



Tri County Canary

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



Mentor Farmer's Market introduces #livinglifesparkly

Rachel Roggenbuck is the baker behind the yummy treats at #livinglifesparkly gluten-free. Rachel loves baking and baked often for family and friends for a number of years, but stopped a few years ago, when her husband discovered removing gluten from his diet helped with his migraines.

After several months of no baked goods, Rachel started tinkering with favorite recipes to make them gluten free, but taste like they are not. With her husband's approval on the baked goods, the assistance of her children, Bridget and Levi, Rachel at #livinglifesparkly gluten-free joined the Mentor

Farmer's Market in 2019. When asked which items on her menu are asked for most often, Rachel said, "caramel rolls, cinnamon rolls and cupcakes." #livinglifesparkly gluten-free offers a wide variety of baked goods and takes requests/special orders from customers.



Second Death of COVID-19 Positive Man Incarcerated at MCF-Faribault Reported by Minnesota Department of Corrections

Leroy Wallace Bergstrom, 71, had been hospitalized in critical condition since June 16 after testing positive for COVID-19 on June 10

ST. PAUL, Minn. – Early this morning, a 71-year-old man incarcerated at the Minnesota Correctional Facility in Faribault, Minn., died at a local hospital. The man, identified as Leroy Wallace Bergstrom, age 71, had been hospitalized in critical condition since June 16. He tested positive for COVID-19 on June 10. An autopsy by the Ramsey County Medical Examiner to determine the cause of death is pending.

Mr. Bergstrom's death is the second of a COVID-19 positive person incarcerated in Minnesota. The first occurred June 23. Both men were incarcerated at MCF-Faribault. One incarcerated person in Minnesota remains hospitalized.

"On behalf of the Department of Corrections and the State of Minnesota, I extend our deepest sympathy to Mr. Bergstrom's family, loved ones, and friends," Minnesota Department of Corrections Commissioner Paul Schnell said. "While the department's longstanding focus has been on public safety and rehabilitation, the COVID-19 pandemic has added a focus on public health as well. Mr. Bergstrom's death reminds us of the lethality of this virus, and the need for all of us to make sure we're taking appropriate precautions to prevent spread and mitigate the impact of COVID-19."

The first case of COVID-19 in the Faribault correctional facility was reported on June 3, 2020. The Department of Corrections has since been conducting ongoing comprehensive testing of all incarcerated men and staff at the facility. As of June 26, 4,892 tests of incarcerated individuals had been conducted at the Faribault facility, with 206 tests positive. Most who tested positive are experiencing no symptoms. On June 27,

1,718 men were incarcerated at Faribault.

The DOC has taken a number of steps across the system to manage the risk of COVID-19 entering correctional facilities and spreading, including: implementing "Stay with Unit" plans, enacting mandatory barrier mask policies, and installing handwashing stations in each facility. Each facility has also taken a number of steps specific to the unique environment of each facility. Those plans can be viewed here: <https://mn.gov/doc/about/covid-19-updates/facility-specific-covid-19-responses/>.

In addition, the DOC has implemented efforts to reduce facility population to aid virus containment strategies. As of June 25, the DOC had a population of 7,962 in the state's prisons down from about 8,900 on March 1, 2020.

Operation Roundup grants \$13,150 to local causes \$421,646 donated since inception of fundraiser

Operation Round-Up, the fundraising program operated by Clearwater-Polk Electric Co-op, held its semi-annual round of donations to area organizations. This round of donations awarded \$13,150 to 20 area groups.

The recipients included Bagley Elementary kindergarten, Bagley Elementary Library, Bagley food packing event, Bagley Senior Center, Clearbrook-Gonvick School, Clearbrook/Leonard Senior Center, Clear Waters Life Center,

ter, Clearwater County DARE Program, Clearwater County Historical Society, Fosston High School After-Prom Party, Friends of Itasca, Gonvick-Trail All School Reunion, Gonvick Fire Department, Lake Itasca Region Pioneer Farmers,

Are You Storing Your Medicine Safely?

