



Tri County Canary

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

Only One of Four Districts Headed to Red Lake Run-Off Election

Medical Marijuana Question Approved with 80% of vote

Story by Michael Meurs
Red Lake Nation held their biennial election on Wednesday, May 20, 2020. Incumbents from Red Lake, Little Rock and Ponemah all won re-election gaining more than 50% of the vote. However, none of the seven candidates from Redby reached that threshold. This means a late July run-off election between the top two winners.

Red Lakers also approved a referendum on whether to allow medical cannabis within the nation's boundaries. The measure was approved 80% to 20%.

Election
Fourteen candidates vied for four district representative seats on the Red Lake Tribal Council in the general election held Wednesday, May 20, 2020. After passing a criminal background check, the candidates were certified in April.

If a candidate receives 50% of the vote plus one, they are the declared winner. If no one attains this threshold in any and all seats, a run-off election is scheduled sixty days after the conclusion of all certifications, challenges or recounts. (July 20 if uncontested, July 30 if contested)



Allen D. Pemberton.

For Redby District Representative, none of seven candidates reached the 50% threshold resulting in a run-off election between the top-two vote-getters. Coming in first was Incumbent Allen D. Pemberton with 41.22% of the vote. Herman D. Donnell at 19.32% came in second. Pemberton and Donnell will meet in the only contest of the run-off.



Robert "Bob" Smith.

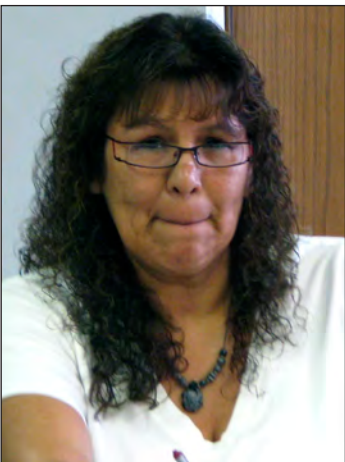
For Red Lake Representative, incumbent Robert "Bob"

Smith achieved the required 50% +1 at 55.21% and is so elected.



Michelle Barrett-Cobenais.

For the Little Rock Representative, incumbent Michelle Barrett-Cobenais also reached the required threshold with 63.01%



Glenda J. Martin

For Ponemah District Representative, Glenda J. Martin, having no opponent, received 100% of the vote cast.

Cannabis Referendum: Minnesota's Red Lake Nation Votes 80% Yay on medical marijuana May 20, 2020

Red Lake Nation could become the only tribal nation to have a medical cannabis program in Minnesota that will be retailing medical cannabis in flower form. Red Lake may also be among the first in the Country.

In 2014, the U.S. Department of Justice issued a memo indicating that tribal nations could legalize marijuana as long as they followed the same guidelines that applied to the states that had legalized it.

A clarifying memo in December 2014 stated that the federal government's non-interference policies that applied to the 50 states, would also apply to the 326 recognized American Indian reservations.

Since 2014, there have been a number of attempts to move forward by pro-cannabis advocates in Red Lake that had been met with mixed reviews.

Right now in Minnesota, cannabis is legal for those with qualifying medical conditions in liquid, pill or vaporized forms. At Red Lake Nation, the list of conditions that qualify patients for medical cannabis will be

much longer, adding depression, chronic pain, and those recovering from opioid addiction would likely qualify.

Red Lake Nation, unique in Indian Country, resides on aboriginal lands. The main reservation was never ceded to the United States. Red Lake also are stewards several acres of land spread throughout Beltrami and Lake of the Woods Counties, including 70% of the Northwest Angle. All Red Lake lands are held in common. The tribe is subject to federal but not state law.

Several tribal nations across the country are in different stages of exploring growing hemp and/or legalizing cannabis, both medical and recreational, to persons 18 years and older.

The **Oglala Lakota** voted March 10 to legalize both medical and adult use, but could face stiff opposition from the state of South Dakota.

Oglala voters approved medical marijuana by an 82% margin, and 74% approved legalizing adult-use marijuana. Assuming the results are upheld, the tribe will be the only one in the US to create a cannabis market in a state where the plant is otherwise illegal.

Red Lake Election Results

Redby District		
Allen D. Pemberton, Incumbent	256	41.22%
Herman D. Donnell	120	19.32%
Sheldon "Skin" Brown	20	3.22%
Kevin L. Jones	56	9.02%
Gary R. Auginash, Sr.	85	13.69%
Michael J. Cobenais	66	10.63%
Rodney D. Prentice, Jr.	18	2.90%
Total	621	

Red Lake District		
Robert "Bob" Smith, Incumbent	509	55.21%
David F. Desjarlait	294	31.89%
Donovan M. May	119	12.91%
Total	922	

Little Rock District		
Michelle Barrett-Cobenais, Incumbent	247	63.01%
Sherilyn "Tweety" Neadeau-Benais	89	22.70%
Chris G. Jourdain	56	14.29%
Total	392	

Ponemah District		
Glenda J. Martin	262	100.00%
Total	262	

Advisory Question (Cannabis)		
For	1765	80.59%
Against	425	19.41%
Total	2190	



In Hog Heaven enjoying the sunshine.

The Pork Procurement Project

Local families do their part to help local pork farmers

Submitted by the Jacobson, Preuss, Hockenson, Kennedy, Reinke and Helmin families.

As we wrapped up a health related outdoor family meeting on the last Saturday of April, visiting quickly turned to talk of "the virus" and the devastating effects it has had on small businesses and farmers. There were several shared horror stories of farmers having to put down market ready animals, entire plants shutting down due to illnesses, and small businesses that weren't going to make it. In addition, we reflected on the long term and snowball effect this would have on our families, communities, states and the entire country.

One thing led to another and pretty soon an idea was born. Could we as a family purchase some of the hogs that weren't going to make it to processing facilities, and if we could purchase them, could we haul, house, feed and process them? Ads were starting to show up on social media and like we so often do, we just barreled ahead.

Heidee was in charge of contacting the farms and getting price quotes. We as a family came to an agreement that we did not want to dicker on price. Our goal was not only to provide pork for our families but to help the farmer at least break even. Joe and Arianne would provide the truck and trailer and bring the hogs home. Jeff and James would build the pen and chute, Lynette and Alissa would organize the cottage into a butcher shop and John would cut the pigs up on grandpa's meat saw. Grinders were borrowed, new electrical plug-ins were installed to accommodate the heavier equipment and Adam brought in another loader tractor to hang the meat. The slaughter went to various members of the group who wish to remain anonymous (insert wink emoji), and everyone helped trim, wrap, stuff and grind. Older cousins were in charge of younger cousins.

