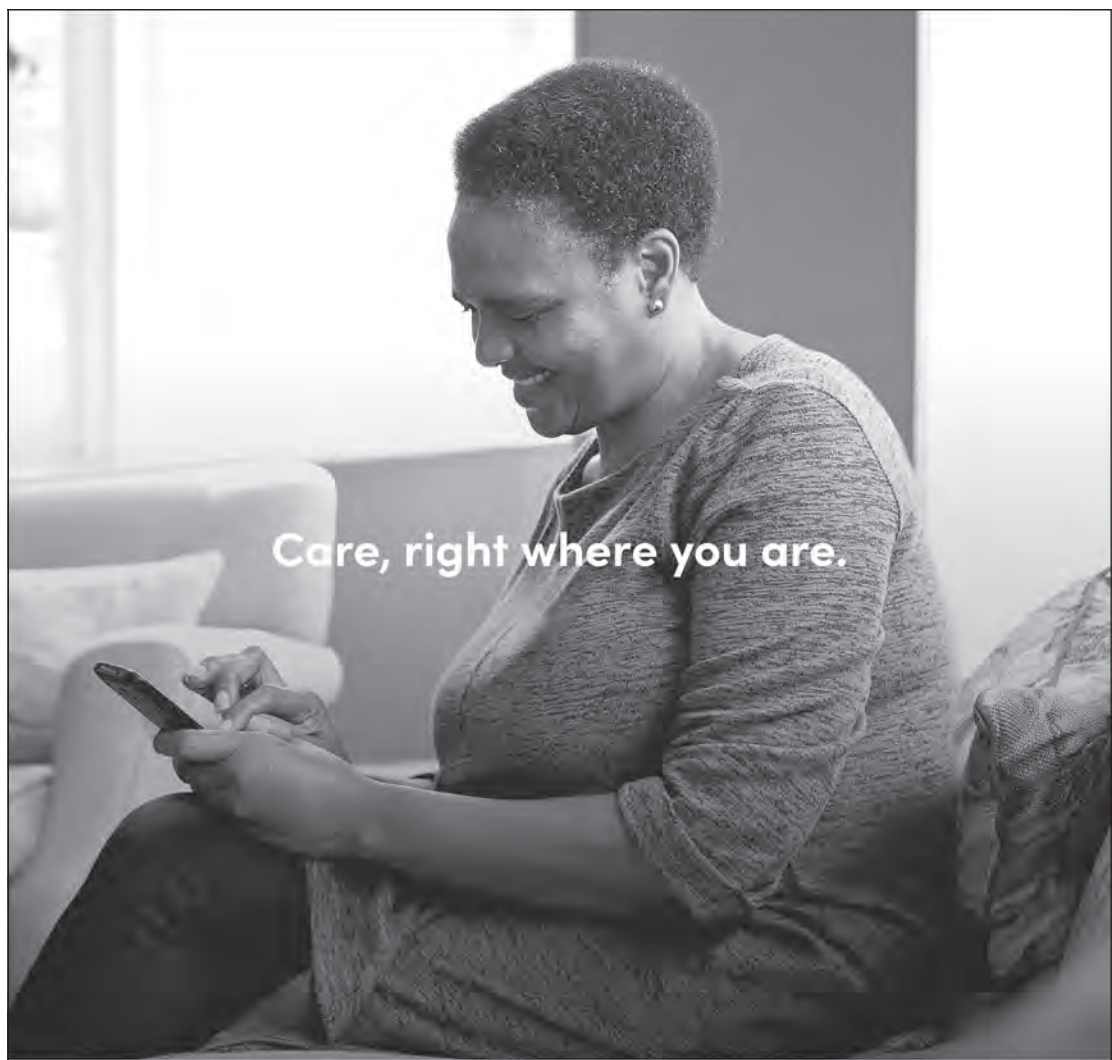
The FREE Meal kits are available to seniors age 60 and older or to individuals of any age who have experienced job loss due to the current pandemic in the following Counties: Polk, Norman, Kittson, Roseau, Red Lake, Pennington and Marshall. Ten meal kits are available within each County and will be distributed on a first come first served basis.