Written by Karin Haugrud

We all know there are hundreds of relatively minor, conditions that can be treated at home with non-prescription remedies. So what should you keep on hand to treat these common ailments? What you keep in your home medicine kit will, of course, depend on the needs of you and your family. In addition to prescribed medicines from your doctor, your medicine cabinet should contain items such as acetaminophen or ibuprofen, like Tylenol or Advil for adults to relieve pain or fever. If there are children in the family, you'll need another set of chewable or children's strength non-prescription pain reliever. For cuts and other minor injuries you should have bandages, tape and antibiotic ointment to prevent infections, calamine lotion for itchy rashes, and syrup of ipecac to induce vomiting. Other over-the-counter medications that you may want to keep on hand are aspirin (for adult's only), an antihistamine for allergic reactions, decongestant cough-cold medicines, antacids for heartburn and laxatives for constipation.

The Center for Disease Control and Prevention warn that having a well-stocked medicine

cabinet is a comfort, but it can also be a risk. All drugs eventually break down and lose their effectiveness. Most medications become ineffective, and possibly harmful over time.

Finding expired non-prescription medications is common in most households, so it may be wise to buy items such as anti-diarrhea medicine, cold tablets, antibiotic ointments, sunscreens, and aspirin in small quantities and discard them when they expire. Get rid of any medications that have a foul order, have cracked coatings, or have changed color.

As we all know, time has a way of slipping away from us, so it is wise to check the expiration dates and replace them with a fresh supply when necessary. As a general rule, the Food and Drug Administration recommends no medication should be taken past the date it expires. Dispose of any medicines that have gone past their final date by taking them back to your local pharmacy for a safe disposal.

Despite the convenience of your bathroom's medicine cabinet, Medline Plus believes its location makes it a poor choice for storing most medicines because of the humidity and moisture from the tub or shower. The

room's moisture and heat speed up the chemical breakdown of drugs. It is important to always read and follow the instructions on the label on your medicines so you know exactly how to take and where to store your medicine.

It is best to store medicines in their original containers in a cool, dry, childproof location. Be sure to use child-resistant caps if you have children, grandchildren, or other children who visit. Most medicines should be kept somewhere that protects them from heat or humidity.

Prescription and non-prescription drugs can be hazardous if stored incorrectly or if consumed after the expiration date. Be sure to read your package and ask your pharmacist if you have questions.

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

Northland Community & Technical and Minnesota State Offer Tuition Freeze for Fall Semester

Northland is ready to welcome students back to campus this fall and is prepared to help students reach their educational goals.

June 26, 2020 – Northland Community & Technical College will join the colleges and universities of Minnesota State by freezing tuition for the fall semester. Classes are set to begin on-campus and online on August 24.

Minnesota State Chancellor Devinder Malhotra announced Wednesday, June 17, the system's board of trustees agreed to freeze tuition for all Minnesota State colleges and universities for the fall 2020 semester which includes Northland's campuses in East Grand Forks and Thief River Falls, MN.

"The undergraduate tuition freeze for fall semester is a sign of our commitment to affordability and a compelling incentive for students," said chancellor Malhotra. "Every one of our 30 colleges and seven universities stands ready to welcome students back fall semester and are prepared to help them achieve their educational goals -- whether they are just starting college, continuing on their educational journey, or going back

to school to retool their skills for new job opportunities."

Northland's President Dennis Bona expressed a similar message. "In these times of insecurity, we hope to be a stabilizing factor in the community and be demonstrative of our mission to help all students attain their educational goals. This freeze in tuition is just a small example of the measures Northland is taking to assure students we are conscious of the hardships many are facing and are working hard to provide them a safe and quality learning environment when they return this fall."

Tuition at the colleges and universities of Minnesota State is the lowest of all higher education options in Minnesota, starting at approximately \$5,000 per year at the 30 Minnesota State colleges and \$8,000 a year at the seven state universities before scholarships or other aid.