Danielle later trailered two from our pen to the local butcher when room became available, two others were picked up and taken by co-workers and a fifth

was squeezed in last second for a mutual friend. All in all our family processed 6 pigs from hoof to freezer and slaughtered one to go home with our friend for final process for a total of 11 hogs in less than 13 days, that included the days we had to go to our regular jobs.

We have heard such great stories of folks helping each other out and by sharing our experience, we hope others are inspired also to buy local, share and help as you are able. You

can find lots of resources on FB and other social media sites. A new one on Facebook is called Farm Direct Minnesota. Please check it out if you are looking to connect with local farmers and vendors or customers.

I've heard it said many times that we are all in the same boat, but I tend to agree more with another quote. "We are all in the same storm, but we are not all in the same boat", even the big boats will need a tow once in a while.



Lynette Jacobson and Joe Helmin trimming for sausage.



John Preuss cutting the chops on Grandpa's saw.



James Preuss in charge of cousin Ervin Helmin.



Beautiful chops ready for wrapping.



If you don't know this quote...

USDA Announces Details of Direct Assistance to Farmers through the Coronavirus Food Assistance Program

Farmers and Ranchers to Receive Direct Support for Losses Related to COVID-19

WASHINGTON, D.C., May 19, 2020 – U.S. Secretary of Agriculture Sonny Perdue today announced details of the Coronavirus Food Assistance Program (CFAP), which will provide up to \$16 billion in direct payments to deliver relief to America's farmers and ranchers impacted by the coronavirus pandemic. In addition to this direct support to farmers and ranchers, USDA's Farmers to Families Food Box program is partnering with regional and local distributors, whose workforces have been signifi-

cantly impacted by the closure of many restaurants, hotels, and other food service entities, to purchase \$3 billion in fresh produce, dairy, and meat and deliver boxes to Americans in need.

"America's farming community is facing an unprecedented situation as our nation tackles the coronavirus. President Trump has authorized USDA to ensure our patriotic farmers, ranchers, and producers are supported and we are moving quickly to open applications to get payments out the door and

into the pockets of farmers," said Secretary Perdue. "These payments will help keep farmers afloat while market demand returns as our nation reopens and recovers. America's farmers are resilient and will get through this challenge just like they always do with faith, hard work, and determination."

Beginning May 26, the U.S. Department of Agriculture (USDA), through the Farm Service Agency (FSA), will be accepting applications from agricultural producers who have suffered losses.

Pandemic impact leads to workforce reductions at Essentia Health

The hardships caused by the COVID-19 pandemic continue to grow across our nation and at Essentia Health. Essentia is not alone in facing the pandemic's severe financial impacts while providing high-quality, patient-centered care to our communities. Minnesota hospitals and health systems expect to lose almost \$3 billion in the first three months responding to COVID-19.

At Essentia, our operational losses due to pandemic-related declines in patient volumes since the beginning of March have totaled nearly \$100 million, with more losses on the horizon. We have worked to offset the significant decline in revenue while prioritizing patient and staff safety. Some of these changes have included: placing employees on administrative leave, flexing hours, reducing physician and executive leader compensation, restructuring and eliminating leadership roles, limiting capital expenditures and reducing services and

discretionary spending. While surgeries and procedures are restarting at our facilities, we are approaching that process carefully and slowly to protect our communities, patients and staff, preserve personal protective equipment and ensure available hospital beds for COVID-19 patients.

"Despite our best efforts, the many cost-reduction measures we've taken over the last several weeks are not sufficient to preserve our mission and the health of the organization," says Essentia Health CEO David C. Herman, MD. "This has prompted our leadership team to carefully consider the most difficult decision we've faced since I joined Essentia five years ago and move forward with permanent layoffs."

About 900 colleagues – about 6% of our workforce – will be affected by the layoffs. Essentia will continue to provide health insurance for noncontract employees for the next three months. Staff covered by col-

lective bargaining agreements have other protections including the right of recall. Additionally, there are about 850 Essentia colleagues on administrative leave with benefits through July 31, with the intention of being called back to work as needed.

"I recognize and deeply appreciate all our colleagues' contributions," Dr. Herman says. "While the COVID-19 crisis has resulted in significant shifts in society and how we care for our communities, our commitment to safe, high-quality patient care is unwavering. As painful as these actions are for all of us at Essentia, we are taking these steps to ensure Essentia is here to make a healthy difference in people's lives, today and into the future."

Dr. Bill Heegaard, Essentia Health-West President will be available for media interviews between 1:30 and 3:30 p.m. via Microsoft Teams. To coordinate an interview contact Tara Ekren, media relations specialist.



Mentor Farmers' Market Newest Vendors for the 2020 Season

Mentor Farmers' Market had a terrific opening day on Saturday, May 23rd, 2020 thanks to the support of the surrounding communities!

We would like to introduce the newest vendors at the market: (l - r)

Steve Woolever, Susan Jones, Amy Buckholz, Melinda Anderson, Kayla Campbell and

Janice Benoy.

Please stop by and check out their products. The Market hours are each Saturday from 8 AM to Noon.

DRAFTS Food Truck from Crookston will be in the park for breakfast TAKE-OUT orders. Customers can call to PRE-ORDER for curbside pickup in the park at (218) 289-0970.

Due to COVID-19 the Mentor Farmers' Market will be following the Minnesota Farmers' Market Association guidelines including the 6 foot social distancing rule between vendors and customers, customer hand washing stations, no food consumption on market grounds and currently no center circle entertainment.

The 2020 Minnesota State Fair is Canceled

May 22, 2020

St. Paul, Minn. – The Great Minnesota Get-Together will not be held in 2020. This was announced today following a meeting of the board of managers of the Minnesota State Agricultural Society, which governs the Minnesota State Fair. The event was scheduled for Aug. 27 through Labor Day, Sept. 7.

In his full statement below, State Fair General Manager Jerry Hammer says, "This isn't a difficult decision. It's the only decision." Navigating

health risks is the most important piece in a very complex situation. In addition, the State Fair's vast and strong network of partners and thousands of people are facing challenges that seriously hamper their ability to fully participate in the State Fair.

In a normal year, preparing for an event the scale and scope of the Minnesota State Fair is a year-round operation and a mammoth undertaking; in the midst of a global pandemic, it is impossible.