Community or family members, churches, nonprofit organizations, social service providers or individuals themselves may contact RSVP directly to request a meal kit. Please call or email Tammy Frohlich, RSVP Director, (tsykes@umn.edu; 218-281-8289) or Jennifer Erdmann, RSVP Coordinator (jkerdman@umn.edu; 218-289-3832) for more information or to request a 7 Day Meal Kit for yourself or someone you know.

About RSVP

RSVP connects volunteers age 55 and over with meaningful service opportunities that impact individuals and communities. RSVP of the Red River Valley Volunteers put their skills, talents, and life experiences into motion for others, focusing on allowing seniors to remain living independently through grocery, handyman and meal delivery services, assisting children with literacy skills and food security for all persons.

RSVP is a Senior Corp program, administered by the Corporation for National and Community Service (CNCS), the federal agency for volunteering, service and civic engagement. CNCS engages millions of Americans in citizen service through its AmeriCorps and Senior Corp programs and leads the nation's volunteer and service efforts. For more information, visit NationalService.gov.



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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.

Essentia Health use of virtual care during COVID-19 pandemic soars

In less than one month, well over 34,000 visits have been completed

Essentia Health is leading the country in their robust use of virtual visits to ensure the high quality of care that our patients have come to expect during the COVID-19 pandemic.

"We had been working toward this goal prior to the COVID-19 pandemic," explains Dr. Rich Vetter, chief medical officer. "The pandemic certainly accelerated our plans and moved the launch date forward."

Essentia's first virtual visit was conducted on March 18, 2020 and since then Essentia Health has conducted more than 34,000 virtual visits and

the number grows every day. Nearly 3,000 visits are occurring each day and at any given moment, more than 100 visits are happening simultaneously.

Patients can now schedule a virtual visit, which is a video appointment that occurs directly between a provider and a patient. The patient can do the visit from the comfort of their home and utilize their own technology such as a computer, tablet or smartphone.

Patients are appreciative of being able to continue necessary doctor appointments without having to leave their homes. Essentia Health is providing excellent and safe patient care in a different way.

Essentia Health is using virtual visits in areas you might not expect. Examples include physical, occupational and speech language therapy visits. Both new and existing patients are being seen via virtual visits for their appointments. The results have been impressive.

For Bruce Neuhalsen of Moorhead, the virtual visit has helped with a better therapy experience and once the pandemic subsides, it's something he hopes he can continue when possible. A stroke at age 47 left

him unable to walk, sit up, or balance. He says, "I came to occupational therapy to help me figure out how to get the best out of where I am now. I'll never be my old self again, so I need to adapt to my new normal."

Neuhalsen also experiences what is described as "white coat syndrome" where his blood pressure rises to a level above the normal range in a clinical setting. He does not show elevated blood pressure in other settings. "The virtual visit where I'm at home and not entering the clinic leaves me more relaxed and offers a more conducive therapy experience. I'm freer with my thoughts and conversation," Neuhalsen says.

Rehabilitation services director, Michelle Enockson says sentiments like Neuhalsen's are common now that the department has transitioned to more virtual visits. "We have a lot of patients who were concerned that their therapy might not be able to continue during the pandemic and were very concerned. We've been able to alleviate those fears," Enockson explains.

Here in Fargo, we are seeing on average, 140 patients each day virtually and that number is growing.

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CLASSIFIED ADS

Maintenance II - Polk County Highway Dept.

Polk County Highway Department is seeking applicants for a Maintenance II at the Fosston Shop. The primary duty for this position is the maintenance and repair of county roads, bridges, parks by operating various heavy equipment, including motor grader, tandem truck, loader, forklift and tractor/mower.

Applicants must possess a high school diploma or GED and moderate experience in mechanical and heavy equipment operation experience or an equivalent combination of education and experience. Must have a valid Commercial Driver's License with Class "A" endorsement. Wage range for this position is \$19.61 - \$24.94/hour; DOE and qualifications. An application and job description can be obtained at <http://www.co.polk.mn.us> click on Careers. Please mail your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716. (218-281-5408) Applications will be received until May 6, 2020. EOE.

M5-6C

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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EMPLOYMENT NOTICE HEAVY EQUIPMENT OPERATOR

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The applications will be screened for the following minimum qualifications: Class A Commercial Driver's License, three years of experience operating heavy equipment including motor graders, tandem trucks, loaders, backhoes, and dozers, and high school graduate or GED.