The move to freeze undergraduate tuition for fall semester will keep rates at the level charged for fiscal year 2020.

To further assist students

financially, Minnesota State plans to expand its Workforce Development Scholarship Program this fall, offering nearly 2,200 scholarships worth \$2,500 each to students who enroll in programs leading to high demand occupations in health care services, advanced manufacturing, information technology, transportation, early childhood education, and agriculture. The Northland Community & Technical College Foundation will be awarding over \$175,000 in Workforce Development Scholarships for this fall.



On hand to pick up their checks from Operation Round-Up were (from left) Roberta Anderson, Friends of Itasca; Cindy Benson (trustee who handed out donations); Vern

Wittenberg, DARE Program; Lori Balstad, Fosston After-Prom Party; Becky Dorman, Clear Waters Life Center; Lorraine Brustad, Bagley Senior Center; Kim Hanse, Bagley

Elementary Library; Tamara Edevold, Clearwater County Historical Society; Lloyd Engen, Clearbrook-Leonard Senior Center; and Cal Larson, Shevlin Fire Department.



Ladies in Oklee were enjoying their noon meal from the Oklee Cafe in the beautiful sunshine recently. They asked if the Gonvick Legion members were going to open up again and have their monthly fish fry. Ladies shown are Anne Hammer, Jean O'Neill and Carol Bachand. They are looking forward to that.



Charla Parker-Sundquist graduated from Chamberlain University with her Master's in Nursing with high distinction. She is the daughter of Travis & Carla Sundquist of Gonvick and granddaughter of Raymond & Carol Sundquist and Harvey & Carol Haltli. Congratulations!

College News

Oklee's Sundquist named to University of Minnesota Duluth Dean's List

DULUTH, Minn. (June 29, 2020) - The University of Minnesota Duluth (UMD) has announced its Dean's List for Spring Semester 2020. Students on the Dean's List have achieved a grade point average of 3.5 or higher.

The five colleges within UMD are:

College of Education and Human Service Professions (CEHSP)

College of Liberal Arts (CLA)

Swenson College of Science and Engineering (SCSE)

Labovitz School of Business and Economics (LSBE)

School of Fine Arts (SFA)

Oklee, MN: Michelle S. Sundquist, Senior, School of Fine Arts, Graphic Design B F A

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Polk County Sheriff

Assault with firearm

On 6-24-2020 the Polk County Sheriff's Office received a report of a firearm that was pointed at a crop duster in Helgeland Township. Upon investigation it was determined no shots were fired. Vern Leroy Hodgson DOB 1-11-1943 was arrested on charges of 2nd degree assault. No further information will be released at this time.

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USDA Invests in Community Infrastructure in Blackduck, Minnesota

ST. PAUL, Minn., JUNE 23, 2020 -- U.S. Department of Agriculture (USDA) Rural Development State Director for Minnesota Brad Finstad today announced that USDA is investing \$50,000 for essential maintenance equipment in the city of Blackduck.

"Modern, safe infrastructure and the equipment to maintain it are the bedrock of any community," Finstad said. "It's clearing the streets of snow in the winter for people to get back and forth to work safely; it's having the equipment to clean up fallen debris after a storm. All these things contribute to the economic prosperity of rural America. Under the leadership of President Trump and Agriculture Secretary Perdue, USDA is dedicated to assisting rural communities like Blackduck with their long-term commitments to economic prosperity, because when rural America prospers, all of America prospers."

The city of Blackduck will use a \$50,000 Community Facilities Grant to purchase a new skid steer loader machine. Blackduck Public Works Department maintains approximately 10 miles of city streets, one and one-half miles of alleyways and six city parking lots. All of these areas are in need of snow, sand and debris maintenance throughout the year, which is hard to achieve with their existing single plow truck. This project will help purchase a skid steer that can be used year-round and allow public works staff the ability to more efficiently manage city maintenance tasks.

Funding for today's announcement was made available through the \$150 million in grants included in the Additional Supplemental Appropriations for Disaster Relief Act that President Trump signed into law on June 6, 2019. These grants are to help eligible rural communities continue their recovery from the devastating effects of natural disasters.