While the State Fair is one of many celebrations to go quiet this year, we are looking forward to 2021. "We're extremely grateful for the understanding and support of everyone who makes the State Fair possible – especially the millions of fair fans from around the globe," Hammer says. "Your team of State Fair pros is working hard to come back bigger, better, stronger and smarter in '21." The Great Minnesota Get-Back-Together is Aug. 26 - Labor Day, Sept. 6, 2021.

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Mentor Farmer's Market and Artisan Creations

OPEN

SATURDAY May 23rd

OPEN EVERY SATURDAY
(rain or shine)
8AM – NOON,
May 23rd – Sept. 5th
9AM - 11AM,
Sept. 12th-26th

Large variety of local food produce, baked goods, ready to eat food, cut flowers, Gluten-free products, local honey and unique craft items.

The Mentor Farmers Market will be following the MFMA COVID19 guidelines.

Like us on Facebook @Mentor Farmers Market

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Tri-Valley's Melody Hedden Recognized as a Head Start Hero from the Minnesota Head Start Association

(Crookston, Minn.)- The Minnesota Head Start Association (MHSA) recently honored Melody Hedden (Assistant Director of Program Services) as a Minnesota Head Start Hero (Head Start alumni who became involved in their local community and made a difference). Hedden was recognized at the Minnesota Head Start Heroes Ceremony held at the Science Museum of Minnesota in St. Paul in March.

Hedden's Head Start experience began in 1979 when she was enrolled in Head Start. In 1998 her first child enrolled into the program. She would later have two more children enroll in Head Start.

"When my parents signed me up for Head Start in 1979 I am sure they weren't aware of the impact it would have on my life," Hedden says, "Head Start is the foundation from which my life skills were built."

Her drive to be a voice for those who had lost theirs, led her to a life of learning and advocating. In addition to degrees in Human Services Technology and Human Services, she has credentials and certificates in Partners for a Healthy Baby, Family Service, Family Service Trainer, Head Start Management Fellow, and Certified Community Action Professional. In 2009, Hedden was named the North Carolina Family Advocate of the Year.

"I am honored and blessed to be the recipient of such an award. I would have never guessed in a million years I would be sitting where I sit today and Head Start played a huge role in that," says Hedden. "I can't help but reflect back in my life in amazement of the doors that opened up for me and are continuing to open all because of a program that believes and supports those people who have the most obstacles standing between them and their hopes and desires."

In 2014, Hedden moved her family north to Minnesota to secure a position as Family & Community Services Manager at Tri-Valley in Crookston. Now as the Assistant Director of Program Services, her position allows her to be passionate about facilitating life changing events in the lives of children and families.

"It is my life's goal to not only do my best work with Head Start as a way of giving back, but to educate others of the opportunity that lies within the program. I encourage anyone reading this to learn more about the local Head Start program in their community. Look at their Community Assessment and the data that supports that Head Start works," she adds.

Melody and her husband Joe have five children. Three of their children currently serve in the military. Joe, was also in the Army and served in Iraq. In addition to their biological family, Melody and Joe are foster parents and are currently in the process of adopting two of their foster children.

Hedden closes with, "To all of those families that trust us with their little ones we thank you. It's because of you this program continues to thrive!"

Head Start Heroes is an annual event that honors members of the Minnesota Head Start community who overcame tremendous challenges and achieved personal and family success. These children, families, alumni and staff members have been selected by the Minnesota Head Start Association Scholarships and Awards Committee based on compelling, personal testimonies about their Head Start experience and how they were able to transform their lives. The Head Start



Heroes epitomize how determination, fortitude and access to early learning and whole-family approaches can pave the way to lifelong success.

For more information on Tri-Valley's Head Start/Early Head Start or Migrant & Seasonal Head Start programs visit the Tri-Valley website at www.tvoc.org or call 800-584-7020.

Tri-Valley Opportunity Council, Inc. is a non-profit community action agency

headquartered in Crookston, Minn. In existence since 1965, Tri-Valley provides services in 84 counties in Minnesota and Northeast North Dakota. For more information on services offered and job opportunities at Tri-Valley visit the website at www.tvoc.org, call 800-584-7020, follow us on Facebook at www.facebook.com/TVO-CInc, on Twitter at @TriValley_TVOC, or on Instagram at trivalleyopportunitycouncilinc.

College News

Cherie Keith named to Mansfield University Dean's List

Cherie Keith of Bagley, MN has been named to the Spring 2020 Dean's List at Mansfield University.

To be named to the Dean's List, a student must be attending the university full-time and attain at least a 3.5 GPA for the semester.

Mansfield University is a member of Pennsylvania's State System of Higher Education (PASSHE). For more information visit mansfield.edu.

To the Editor

It's disappointing but unfortunately predictable that the legislature and the Governor could not find a way to pass a bonding bill.

Minnesota always needs these important projects, and this year we need them even more. Let's hope that compromise can happen to move things forward.

In the meantime, we still need to get people back to work.

If our lawmakers can't agree on the bonding bill, they need to get together to make sure Line 3 happens.

This project is ready to go and the more than \$2 billion of private investment and 4,000 jobs will help us this year.

I know we are a divided state and country, but we also need to get some things done. Making sure Line 3 happens would be an important step at a key time.

Jason Seitz
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or 218.556.8478
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Polk County Sheriff

Structure Fire

On 05/25/2020 at approximately 1727 hours, the Polk County Sheriff's Office responded to a report of a structure on fire at 25966 200th St SW in rural Crookston. When deputies arrived, thick black smoke was seen coming out of a service door to an unattached metal shed. Crookston Fire Department arrived and tended to the fire. While investigating deputies learned that the owner was mowing lawn and had put the lawn mower into the shed prior to noticing the smoke and calling 911. Crookston Fire Department was able to extinguish the fire and it was determined that the lawn mower appeared to be the cause of the fire. The lawn mower was a total loss and other equipment inside the shed sustained moderate damage. The shed was able to be saved and the State Fire Marshal was contacted about this incident.

There were no injuries as a result of this fire.

Also responding to this incident were the Crookston Fire Department, Crookston Area Ambulance and the Minnesota State Fire Marshal's Office.