Applications are available at the Clearwater County Highway Department, 113 7th St. NE, Bagley, MN 56621, (218) 694-6132 or on our website at www.co.clearwater.mn.us. Applications must be received no later than May 4, 2020.

Clearwater County is an Equal Opportunity Employer

R4-5C

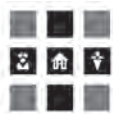
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Position will assist in tar-patching and various road operations, and occasionally assigned to other seasonal job duties within the Highway department.

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Applications are available online at www.co.red-lake.mn.us or at the Red Lake County Highway Department, 204 7th St SE, Red Lake Falls, MN, (218) 253-2697. Applications accepted until positions are filled. EOE

O4-5C



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O3-5C

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 open 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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R3-6C

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The Clearwater County Attorney's Office is seeking a part-time Legal Secretary to perform clerical, administrative and technical support services. Job description, requirements and application form available at www.co.clearwater.mn.us or by contacting the office at 218-694-6566. Salary range \$16.09 - \$21.03, DOQ. Applications must be received no later than 4:30 PM on April 24th, 2020. An Equal Opportunity Employer

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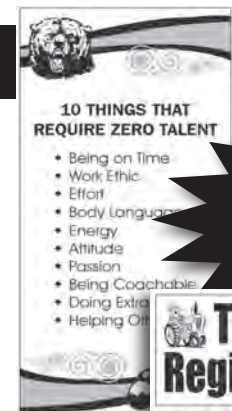
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OBITUARIES

Obituary for Laurie Nelson

Laurie Nelson, 62, of Ft. Collins, Co. passed away, unexpectedly, on April 6, 2020.

Laurie Anne Nelson was born Dec. 7th 1957 in Lewistown, MT to Jimmie and Lucille (Pollard) Nelson. When Laurie was young, the family moved to the Bagley area where Laurie attended elementary school in Minerva School and graduated from Bagley High School. After high school, she attended Moorhead State University, graduating with a four year degree.

She lived most of her life living in Montana and Min-

nesota but, her last few years were spent in Ft. Collins, Co.

Laurie is survived by her parents, Jimmie and Lucille Nelson, her two sisters, Jennie (Steve) Svendsen of Trail, MN and Rachel (Scott) Stenstrom of Hibbing, MN and her three brothers, Sandy (Kris) Nelson of Richwood, MN, Chris (Renee) Nelson of Duluth, MN and Mitchel Nelson of Bagley, MN and numerous nieces and nephews and great-nieces and great nephews.

She was preceded in death by her grandparents, Sanford and Edna Nelson and Everett and Inez Pollard.

A family graveside service will be held at a later date.

Obituary for Jeff Gordon Radke

Jeff was born in Madison, WI, on September 17, 1941. He passed away peacefully at his home in Anacortes, WA on April 9, 2020.

After graduating from high school in New Ulm, MN, Jeff served in the United States Marine Corps. He was a percussionist in the U.S. Marine Corps Forces Pacific band stationed at Pearl Harbor. After discharge he procured a Bachelor of Science degree in Music Education, a Master's

Degree in School Administration and a Specialist Diploma in School Administration. He was a band director, a high school principal, and then a financial planner and regional manager working for AAL/Thrivent.

Jeff was devoted to his God, his family, his friends, and his country. He loved the outdoors, fishing and hunting, the beauty of nature, travel, games and puzzles. He was a loving husband, dad, grandpa, and friend, and was a generous provider and protector. If there was humor or fun to be found, he found it.

He is survived and celebrated by his wife of 54 years, Hildy, (his "greatest blessing" he would say).

Daughters: Kelly (Seattle) and Shannon (Geoff Jones) of Newport, WA, granddaughters Chloe and Anna, siblings Rebecca Bodensstab, Jill Jamison and Ross Radke (all of IL). Daughter Patrice Ann preceded him to life in heaven's eternal glory. Services are pending.

To share memories of Jeffrey, please sign the online guestbook at <https://www.evanschapel.com>

Submit Obituaries & Memorials

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Word Search Answers

Death notice for Emilie L. Kirk

Emilie L. Kirk, 84, formerly of Clearbrook, MN, died on Thursday, April 16, 2020 at Valley View Elder Care in Grand Forks, ND.