View the complete list of designated communities in Minnesota.

Grants may be used for relief in areas affected by Hurricanes Michael and Florence; wildfires in 2018; and other natural disasters where the Federal Emergency Management Agency (FEMA) has provided a notice declaring a Major Disaster Declaration and assigned a FEMA

disaster recovery (DR) number. Please check the FEMA website for regular updates and names of additional communities that may be added.

Grant applications will be accepted on a continual basis until funds are exhausted. Contact your local Area Office for further information or assistance with the application process. Grant assistance will be provided on a graduated scale; smaller communities with the lowest median household income are eligible for a higher proportion of grant funds. For application details and additional information, see page 47477 of the Sept. 10 Federal Register.

More than 100 types of projects are eligible for Community Facilities funding. Eligible applicants include municipalities, public bodies, nonprofit organizations and federally recognized Native American tribes. Projects must be in eligible rural areas with a population of 20,000 or less.

In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities. In January 2018, Secretary Perdue presented the Task Force's findings to President Trump. These findings included 31 recommendations to align the federal government with state, local and tribal governments to take advantage of opportunities that exist in rural America. Increasing investments in rural infrastructure is a cornerstone recommendation of the task force.

To view the report in its entirety, please view the Report to the President of the United States from the Task Force on Agriculture and Rural Prosperity (PDF, 5.4 MB). In addition, to view the categories of the recommendations, please view the Rural Prosperity infographic (PDF, 190 KB).

USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

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July 3rd!
Happy Fourth of July!

Home Country

By Slim Randles

"Ain't the same, is it?" asked Windy. He sipped some more coffee.

"Know what you mean," said Doc. "Doesn't seem right, somehow."

"Guess we got to, howsoever."

"Afraid so." Doc sipped some coffee too. "But you know, there isn't a Fourth of July parade that's worth your life."

To be honest, the elder folks in our community prolonged the Fourth of July plans until the last minute. I think it's a sign of our great trust in science, scientists, and our doctors that made us wait so long before shelving the parade this year.

But if you look at it from another angle, it actually brings some more depth to our celebration of our nation's birthday. At least, that's Doc's thinking on it.

This virus, he thought to himself, changed the way all of us live ... at least for now. We've had to add words and phrases to our vocabulary. Like "social distancing." That phrase is almost a joke, as there isn't much social going on if you're distancing.

"Whaddya think, Doc?" Windy said. "Will it still be the Fourth of July?"

"Sure thing, Windy," Doc said. "After all, this stupid virus has put everyone in the country ... maybe even in the world ... in the same boat. It's like each of us has an oar and needs to help get us down the river. And before very long you and I won't have to have this conversation over the phone."

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Sort Line Operator I or II - Polk County Incinerator
The Polk County Incinerator in Fosston, MN has an opening for a full-time Sort Line Operator I or II. Primary duties include sorting or separating recyclable or problem materials from the recyclables and solid waste delivered to the facility. Position also required to clean equipment and to perform basic maintenance on, as well as operate conveyors, & equipment. Applicants must possess a high school diploma or equivalent. A valid MN driver's license and pre-employment physical exam are required. Wage range for this position is \$14.66 - \$19.75/hour, DOE and qualifications. Interested individuals may contact the Polk County Incinerator at 218-435-6501 or the Polk Administrator's Office at 218-281-5408. 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. This position will remain open until filled. EOE

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Answers on page 7

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OBITUARIES



Obituary for Richard Brtek

Richard Brtek, age 58, of Blaine, MN, and formerly of Fosston, MN, passed away on Saturday, June 27th, at his home in Blaine following a courageous battle with cancer. Memorial services will be held at 2:00 p.m. on Thursday, July 2nd, at Kingo Lutheran Church in Fosston with the Rev. John Ragan officiating. Interment will be in Landsverk Cemetery, rural Fosston. A walk-through visitation to greet the family will be held from 5:00 p.m. to 7:00 p.m. on Wednesday, July 1st, at the Carlin Funeral Home in Fosston. Wearing of masks is strongly encouraged at both the visitation and memorial service. Social distancing guidelines will be in effect and it is requested that you bring your own mask if you have one. If you do not have a mask, one will be provided. As always, cards may be brought to the funeral home in Fosston during normal business hours or mailed to the funeral home in care of the Richard Brtek family. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