Passport photos

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FRENCH STYLE GREEN BEANS
BUTTER KERNEL
3/\$2 14.5-15 OZ

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**ALL PURPOSE
FLOUR**
\$1.99 5 LB

ESSENTIAL EVERYDAY
DICED, ITALIAN DICED,
PETITE DICED OR STEWED
TOMATOES
89¢ 14.5 OZ

ESSENTIAL EVERYDAY
**TOMATO
SAUCE**
3/\$1 8 OZ

SMITHFIELD HARDWOOD
SMOKED
HALF HAM
\$1.69 LB



BONELESS, SKINLESS
CHICKEN
BREASTS
\$3.49 LB



FARMLAND ASSORTED PORK
SAUSAGE ROLLS
& LINKS
4/\$5 8-12 OZ



PORK BABY
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\$3.49 LB



BUTTERBALL
WHOLE TURKEY
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POPCORN CHICKEN
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2%, 1% OR SKIM DAIRY PURE
**LAND O' LAKES
MILK**
\$2.99 GALLON

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

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\$2.59 12 PK-8 OZ BOTTLES

SUNBELT BAKERY ASSORTED
GRANOLA BARS 8-10 CT **2/\$4**

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

LAND O' LAKES ASSORTED
YOGURT 24 OZ **\$2.39**

OLD DUTCH REGULAR, RIP-L, CREAMY
CHIVE & ONION OR SPICY DILL PICKLE
**POTATO
CHIPS**
2/\$5 10 OZ BOX

OLD DUTCH
KETTLE CORN 7 OZ **2/\$5**

 **FRESH DELI**
**"OFF THE BONE"
SIGNATURE HAM**
\$4.29 LB

CREAMY CHEDDAR
MACARONI SALAD LB **\$3.99**

KRAFT ORIGINAL
**MACARONI &
CHEESE DINNER**
4/\$5 7.25 OZ BOX

VAN CAMP'S
PORK & BEANS 15 OZ **4/\$3**

ORIGINAL
RED HOTS
\$1.39 10 OZ BAG

CHOICE OF 2
SOUR PUNCH BITES.. 9 OZ BAG **\$1.29**

DEAN'S DAIRY PURE
**HALF
& HALF**
5/\$4.50 PINT

ASSORTED
LAND O' LAKES DIP 16 OZ **\$1.89**

FRITO LAY ASSORTED
**PARTY SIZE
SNACKS**
\$3.99

ESSENTIAL EVERYDAY HONEY WHEAT
PRETZEL BRAIDS 10 OZ **89¢**

 **FRESH BAKERY**
**HOMESTYLE
WHITE BREAD**
\$1.99 LOAF

BLUEBERRY BUTTERMILK
CAKE DONUTS DOZEN **\$3.79**

MUSHROOM PASTA SAUCE
**FRANCESCO
RINALDI**
3/\$4 24 OZ

ESSENTIAL EVERYDAY SPAGHETTI, THIN SPAGHETTI OR
ELBOW MACARONI 16 OZ **99¢**

ESSENTIAL EVERYDAY
**9" FOAM
PLATES**
\$2.59 50 CT

ESSENTIAL EVERYDAY 30 OZ SIZE
FOAM BOWLS 10 CT **89¢**

LAND O' LAKES DAIRY PURE
**HEAVY
CREAM**
\$1.99 PINT

LIGHT
COOL WHIP 8 OZ FROZEN **\$1.19**

NABISCO ASSORTED
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OR NUTTER BUTTER**
\$3.89 FAMILY SIZE

ESSENTIAL EVERYDAY MINIATURE
MARSHMALLOWS 10.5 OZ **3/\$2**

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STRAWBERRIES
\$2.19 16 OZ



LDR CATALINA, BLUE CHEESE, 1000 ISLAND,
ZESTY ITALIAN, RANCH OR CATALINA
**KRAFT
DRESSING**
\$1.79 16 OZ

OLIVE GARDEN GARLIC & ROMANO
CROUTONS 5 OZ **\$1.59**

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**MINI CHUNK
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LAND O' LAKES 4%, 2%, 1% OR NF
**COTTAGE
CHEESE**
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DEAN'S DAIRY PURE ALL NATURAL OR LIGHT
SOUR CREAM 16 OZ **2/\$3**

ESSENTIAL EVERYDAY WAFFLE
**ICE CREAM
CONES**
\$2.59 12 CT

JOY JUMBO
ICE CREAM CUPS 12 CT **\$2.19**

EXTRA LARGE
RED GRAPES LB **\$2.39**
RED, ORANGE OR YELLOW
PEPPERS EACH **\$1.29**
HASS
AVOCADOS EACH **99¢**
FRESH
ASPARAGUS LB **\$3.99**
ENGLISH
CUCUMBERS EACH **99¢**
PREMIUM
RED ONIONS LB **99¢**
IDAHO RUSSET
POTATOES 5 LB **\$2.29**
ORGANIC BABY PEELED
CARROTS 1 LB **\$1.49**
ORGANIC GRAPE
TOMATOES PINT **\$2.29**

30 PK-12 OZ CANS
BUSCH OR BUSCH LIGHT
BEER \$20⁹⁹
750 ML LONG ISLAND ICED TEA,
MARGARITA, MUDSLIDE OR PINA COLADA
CHI CHI'S \$4⁹⁹
1.75 LITER
TITO'S
VODKA \$33⁹⁹
1.75 LITER
JOSE' CUERVO CLASSIC
MARGARITA \$17⁹⁹

750 ML ASSORTED
BAREFOOT SPRITZERS OR
FRUITSCATOS \$3⁹⁹
750 ML ANGEL FOOD, CAVA, MOSCATO
OR SAVIGNON BLANC CUPCAKE
WINE \$9⁹⁹
750 ML SEVEN DEADLY ZINS OR
SEVEN DEADLY RED
WINE \$11⁹⁹
20-50 ML BOTTLES
FIREBALL
PARTY BUCKET .. \$17⁹⁹

DEAN'S VANILLA
**ICE
CREAM**
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T E V I T A R E N E G E D B J R Q I O I
A C F U A F B O I V N B C D J Y L S T T
M M O X O E M D X D N I R N U C R I I I
M G L V M T O N L U S D P U J F C S O O
A I S L D B N C I T V H P S L F J U N R
L S G L I V S A C R O I L I A C M U R D
F I G T C A R T I L A G E J Q O Y P J N
N C N J R U E N U M M I O T U A Y A O O
I A D N I E T O R P E V I T C A E R C H
S J F J C P R O C E S I C R E X E X E C
S U O I I S S I S E T N E C O R H T R A
O S T N I O J A Q U A T H E R A P Y I M
U R A N G E O F M O T I O N U G P M C S
U T T R E Y O S I T I R H T R A D P D S
S M N O I T C E J N I M O B I L I T Y B
F A C E T A M I N O P H E N F V Y X U F
I S E V R E N Y E B L B C B J S X N O Y

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

ARTHRITIS WORD SEARCH

Answers on page 5

ACETAMINOPHEN	BURSA	EXERCISE	MOTION
ANTIBODIES	CARTILAGE	GOUT	NERVES
AQUATHERAPY	CHONDROITIN	INFLAMMATION	RANGE OF MOTION
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OBITUARIES



Obituary for Barbara Flakne

Barbara "Barb" Flakne, age 77, of Fertile, MN, died Tuesday, May 19, 2020, at her home under the care of Hospice.