Due to COVID-19, private family services will be held on Friday, April 24, 2020 at 2:00 p.m. at the Cease Family Funeral Home in Bagley.

MN with a visitation one hour prior. Interment will be at Bethlehem Lutheran Cemetery in Clearbrook, MN. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

A full obituary will appear next week.

Messages of condolence may be sent to ceasefuneralhome.com

Obituary for Sharon Larson

Sharon Larson of Thief River Falls, MN passed away on Friday, April 17, 2020 surrounded by her loving family at the Thief River Care Center.

Memorial service will be held at Our Saviours Lutheran Church in Thief River Falls, MN with Reverend Alex Amiot when it is safe to gather together.

Sharon Lee Walhaug was born September 17, 1946 daughter of Clarence and Martha (Lee) Walhaug at Thief River Falls, MN. She was raised on the family farm near Oklee, MN, she was a member of the Salem Lutheran Church where she was baptized and confirmed. As a child Sharon and her brother Eddie were survivors of the Polio Epidemic and were given the first in a series of the Salk vaccine. She attended Oklee High School graduating in 1964. Sharon worked at Northwestern Hospital for a year.

In 1965 she moved to Minneapolis where she lived for 8 ½ years, working at P&H Supply and Munningswear. Sharon moved back to the family farm following her father's death. She worked at Arctic Cat in the Sewing Department and helped on the family farm.

She met Warren Larson July of 1973, they eloped to Sisseton SD and were united in marriage December 12, 1974. Then they reaffirmed their vows at Salem Lutheran

Church in Oklee on December 14, 1974. To this union 2 children were born Brandi and Trevor along with Warren's daughter Kimberly. The couple made their home in Thief River Falls, MN and Sharon was a child care provider and also the friendly Avon Lady in the area.

Sharon started working for Somody Supply in 1980 as a traveling sales representative until 1994. She worked for Brown and Wilson Tobacco for 5 years, she also worked for Green Leaf Assisted Living for 11 years until her retirement. Sharon enjoyed visiting with the residents making many friends. She also enjoyed spending time with her family, especially with her grandchildren and sisters. She was active in 4-H as a youth and adult leader for many years with her friend Linda. She was a member of Our Saviours Lutheran Church serving on the building committee, WMF and various other church activities. She enjoyed gardening and always had a huge garden, spending time at the lake with family and friends. Sharon was very proud of her Finnish Heritage.

Sharon is survived by her children Brandi Larson of Thief River Falls, MN, Trevor (Kristi Grochow) Larson of Argyle, MN and Kimberly Larson of Thief River Falls, MN; grandchildren Brady Larson, Landon Jarshaw, Levi Sovde, Kasey, Dustin (Kari), Kaylynn Grochow; great-grandchildren Zoey and Sawyer Sulze; siblings Wayne Walhaug of Oklee, MN, Carol (Richard) Clark of Thief River Falls, MN; sister-in-law Bev (Bill) Ooley of Darwin, MN; along with several nieces, nephews, cousins and friends.

Sharon is preceded in death by her parents, husband Warren, brother Eddie Mattison, sister Shirley (Gary) Rux, great nephew Gannon Hejlik, sister-in-law Carole Knapp, and numerous family members.

Condolences may be sent at www.johnsonfuneralservice.com

Obituary for Patricia Lindberg

Patricia Carol Lindberg, age 87, passed away peacefully at her home on April 15, 2020. She was born March 13, 1933 in Minneapolis, MN to Inga & Clarence Andreassen. She was married to her long-time love and husband, Walter Lindberg, for almost 65 years.

Patricia "Pat" loved and served her Lord and Savior! She loved and was devoted to her family, and cherished her many friendships. Pat enjoyed singing, coffee dates with friends, golfing, reading, traveling, and celebrating events with family and friends.

Pat and her husband were teachers; they met while

on staff together at Fertile-Beltrami Public School. Pat accomplished her Teaching Degree while attending Bemidji State University. Pat taught at the elementary level, stayed home while her children were young, and then worked part-time as a Title 1 Tutor. Walter and Pat raised their three children while living in Fertile, MN.