A note from the family: We wish everyone could attend the funeral service but because of the Covid-19 space limitations in the church, we have arranged a celebration and lunch to be held at Ventures beginning at 3:00 p.m. on Thursday. Please come join us.

We are hosting a celebration of life for Richard at our home in Blaine at 11724 Jefferson St. NE, Blaine, MN 55434 on Saturday, July 11th at 2:00 p.m. for our Twin Cities friends and family. All are welcome. Lunch will be served. If you have a memory to share, bring it.

Richard Lee Brtek left us on a warm clear summer night, with the sky filled with stars and puffs of clouds. He would have loved that.

Richard was born on November 22, 1961. He died after a fierce battle with pancreatic cancer at 1:13 a.m. on June 27, 2020 at 58 years old. He fought to stay with his loving family as long as he could. He was so strong. His pain was incredible but he worked to make his last days as meaningful as possible. And he succeeded.

Richard was born in Mahan, Minnesota, the first of five children of Lucille Aileen Roe Brtek and Wilfred William Brtek. He lived with his family first in Arlington Heights, Illinois, and from the age of 7 on a farm south of Fosston, Minnesota. Richard remembered living in the grainery the first year as the house was being built

by the family. He had many fond memories of his childhood with his brothers and sisters. Richard graduated from Fosston High School with the class of 1979, the year of the cat he always said. He attended Anoka Technical College in 1992, graduating with a degree in electrical design. He was a natural with his amazing math skills and logical mind and was driven to always improve.

Richard had many jobs in his life, each of which gave him another piece to his incredible puzzle. In his youth, he learned many many aspects of farming while working not only on the family farm but also for many farmers in the area. He learned about masonry from his dear friend and mentor Allen Hemmingson. He learned his incredible carpentry skills while working with his dad and uncle but mostly by his drive to perfect his skill. He was a natural with the mechanics of cars, learning how to not only fix but destroy many many cars in his lifetime. He loved to cook and eat so was always learning new grilling tips and cooking techniques to up his game. It would've been difficult to find an area in which Richard did not have at least some knowledge. And all these pieces and Richard's curiosity and drive to learn created this incredible person we all knew and admired.

Richard met the love of his life on a Friday evening in June 1979. After investigating a haunted house together, he knew Bette was his person. Richard and Bette Sue Senum were married at Kingo Lutheran Church on September 13, 1986. They made their home in Blaine, Minnesota. They were blessed with two beautiful girls, Janelle Marie and Ashley Sue who made the family complete. Two grandchildren Derick Richard and Janelle Leola came along and added a sparkle to everything.

Richard enjoyed life. He loved to take chances and be thrilled. He loved to fish and hunt and do just about anything outdoors. And he absolutely loved his work. He woke up each day with a drive to accomplish and to live his best life. And his energy was highly contagious. In 2009, Richard moved his renovation business to Fosston which allowed him to spend more time with his mom, a gift. He commuted back and forth between his home in Blaine and Fosston.

Richard was preceded in death by his dear mom Lucy in May 2019, his loving in-laws Mary and Ralph Senum and brother-in-law Mike Senum.

Left here to miss him and carry on his memory are his loving wife Bette, his daughters Ashley Sue Brtek (St. Paul, MN) and Janelle Marie Brtek and her two beautiful children Derick Richard and Janelle Leola (Blaine, MN), his brothers Bill (Lengby) and Danny (Angie) (Winger), his sisters Michelle (Greg) Gagner (Mentor, MN) and Amy (Dana) Dullum (Minnetrista, MN), his father Willie (Naytauwaush, MN), brothers-in-law Bill (Cheryl) Senum and Rick (Cathy) Senum, and many wonderful nieces and nephews.