Service details pending.

Please feel free to sign the guestbook, send condolences and view other opportunities which may be available to the public due to COVID-19 restrictions. www.anderson-familyfh.com/obituary/barbara-flakne



Obituary for David Edwards

David Edwards, age 60, of Kansas City, KS, and formerly of McIntosh, MN, passed away unexpectedly on Saturday, May 16th. A family service will be held at a later date. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be sent at www.carlinfuneral.com.

David Leonard Edwards was born at Fort Ord in California on October 30, 1959 to parents Duane Leonard Edwards and Loretta Agnes (Whitaker) Edwards. David, along with his family, grew up in many places overseas, including Germany and Panama. He attended grade school and high school while living in McIntosh until the family moved to Kansas City in 1977. He graduated from

Turner High School in Kansas City. After high school, David worked a variety of jobs in the local Kansas City area, one of which was Concrete Stamping which he enjoyed and loved talking about.

While growing up in McIntosh prior to moving to Kansas City, he enjoyed snowmobiling and hanging out with his friends. To his friends he was known as "Little Piney". He spent a lot of time during the summer at his grandparent's cabin at Twin Lakes, swimming, and fishing. David always teased his older sister about their ages as they were 11 months apart. David and Rae Ann would be the same age each year for 20 days. David was always up for an adventure!

David is survived by his daughter, Susie of Kansas City; brother, Wayne Edwards of Glasgow, MT; sister, Rae Ann (Everett) Osland of Erskine, MN; and brother, Roger (Vicki) Edwards of Paola, KS. He is also survived by several nephews and nieces. David will be missed greatly.

He was preceded in death by his father, Duane L. Edwards; mother, Loretta A. Whitaker; grandparents, Rupert "Piney" and Doris Edwards and Welsey and Ida Whitaker; nephew, Joshua Edwards; aunts, Jackie Edwards, Marilyn Thompson, and Patricia Tranby; and uncles, Daniel Tucker and Sherman Tranby.



Obituary for Sandra Schultz

Sandra Schultz, age 64, of Fosston, MN, passed away on Thursday, May 21st, at Sanford Health Palliative Care in Fargo. A memorial service will be held at 2:00 p.m. on Wednesday, June 3rd, at Tilberg Park at Cross Lake near Fosston with the Rev. Jane Ekholm officiating. Interment will be in Rosehill Cemetery, Fosston. Social distancing guidelines will be in place. The service will be recorded and available for viewing on Thursday, June 4th, on the Carlin Family Funeral Service website. Arrangements are with Carlin Family Funeral Service of Fosston and remembrances may be shared at www.carlinfuneral.com.

Sandra Kay Schultz was born on April 9, 1956 in Sidney, Montana to parents Delmar "Marvin" and Fern (Waller) Schultz. She was baptized and confirmed at First English Lutheran Church in Fosston. She attended Sunnyside Country School and then Switched to Magelssen Elementary and graduated from Fosston High School in 1974. Her daughter, Darci, was born in April of 1974. Sandy went on to attend Moorhead State University for accounting and

then transferred to Northwest Technical College.

Sandy met the love of her life, Lowell Whitaker, on June 3, 1991. They lived in the Fargo-Moorhead area until moving to Winger, Minnesota in 2001. She worked on and off throughout her life at Moran's Supper Club in Winger, spanning nearly 30 years. She also worked at the Shooting Star Casino as a Cashier from 2005 until 2012 when her health battles forced her to retire. Lowell passed away on December 29, 2014.

After Lowell died, she moved to Fosston where she lived at Cornerstone and Evergreen Apartments, where she was currently residing.

Sandy enjoyed cross stitching, crossword puzzles, listening to Bob Sieger music, and having a good laugh. She was a feisty person who truly had a heart of gold she hurt deeply if someone was hurting or going through a rough time. Her grandson, Jackson, was her life and it revolved around him, they spent every weekend together with their "Special Date Nights." Sandy was always quick with a witty humorous quip, in the end she left us all with a heartfelt quote, from her final words:

Remember me with smiles and laughter. Because that is how I will remember you. If you remember me with tears then please don't remember me.

Sandy is survived by her daughter, Darci (Fred) Seledkov of Fosston; grandson, Jackson Schultz; siblings, Donna Moy, Ed (Rena) Schultz, Karen Schultz, and Tina Averill, all of Fosston. Nieces, nephews and cousins also survive.

She was preceded in death by her parents; her long-time life partner, Lowell Whitaker, grandson, Austen Eaton; brother-in-law, Gary Moy; and aunts and uncles.



Obituary for Bernie Schultz

Bernie Schultz, age 91, of Fosston, MN, passed away on Wednesday, May 20th, at Essentia Health Hospital in Fosston. Due to the health crisis, services will be limited to immediate family members. Interment will be in Rosehill Cemetery, Fosston. Military honors will be provided by the National Guard Honors Team and arrangements are with Carlin Family Funeral Service of Fosston. Messages of condolence may be shared at www.carlinfuneral.com.

Bernard Schultz was born on March 8, 1929, to parents Edward and Minnie (Polley) Schultz, rural Fosston, MN. He was baptized and confirmed in his faith at Immanuel Lutheran Church. He grew up in Heier Township and attended Steinbrenner country school.

In 1948, he enlisted in the Army. After being medically discharged in 1949, he followed some of his brothers to Montana where he worked as a ranch hand. In 1953, he contracted as a milk tester in southern Minnesota; staying for a few days every month

with each farmer in the association. At the end of his year-long contract, he returned to Montana.

On October 12, 1957, he was united in marriage to Shirley Hinden in Fosston, MN. They began their married life in Eveleth and then a year later they moved to Halstad. In 1960, they moved to Fosston and began building their home. Bernie worked at Detroit in Red Lake Falls, Land O' Lakes in Fosston and then at the Fosston hospital in maintenance until his retirement in 1994.

Bernie and Shirley spent many hours together building a log home on their hobby farm near Lengby where they also raised horses. Bernie was a handy man and was always working on a wood project. He enjoyed gardening, playing cards with family and spending time with his grandsons. He was a long time member of First English Lutheran Church in Fosston and then a member of St. Paul Lutheran Church in Lengby.