Pat is survived by her husband Walter, their three children, Susan Lindberg (Tom Corradi), Steven Lindberg, Nancy Risch (Rod). They have eight grandchildren, Kristan Kary (Mitch), Scott Olson (Amanda), Jenessa Campbell (Adam), Cassandra Risch, Leah Lindberg, Jessica Risch, Brett Lindberg & Bradley Risch. They have four great-grandchildren, Hudson Kary, Hayes Kary, Hattan Kary, and Cullen Campbell. Pat is survived by two siblings, Loren and Richard Mathson. She also has many nieces and nephews.

Pat is preceded in death by her biological parents as well as the parents who raised her, Louis & Oline Mathson, her brothers, Donald and Verne Andreassen, her daughter who died shortly after birth, and her granddaughter, Mackenzie Risch.

A "celebration of life" ceremony is planned at a date yet to be determined.

Cancer and COVID-19

The COVID-19 outbreak of 2020 caught many people, particularly those in the western hemisphere, off guard. As the virus spread, the lives of hundreds of millions of people throughout North America and Europe changed dramatically and seemingly overnight, prompting many to wonder if they or their loved ones were going to get sick.

No one was thought to be immune to COVID-19, though many people were unfortunately believed to be more vulnerable to the disease than others. According to the Centers for Disease Control and Prevention, older adults and people with serious chronic medical conditions are at the greatest risk of getting sick from COVID-19.

The American Cancer Society notes that cancer patients, like groups with an elevated risk of getting sick from COVID-19, must do all they can to avoid being exposed to the virus. That's because the immune systems of cancer patients, particularly those in active chemotherapy and bone marrow transplant patients, can be severely weakened. In fact, in March 2020 officials with the Fred Hutchinson Cancer Research Center warned that early data from China and Italy, two countries

which experienced early and widespread outbreaks of the disease, indicated that cancer patients would be at increased risk of getting the virus.

Are all cancer patients at risk?

Dr. Steve Pergram, the medical director of infection prevention at Seattle Cancer Care Alliance, said that patients with blood malignancies are most at risk for COVID-19. Blood malignancies include non-Hodgkin lymphoma, chronic lymphocytic leukemia, acute myeloid leukemia, acute lymphoblastic leukemia, and multiple myeloma. While people with these forms of cancer may be most at risk of getting COVID-19, it's important to note that all cancer patients, including those who recently concluded treatment, are vulnerable. Those who concluded treatment should know that the aftereffects of treatment can linger long after treatment programs have ended, and those aftereffects may continue to compromise patients' immune systems.

What can cancer patients do to protect themselves from COVID-19?

Cancer patients should embrace the safety protocols recommended by the CDC, including social distancing measures and limiting direct contact with other people. Seniors in cancer treatment should take advantages of opportunities to limit their exposure to COVID-19, such as visiting grocery stores during seniors-only hours and opting to participate in digital religious services instead of in-person services. In addition, patients can work with their cancer care teams to devise ways to continue receiving treatment without elevating their risk of exposure to COVID-19.

Cancer patients also may need to adjust their expectations in regard to visits with their physicians. Dr. Len Lichtenfeld of the ACS noted that cancer patients may need to book virtual follow-up visits with their physicians or even delay preventative procedures aimed at reducing the likelihood of recurrence.

COVID-19 does not discriminate, but cancer patients may be among the most vulnerable to getting the virus. Learn more about cancer and COVID-19 at www.cancer.org.

Find relief with proper foot care

Many people lament having tired, achy feet. That's especially so among women who routinely squeeze into uncomfortable shoes in the name of fashion.

Feet carry the weight of the entire body while a person is upright. That can mean hours of enduring pressure from walking or standing.

The Pedorthic Association of Canada says that, when a person stands, the same muscles in the feet fire repeatedly as the pressure on them remains constant. This differs from when one walks about and the pressure shifts to and from different areas of the foot so the same muscles aren't working all the time. That is why feet may not ache as much after walking as they do after long periods of standing still.

These factors may be exacerbated by wearing uncomfortable shoes or high heels. Heels position the foot to point the toes downwards, which can put stress on the balls of the feet and

also on the toes. Stress fractures of the metatarsal bones can occur if the strain is great enough. Pain also may extend into the knees and lower back.

These foot-pampering steps can help women take care of their feet.