Let his memory stay alive in all who loved him. He will be missed.



Obituary for David Hagen

David Hagen, age 82, of McIntosh, MN, passed away on Friday, March 20th, at Sanford Medical Center in Fargo, ND. Due to the pandemic, a private celebration of David's life will be held for his immediate family with burial at Our Savior's Lutheran Cemetery in McIntosh. Military honors will be provided by the National Guard Honors Team. Arrangements are with Carlin Family Funeral Service, serving McIntosh, and messages of condolence may be shared at www.carlinfuneral.com. A tribute video of David's life is also posted on the Carlin website.

David Edward Hagen was born on March 10, 1938 in McIntosh, Minnesota to parents Joseph and Harriette (Jorgenson) Hagen. He was baptized and confirmed at Our Savior's Lutheran Church in McIntosh and attended McIntosh High School. He entered the United States Army in 1957 and served in Germany as a Medic. He received his honorable discharge in 1959 and returned home to McIntosh.

David was united in marriage to Judy Fay Kaupang on June 21, 1959 in Our Savior's Lutheran Church. David and Judy lived and raised their family in McIntosh. David worked as a chemical salesman, full-time, and in his spare time, he was a car salesman. He truly enjoyed

car sales. It was more than a job for him, it was a hobby and a passion.

He was a life-long member of Our Savior's Lutheran Church. He enjoyed playing cards, western movies, reading, and loved socializing and visiting, especially over a cup of coffee. Most of all, he loved spending time with his family. They were so important to him. He always had that special twinkle in his eye whenever he saw his grandchildren and great grandchildren. His positive attitude, his great smile, and his many stories will be a lasting memory.

David passed away with his family by his side on Friday, March 20, 2020 at Sanford Medical Center in Fargo, North Dakota at the age of 82 years.

Survivors include his loving wife of 60 years, Judy, of McIntosh; four daughters, Teresa (Tom) Gelineau of Duluth, MN, Christy (Cameron) Burslie of Cloquet, MN, Beth Hagen of McIntosh, and Shelly Vig of Fosston; and a special part of the Hagen family, Ryan Longtin of Polk City, FL; 10 grandchildren, Jeffrey (Angelique) Dietrich, Brittany (Torrey) Carlson, Jacob Dietrich, Justin Burslie, Lindsie (Andrew) Biggerstaff, Dylan (Angel) Burslie, Jade Pries, Madisen Pries, Matthew (Mallory) Vig, and Karley (Blake) Neeland; and five great grandchildren, Avery, Everett, Cooper, Greyson, and Lincoln (who he lovingly called his Princess and Princes).

Also surviving are four siblings, Dick (Karen) Hagen of Minnetonka, MN, Mars (Pam) Hagen of Apple Valley, MN, Deanne Benson of Thief River Falls, MN, and Karen (Pat) Rolf of McIntosh; and brother-in-law, Rudy Larson of Fosston; nieces, nephews and cousins; and Judy's family who were a special part of David's life.

He was preceded in death by his parents; brother, Ronald; two sisters, Joanne Carver and Yvonne Larson; and brother-in-law, Gordy Benson.



Obituary for Vern Paradis

Vern Paradis, age 81, of Princeton, passed away at his home on Saturday, June 27, 2020. Vern Albert Paradis was born on July 27, 1938, in Red Lake County, MN, a son of William and Anna (Stahl) Paradis. He lived on a farm by Plummer, MN, until he graduated from Plummer High School in 1956.