On Wednesday, May 20, 2020, Bernie Schultz passed away at Essentia Health in Fosston at the age of 91 years.

He is survived by his daughter Barb Wandschneider and her husband David of Fosston; grandsons Jeff and Cole Wandschneider; sisters-in-law Norma Schultz of Richey, MT, Carole (Ray) Tharaldson of Gully, MN, and Brenda Hinden of Ephrata, PA; brother-in-law Larry (Donna) Hinden of St. Peter, MN; several nieces and nephews also survive.

He was preceded in death by his wife Shirley, son Bill, his parents, sister's Evelyn Abele and Frances Abele, brothers Elmer, Herbert, Melvin, Lloyd, Robert, Delmer, Clarence and Paul.



Obituary for Terry Lucken

Terry Lucken, age 61, of Erskine, MN, passed away unexpectedly on Saturday, May 23rd, at his home. Funeral services will be held at 2:00 p.m. on Saturday, May 30th, at Terry's farm south of Erskine (39960 185th Ave. SE) with the Rev. Timothy Lundeen officiating. Interment will be in Calvary Lutheran Cemetery, Winger. Visitation will be held for one hour prior to the service on Saturday at the farm. The funeral service will be recorded and available for viewing on Sunday on the Carlin Family Funeral Service website. In lieu of flowers, memorials are suggested to St. Jude's, Shriner's Hospital, and the Children's Miracle Network. Arrangements are with Carlin Family Funeral Service of Erskine and messages of condolence may be shared at www.carlinfuneral.com.

Terry was born to parents Earl and Lila (Simonson) Lucken on February 4, 1959. Terry lived an authentic life of adventure and we never heard him complain. He was a "Real" soul. Terry was a beloved friend and a much loved uncle, son and brother, he had a deep faith in God.

Terry graduated from Win-E-Mac High School, the class of 1977. Terry loved his land and his home which he purchased in 1991. He loved fishing with friends, Uncle Lars and father Earl. He was an avid outdoorsman, and he loved his animals; dogs, cats, goats, chickens and 2 wild turkeys, he named "Thanksgiving" and "Christmas". Terry had the kindest heart and the biggest laugh.

Terry started his adventures right out of high school, by hitch hiking to Alaska with his friend Bob Finkle. Terry worked for many years as a dedicated beet truck driver for Tom Wagner of Crookston. Putting in many 16 hour shifts. Terry started working for Tim "Bunny" Anderson as his caretaker, maintenance man, and landscaper in 1984. He was Bunny's friend and

was committed to Bunny's care until his passing last year. After that Terry worked for his brother Jeff at Lucken Trucks, doing what he loved, painting and body work. Terry painted many motorcycles, classic cars, and semi's. He was an artist and a perfectionist. Last summer Terry did finish trim work, grouting, staining, varnishing, and carpentry in his brother Jeff's lake home.

As a result of his love for motorcycles, Scrappy was involved in ABATE of MN for many years. Holding many positions, including Chapter President, he represented the Northwest Chapter of ABATE at regional and state functions. He and his ABATE brothers enjoyed riding together whenever possible. Often ending up at Huot Park for a weekend campout. But his favorite was the annual trip to Denver to visit cousin Paul and his son Nathan, and Aunt Marilee. Scrappy loved riding in the mountains, where he could sit on top of the world and reflect for while.

Terry is survived by his parents: Earl and Lila Lucken. Terry's girlfriend: Tami Ose and her children Tahlor and Jordy. Sisters and brothers: Kelly and Marc LaPlante, Jeff and Donna Lucken, Stacy and Steve Brekken, John Lucken, and Lori Lucken and Jason Killian. Nieces and Nephews: Meleah LaPlante and Marshall Johnson, Brandon LaPlante, Nathan Hanson, Kelcie Hanson, Mikayla and Tony Bach, Tanika and John Hillstad, Casey Lucken, Nevaeh Simpson, Niles Lucken and Noah Lucken. Great Nieces and Nephew: Mace-lynn Hillstad Smith, Jaelyn Hillstad and Kotah Hillstad. Aunts and Uncles: Marilee Lucken, Larry Lucken, Sara Lucken, Don and Betty Simonson and Kate Simonson. All the Lucken cousins and Simonson cousins. Terry's many friends and ABATE brothers.

Terry was preceded in death by his grandparents: Myron and Lennie Lucken, John and Ocie Simonson, nephew: Nash Lucken, aunts and uncles: Lynn Lucken, Alta Hanson, Bud Simonson, Earl Simonson, cousins; Cathy Bruggeman and Sandy Johnson. Terry's friends: Larry Braulick, Kent Bushard, and Bunny Anderson.

A celebration of Terry's life will be on Saturday, May 30, 2020 at his home in Erskine, MN. Visitation will be a hour before the service.

In lieu of flowers please make any donations to: Sanford's Miracle Network, St. Jude's, Shriner's Hospital or the Humane Society.

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Consumer Alert: Guide on Mortgage Relief Options

May 21, 2020 -- Minnesota Commerce Commissioner Steve Kelley shares new information about mortgage relief – including delayed and reduced monthly payment options - for homeowners with federally backed loans seeking to obtain mortgage assistance.

"The COVID-19 pandemic has caused financial hardship for millions of American homeowners and thousands across Minnesota," said Commissioner Kelley.

"This information will help homeowners make important decisions about their financial obligation, mortgage assistance and their rights to pause or delay certain mortgage payments in these challenging times," said Commissioner Kelley. "For those with federally backed loans, this is valuable information."

The new information clarifies borrowers' rights to mortgage payment forbearance and foreclosure protection, for homeowners with federally backed loans, under the federal Coronavirus Aid, Relief and Economic Security Act (CARES Act). Presented in the form of a Consumer Relief Guide [PDF] [link], the information is published by the Conference of State Bank Supervisors, of which the Minnesota Department of Commerce is a member, and the Consumer Finance Protection Bureau.

For example, a borrower of a federally backed mortgage loan who is experiencing a financial hardship due to the COVID-19 pandemic may be able to obtain a 180-day pause in paying their mortgage or temporarily lower mortgage payments.

Mortgage forbearance or mortgage relief is a temporary reduction or suspension of monthly payments and is not loan forgiveness. Borrowers still need to repay any missed or reduced payments in the future. However, while in forbearance, partial payments are acceptable and will reduce the amount owed in the future.