· Wear supportive shoes. Podiatrists state that foot and heel pain is a common byproduct of plantar fasciitis, which is a stabbing pain felt under the soft part of the foot and around the heel. Proper arch support can relieve such pain. Supportive shoes or custom insoles can provide ample support to the arches.

· Stretch your feet. Regularly stretching the feet or practicing yoga can help alleviate tight muscles in the feet and around the ankles that can contribute to discomfort.

· Skip the flip-flops. We know that flip-flops are the ultimate warm-weather footwear, but the lack of support such footwear offers can lead to pain. Furthermore, trying to keep the flip-flops on by "toe scrunching"

can trigger tendinitis, offers the custom shoe insole company Wiivv. Opt for more supportive and secure sandals.

· Soak and massage feet. Epsom salt soaks are great for dealing with muscle aches and reducing inflammation. After the soak, rub on an essential oil moisturizer and either massage your feet or ask a partner to do so. Don a pair of cotton socks to let the oils penetrate and moisturize the feet.

· Don't walk barefoot. Walking barefoot on hard surfaces, even indoors at home, can lead the foot to collapse. This can lead to a tremendous amount of stress on the foot and the rest of the body, advises Dr. Miguel Cunha, a podiatrist and the founder of Gotham Footcare in New York. Going barefoot also exposes the feet to bacteria and fungi that can infect the skin.

Women who are concerned about the health of their feet and any feelings of discomfort in their feet should speak with a podiatrist.

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Jenna Pahlen recently signed a National Letter of Intent to accept an athletic scholarship to Minot State University to play volleyball in the Fall of 2020. Minot State is a Division 2 college and is a member of the Northern Sun Conference (NSIC).



Theology in the Trenches

By Kathleen Kjolhaug

Restorative Recovery (Part I of Ryan's Story)

It matters not the sip.

It matters not the tin.

It matters not the lips

From which you have taken in...

The teller of the tale forbids we speak of...lest permission has been given. And so it has, been given that is. A rose by any other name would smell as sweet yet this rose has a name.

"Hello, my name is Ryan Waggoner, and I am an alcoholic." And so it begins. The restorative poetry of recovery begins as such. Deep it goes and rough are the roads. From small town to big it's all the same. Ryan communicates free and easy like because deep down, "It is no longer I who live, but Christ in me."

He continues. "The storms which drove me to despair and back, I now give permission to air."

Addiction in any form, having taken its toll, drives one to run. Running to...running from becomes the cycle. Yes, no, maybe, and if is tossed on stormy seas because it's better than facing the fact that havoc close to hell itself has been wreaked.

All, that is, until the tilted world stops and one gets up in pause all steady like because one is worthy of more than sinking in miry clay. And so it was with Ryan. The details of derailment matter not as each is merely a deflection of that which stops us up from serving Him. Deep is the pain doused with whatever it takes to make it go away. To feel once again is sheer gift. Life giving it is.

A disease they call it. All symptoms look the same, you know. Or maybe you didn't know. It begins with a little sip of something here, a little nip of something there...covering up, and then the lies, and then more

cover-ups, and so goes the cycle of symptoms only recognizable to those who suffer along with the addict. Conversion means turning away from the nothingness of empty promises. Empty tombs must be filled with the only One who can overcome. Only One overcame death and resurrected for the very struggles we face this side of the veil.

Interesting it is that God chose twelve disciples to recover this world for His namesake. Likewise, the twelve step program has spread across this world acting like life giving communion to those who desire to turn. Ryan turned. He turned into the face of Christ and found not only restoration but deep abiding with the One who heals. Brother to brother, sister to sister they stand and Ryan is among one who has been healed. He shares openly and honestly from whence he came to where the Lord continues to call.

Only he can tell his story, and willing he is. For this I am grateful. He shares it from the vantage point of the miracles God has worked and is working in his life. His heart beats to see Christ in all as he recalls from the depths of his memory how a good friend relapsed before his eyes. Miracles are messy and so were those he witnessed on his own journey in recovery.

As we enter further into the deep of Ryan's story next week, may we humbly pray for discernment, to see things as Christ sees them and not how we perceive them to be imperative.

Step 1 of the 12 Steps of Humility by Benedict: "1. Christ urging us to pray: 'May God's will be done in us (me)' (Matt 6:10). R.B. 7.20."