After graduation, Vern went south, doing custom combining. On January 11, 1957, he joined the United States Army and served 2 years in Germany. After being discharged from the Army on December 24, 1958, Vern moved to Milwaukee and worked 19 years at Allen Bradley. He then went to work for Solocheck Investments doing carpentry work and also worked for Wellston Properties in Whitefish Bay, WI, for 5 years doing maintenance work for 1000 dwelling units. Vern then started his own maintenance company. He moved to Florida and continued with his maintenance business working as a carpenter. Vern moved back to Milwaukee and began working with Oliver Plunkett Real Estate. He was in charge of all maintenance and was the general contractor on the building of the Diamond

Tower in Milwaukee. The Diamond Tower building was built in 1982, is 21 stories high and the complex is home to 113 residences. Vern was in charge of numerous maintenance crews in Milwaukee before he retired.

Vern purchased his home in Princeton as a weekend getaway until he retired and moved to his Princeton home full time. He enjoyed spending time in the outdoors, hunting and fishing.

Those Vern leaves behind to cherish his memory include his 2 sisters, Emmie Fiebigler, Lily Dubuque; brother, Steve (Vicki) Paradis; many nieces and nephews; many other relatives and friends. He was preceded in death by his parents, William and Anna Paradis; brother, Joe Paradis; 5 sisters, Marie Britt, Margaret Harvath, Alice Fremling, Mae Kohls, Ruth Odenbach.

A Celebration of Life for Vern Paradis will be held on Thursday, July 2, 2020, from 7:00 p.m. to 8:00 p.m., at the Wachholz and Sons Funeral Home, 303 Harvard St., in Princeton. Vern will be laid to rest on August 1, 2020, at 2:00 p.m., at St. Vincent DePaul Cemetery in Plummer, MN. A memorial has been established to the St. Vincent DePaul Cemetery in Plummer MN. Memorials may be mailed to the Wachholz and Sons Funeral Home, P.O. Box 115 Princeton, WI 54968. Please visit our website www.wachholzandsons.com to send a condolence or to share a memory of Vern with his family.

If you plan on attending the Celebration of Life for Vern Paradis, for your safety and the safety of others, social distancing and wearing a mask is recommended by the Centers for Disease Control and the Wachholz and Sons Funeral Home.

Wachholz and Sons Funeral Home Sunset Cremation Center in Princeton Serving the Family, 920-295-6631

Word Search Answers

R	H	U	C	R	L	G	B	S	N	V	N	C	T	H	I	G	T	Q	E
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Saturday, July 11th Serving 5:30-7:30 pm

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The American Legion of Convick is once again having a fish fry!!

We plan on hosting a fish fry on July 11, 2020 at the Convick Legion Cabin from 5:30-7:30 p.m. Social distancing will be practiced, so masks are encouraged.

If the weather cooperates, we plan on blocking off the street between the Legion Cabin and the Clear Waters Life Center and placing tables at six-foot intervals. If Mother Nature decides differently, the Clear Waters Life Center graciously offered the use of the old school gym, where tables will be set up, again at six-foot intervals.

Alcoholic drinks are not permitted in that facility, so please take that into consideration and help us honor their wishes.

We welcome all of you back and hope you all have a good time. LeRoy Sundquist, Commander

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Pioneer Athletes Earn Minnesota College Athletic Conference Academic & Athletic Honors Thirty-Four Student-Athletes receive All-Academic & Elite Awards

June 26, 2020 – The Minnesota College Athletic Conference (MCAC) recently named recipients of academic and athletic honors. 2020 Spring MCAC All-Academic Team is comprised of student-athletes from over 25 U.S. states and more than ten countries. Over 325 individuals were named to this distinguished honor this season. Twenty-seven Pioneers have been added to the list of honorees. Earlier this year, 20 Pioneer student-athletes were named to the 2019 Fall All-

Academic Team. The student-athletes receiving this dignification have met sport-specific athletic requirements and have achieved a cumulative grade point average at or above the standards set by the General Assembly of the MCAC.