Under the CARES Act, there are no fees associated with obtaining forbearance. Consumers are warned to be wary of anyone offering help with forbearance for a fee.

Additionally, foreclosure actions are frozen until June 30, 2020 on loans federally backed by Fannie Mae, Freddie Mac and HUD, which includes single family FHA loans and reverse mortgage HECM loans.

Loan types that are federally backed include:

- Conventional loans purchased or securitized by Fannie Mae and Freddie Mac
- Federal Housing Administration (FHA), including Home Equity Conversion Mortgage (HECM)
- U.S. Department of Veterans Affairs (VA)
- U.S. Department of Agriculture (USDA), including USDA Direct and USDA Guaranteed

Privately held loans are not eligible for forbearance relief under the CARES Act, however consumers should still contact their mortgage servicer to ask about assistance programs.

If you have a question, contact the Commerce Department's Consumer Services Center at consumer.protection@state.mn.us or 800-657-3602.



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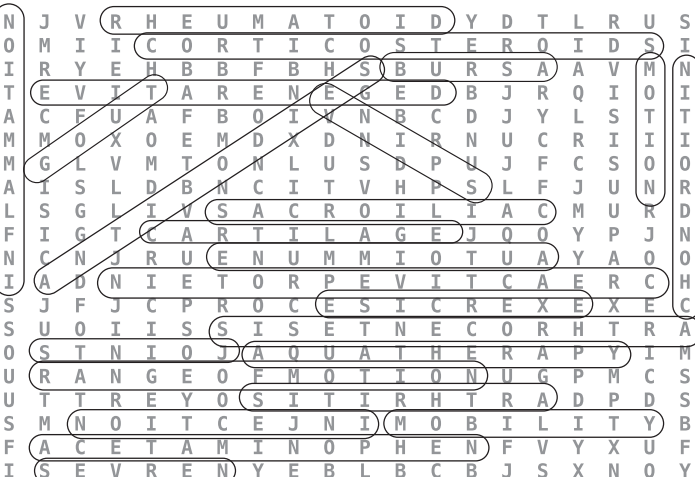
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Minnesota FFA Announces Top Award Recipients and Elects Leaders

Election of the new Minnesota FFA State Officer Team, Stars over Minnesota and Outstanding Chapters Recognized on Day Three of Virtual MN FFA Convention



Treasurer: Elaina Knott – Thief River Falls.

VIRTUAL – (May 21, 2020) The final session of the 91st Minnesota FFA Convention concluded with the election of the six-member state officer team during the third day of the 91st Minnesota State FFA Convention. The event is being held virtually because of the COVID-19 pandemic and included recognition presented by video on the Minnesota FFA YouTube page.

The 2020-2021 Minnesota FFA State Officer Team includes:

- President: Ben Olander – Staples Motley FFA;
- Vice President: Emilee Xayanourom (see-ann-u-rome) – Mountain Lake FFA;
- Secretary: Mackenzie Craig – Alexandria FFA;
- Treasurer: Elaina Knott – Thief River Falls FFA;
- Reporter: Anna Euerle – Litchfield FFA; and
- Sentinel: Laney Swiers – Mahanomen FFA.

The newly elected team will serve nearly 11,000 members in Minnesota for one year. They will also spend the next year representing Minnesota, agriculture and agricultural education at state and national levels. The state officer candidates were interviewed by a panel of FFA members, agricultural educators and representatives from partnering organizations earlier this month.

Region FFA Presidents

The convention included a first-ever Region president reflections program.

Each of the eight Region presidents highlighted a person or program from their area representing core FFA values of opportunity, supervised agricultural experiences, growth, character, communication, positivity, leadership and classroom experiences.

“[During this convention] we are rooted this year in the places where our stories begin,” said Olivia Leslie, Region II president. “Exactly where you are, exactly who you are with ... these things are the heartbeat

of our organization. You are the light reminding the world around you that WE, the future of agriculture and our communities, are here.”

National Chapter Award

The Eden Valley Watkins FFA Chapter received top honors for the State FFA National Chapter Award, sponsored by the Minnesota FFA Foundation. FFA chapters apply for this honor by highlighting their activities in the categories of growing leaders, building communities and strengthening agriculture. Chapter applications are reviewed and scored by a series of judges who evaluate innovative ideas and accomplished goals. Other chapters advancing to national competition included: Chatfield, Howard Lake Waverly Winsted, South Central AgriScience Academy, Staples-Motley, Princeton, Sleepy Eye, Randolph, Plainview-Elgin-Millville, Forest Lake, Springfield, Academy for Sciences and Agriculture, Morris Area, Redwood Valley, Martin County West, Dassel-Cokato, Thief River Falls, Detroit Lakes and Tracy Area.

Session Speakers

Nic Potthoff, Minnesota FFA state vice president, opened up, sharing about the moments in his life which have shaped him.

“Find your true self, and don’t change it,” he said, “Love yourself for who you truly are.”

As an active theater student, Potthoff found himself adjusting to the roles of the character. He said it was an organization such as FFA that showed him to live his life, instead of someone else’s.

Dr. Zane Sheehan, Minnesota FFA state advisor and Minnesota Department of Education supervisor, encouraged FFA members to continue to grow leaders through the FFA organization.

“FFA is a great organization and continues to make a big difference,” said Dr. Sheehan. “There are 35,000 students who take classes in agriculture, food and natural resources, and



Sentinel: Laney Swiers – Mahanomen.

11,000 in FFA; that means one in every three agricultural education students get to participate [in FFA]. All of us probably had someone who influenced us in FFA ... we need to make sure everyone else has that experience because those leadership and communication skills are valuable.”

“Let’s make sure we spend time loving and supporting one another,” said Dr. Sheehan. “That is what this organization is about; to practice brotherhood, as our opening ceremony states.”

Minnesota FFA State President Lave Aarsvold provided the last retiring address of the 91st Minnesota FFA Convention. During the virtual address, Aarsvold spoke on the multiple meanings of love.

“Love is the greatest force on this Earth,” said Aarsvold. “It’s what gets us up in the morning and gives us energy throughout the days. It’s what brings joy,

laughter and friendship to our lives.”

All of the 2019-2020 state officer retiring addresses can be found on the Minnesota FFA Association YouTube page.

Workshops and Panels

More than 10,000 members of the Minnesota FFA Association and 35,000 agricultural education students were offered choices of 12 virtual workshops, panel discussions and tours on topics ranging from self-leadership to careers.

The convention’s third day ended with an “After The Gavel” event hosted by the newly retired and elected Minnesota FFA State Officer teams.