To be continued.



Playing Around With My Toys

By Auctioneer Eric W. Mickelson

I sure hope everyone is safe and not going too stir crazy! I am not the kind of person who stays home much, Patty and I are often on the go. But I am a person who likes to be home so this "lock-down" is not so terrible for me. I am able to do distance learning with my students and we are muddling our way through something new to all of us. Being in the house, and staying near the computer for teaching I have gotten much more acquainted with 3 things:

1. Cleaning the house- I know how to clean the house but being home all the time has made me notice more things that need to be done!

2. Cooking- I can boil or fry an egg or make a hamburger. When the kids were young I got good at mac-and-cheese or ramen noodles. Since Patty is at work I have turned over a new leaf and cook supper most nights. It has been fun and Patty hasn't complained yet so it must be OK!

3. Working on restoring some of my old toy tractors- Now this has become my favorite past time when I have some spare time. A few years ago I repainted a few and got new decals but have never done much more than that!

You see I have a few toy tractors(maybe 75 or so)!! Many of them I got when I was a kid and some I bought when my own kids were little. I have bought a few in the last few years at tractor shows. It is my parents fault for spoiling me when I was a kid. We all have our thing! When my sister was little she got her fair share of Barbies and of course she grew up in the Cabbage Patch craze! When my brother Cole was young he grew up in the Video Game age. So mom and dad kept him up-to-date with the newest games. Like I said you know what my "vice" was..... toy tractors! I still have the toy 5020 John Deere toy I got for my tenth birthday or the 1070 Case, with factory dual wheels, I got for going to the dentist. The list goes on and it is an extensive list. But these tractors were not the kind to be put on the shelf. They plowed and disced and seeded many acres in my sand box behind the house I grew up in. The neighbor kids would come over and we would have our own "farms". We would even have contests to see who had the nicest farm!

Well at school many years ago a student of mine, Murray Hjelle, gave me a toy A John Deere tractor with a broken front end. So now in my quarantine time I dug it out and repainted it. It originally had a narrow front end (that is what

was broken off) but I found a kit to convert it to a wide front. So I ordered the front end, new spokes rims, and new tires for it. My latest parts order came a few days ago and I was able to pretty much finish up my tractor. I few things are a little crooked and I broke the thin metal tie rod so I had to try to put some JB Weld on it, but it turned out pretty good. I also dug out a 3020 John Deere that needs some work, a 560 Farmall, and a 190 Allis Chalmers. Now I have a few more projects lined up!

But you see the real thanks here goes to mom and dad. They are the ones who spoiled me with toy tractors. As a kid I spent countless hours enjoying and playing with my tractors. If one would break, mom would try to fix it or sometimes dad would take the wheels off an old broken toy I had and put duals on one of my toys.....I thought it was totally cool! When I went to preschool in RLF with my mother a friend of mine had a toy 190 Allis he would bring to school. I had a toy 5020 John Deere that my dad had "dualled" up for me. Everyday when I walked through the door he would come running and say, "Hey, Hey Ericson(Eric Mickelson), did you bring your big John Deere.....Thanks for the childhood memories mom and dad, oh and thanks for "old man" memories today as I work on those same toy tractors!!

How about a little Tractor Trivia!

1. The 5020 John Deere was made from 1965(the year I was born)-
A) 1970 B) 1972 C) 1975 D) 1979

2. The 5020 John Deere was rated at _____ hp.
A) 116 B) 121 C) 126 D) 131

3. The 190 Allis Chalmers tractor was made from 1964-
A) 1970 B) 1972 C) 1975 D) 1979

4. The 190 Allis Chalmers tractor was tested with _____ drawbar hp.
A) 65hp B) 70hp C) 75hp D) 80hp

5. T or F All three tractors I mentioned in my article; The 5020 John Deere, The 190 Allis Chalmers, and the 560 Farmall all had 6 cylinder engines.

Answers: 1. B. 1972 2. B. 121hp 3. B. 1972 4. A. 65hp 5. True- all 6 cylinder engines!



Here is my "restored A John Deere" toy. On the left is an A John Deere toy in original condition. On the right is the one I repainted, put on a wide front and new rims and tires!



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