Links to watch the virtual award ceremonies can be found on the Convention App at <https://event.crowdcompass.com/mnffa2020> on desktop, or by searching Minnesota FFA on the Crowd Compass Attendee Hub app on mobile devices.



Minnesota Starwatch for June 2020

By Deane Morrison

Venus has just left the evening sky, and now Jupiter and Saturn are moving in. By mid-month both will be up in the southeast before midnight. Jupiter, by far the brighter planet, shines west of Saturn and leads the ringed planet across the night sky.

Mars doesn’t quite make it into the evening sky. But it rises earlier each day, approaching midnight from the morning side. By dawn Mars will be a fairly bright dot in the southeast. As for Venus, it reappears in the morning sky this month, but doesn’t climb out of the sun’s foreglow until late June or early July.

If you’re out at nightfall, the brilliant star Arcturus dominates the southern sky. Arcturus, the jewel of kite-shaped Bootes, the herdsman, is the brightest star in the northern hemisphere of sky. However, it’s barely brighter than Vega—the beacon to the east of Arcturus—so they can be considered co-holders of that title.

Between the 28th and 29th, a waxing moon glides between Arcturus and Spica, the brightest star in Virgo, the maiden, which shines about 30 degrees below Arcturus. Whenever

Spica is up, you can find it by following the curve of the Big Dipper’s handle—always somewhere to the north—to locate Arcturus, then keeping going to find Spica. In other words, “arc to Arcturus, speed on to Spica.”

June’s full moon arrives at 2:12 p.m. on the 5th. It follows Scorpius and Antares, the scorpion’s bright red heart, across the night sky. Jupiter and Saturn follow the moon that night; between Jupiter and the moon is the Teapot of Sagittarius.

If you like challenges, look for a very old crescent moon to the lower left of Venus, right above the east-northeastern horizon about half an hour before sunrise on June 19. Then look for an extremely young and thin crescent moon getting ready to set over the western horizon at nightfall on the 23rd. Use binoculars, and see if you can find the Beehive star cluster right below the moon.

Summer begins with the solstice, at 4:44 p.m. on the 20th. At that moment the sun reaches a point over the Tropic of Cancer, and an observer from space would see Earth lighted from the Antarctic Circle up to the North Pole and beyond to the Arctic Circle on the night side of the planet.



H John Deere

By Auctioneer Eric W. Mickelson

The model H John Deere was added to Deere’s line-up in 1939. The John Deere marketing department thought the lower price of the H would be an advantage. Other perks were the H’s lightweight construction and rubber tires. Other companies had added a smaller tractor to their line-up so John Deere decided to do the same.

In the forties while living on the “M” Ranch Dairy(The Sheep Ranch)south of Clearbrook, dad and grandpa had a model H. It was technically an HN, it had a single front wheel. I never heard much about the little H but knew at some point it was traded for a wide front B. Now John Deere always said the model B coupled with a #5 mower was quite a pair. But, while visiting with dad he said the H and mower were quite a pair too! With the single front wheel and the small maneuverability of the H made it a nice hay mowing machine. When the H was swapped for a wide front B the handiness in the hayfield disappeared!!

I have seen many at shows and they are a neat little machine and they usually bring a pretty penny!! I have never

driven an H, but as the alfalfa gets longer in the field I have a real urge to hook one up to a #5 mower and take a round!!

How about a little tractor trivia.

1. The H was manufactured from 1939-_____.
A) 1945 B) 1947 C) 1949 D) 1952
2. The A and B started with 4 speed transmissions. How many did the H have?
3. The price of a new H was listed from \$595-\$_____.
A) \$625 B) \$650 C) \$675 D) \$700
4. According to Nebraska test #312 the H had _____ belt hp.
A) 10 B) 12 C) 14 D) 16
5. The model H was built in _____.
A) Waterloo, IA B) Moline, IL C) Racine, WI D) Des Moines, IA

Answers: 1. B. 1947 2. 3 3. B) \$650 4. C) 14(14.22 to be exact.) 5. A. Waterloo, IA



Here is a picture of an H John Deere with a single front wheel.

Theology in the Trenches

By Kathleen Kjolhaug

Warring with the Boogie-Man

Ever run into a conflict only to discover later that your views on it weren’t quite as accurate as you thought?

If you are alive, chances are this has happened to you. There are only two possibilities about this kind of situation. Either you are aware of it and are able to give an example or two of it. Or, you are not aware of it even though it has happened. Sometimes the awareness of it escapes us altogether. Case in point.

When our two youngest daughters arrived from India at the age of five and seven, they did not know English. This, of course, meant that we did not know Tamil, their language, either. We heard the utterances of various words formed, but knew not what they were. Charades was part of the game we played more often than not...and thus we tried our best to communicate. As they let go more and more each day of their language of origin, ours eventually took over by embedding within.

However, we did manage to learn a few words of theirs...or so we thought.

“BUCHUKARA” was one. Not only was it repeated many a time throughout the day but when we fished for an explanation of it, the animated version was just shy of “Boogie-Man.”

Not sure what your version of the Boogie-Man was when growing up, but for me it seemed as if every corner of the dark had one in it. Running like the wind from the neighbor’s house back to the safety home so the Boogieman wouldn’t get you, was a must. When noises were heard in the closet, it was the Boogieman. Under the bed, round the corner,

who knew where else he was hiding out.

Buchukara was no different. According to the animated hand signaled version, he came to the gate of the home in which they’d once lived across the ocean. He was out there, lurking in the courts of the play yard and as our youngest’s eyes widened as she spoke...the older one just shrugged her shoulders as if to say she had no clue about this topic whatsoever.

One night, late in the night, I made an on-line visit to a computer repair specialists and someone overseas picked up. They spoke English but the accent was familiar. I took a risk.

“Do you happen to live in India?” He did.

“Do you speak Tamil?” He did.

I continued. “So, what does the word ‘Buchukara’ mean?” I asked explaining the back story.

“That’s not a word madam,” he said as he continued to roll it over and over on his tongue. After several attempts, he paused... and I knew that he knew.

“Ahhhh...Buchukara...” he said drifting off in thought. “That means, ‘Hold me!’”

And just like that...a word remembered and no doubt well used for survival by a little child living in the confines of a Children’s Home...was now understood.

And just like that the words of St. Francis came to life. “Oh Master grant that I may never seek...to be understood as to understand...to be loved as to love with all my soul.”

May we see things how You see them and not how we perceive them to be. Help us to be instruments of Your peace. Amen.

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