Pioneer student-athletes receiving 2020 Spring MCAC All-Academic honors are as follows:

Bagley, Alexandra Syver-son, Women's Basketball
Greenbush, Carly Mekash, Women's Basketball

Red Lake Falls, Emma Duden, Women's Basketball
Red Lake Falls, Kelsey Landman, Softball
Roseau, Dale Grindahl, Wrestling
Thief River Falls, Bailey Greene, Women's Basketball/Softball
Thief River Falls, Keaden Kempert, Baseball
Thief River Falls, Hunter Tabatt, Baseball
Warren, Holly Steer, Women's Basketball

Facing east,
predawn July 17

Pleiades

Moon Venus Aldebaran

July Starwatch 2020

This month Jupiter and Saturn dominate the evening sky, while Venus climbs into prominence as a predawn planet.

Venus comes out higher in the east every day, freeing itself from the sun's foreglow. On the 3rd, our brilliant sister planet begins a 10-day glide across the

face of Taurus, the bull, represented by the V-shaped Hyades star cluster. On the 12th, Venus passes just one degree, or two moon widths, from Aldebaran, the eye of the bull, which is not part of the Hyades. Hanging above the action is another star cluster: the Pleiades. Venus

crossed the Pleiades in April, before plummeting out of the evening sky. Don't miss the show on the 17th, when a waning crescent moon joins Venus and Aldebaran.

Jupiter and Saturn are low in the southeast at nightfall. Much brighter Jupiter and the ringed planet both reach opposition this month, when Earth laps them in the orbital race and they appear opposite the sun in the sky. Jupiter's opposition comes on the 14th, Saturn's on the 20th. Both planets now trace low arcs across the sky each night because in summer, our hemisphere is tilted toward the sun and thus away from any planet opposite, or nearly opposite, the sun.

But Mars will be fairly high at its October opposition because by then we will tilt more toward the night sky than toward the sun. As its opposition date approaches, Mars brightens daily, but it's still a morning planet. By month's end, though, it just manages to scrape over the eastern horizon by midnight.

July's full moon arrives shortly before midnight on the 4th. Between 10:07 p.m. and 12:52 a.m. that night, the moon's uppermost part undergoes a penumbral eclipse, where Earth blocks some sunlight from reaching the moon. This eclipse will be so slight that only the sharpest eyes will notice it.

Also on July 4, Earth reaches aphelion, its farthest point from the sun. At that moment we'll be 94.5 million miles from our parent star and traveling most slowly in our orbit. Because Earth reaches its minimum speed in the northern summer, it takes longer to get through this part of our orbit. As a result, in the Northern Hemisphere, spring and summer together last several days longer than fall and winter. In the Southern Hemisphere, it's the opposite; spring and summer there are shorter than fall and winter.

The University of Minnesota's public viewings of the night sky at its Duluth and Twin Cities campuses have been curtailed due to the COVID-19 pandemic. For more information, see:

Duluth, Marshall W. Alworth Planetarium: www.d.umn.edu/planet

Twin Cities, Minnesota Institute for Astrophysics: www.astro.umn.edu/outreach/pub-night

Check out astronomy programs, free telescope events, and planetarium shows at the University of Minnesota's Bell Museum: www.bellmuseum.umn.edu/astronomy

Find U of M astronomers and links to the world of astronomy at <http://www.astro.umn.edu>
6/22/20 Contact: Deane Morrison, University Relations, (612) 721-6003, morri029@umn.edu

Theology in the Trenches

By Kathleen Kjolhaug

I'm a Slow Cook Classic

Munching on peanut butter toast and sipping from a cup of warm milk, I finally knew the answer to the question that had been cycling 'round my circle of family and friends.

What was the question that had been cycling round? It was basic. "Do you like Insta-Pots?"

A modern day pressure cooker apparently is what it is except when you put things in... they are quickly done cooking within short order. I thought I should like them. I thought I should want one as it's the latest craze and all.

It would make perfect sense to want one. I mean, who isn't under pressure? Who doesn't want instant this and instant that? A clever name to boot is what I thought, "Insta-Pot." I'd roll the name around on my tongue as I observed a few here and there online. However, as curious as I had become about them, something didn't sit quite right.

The very thought of it made me all jittery. I tried to like 'em. Even went searching on "Buy and Sell," an online shop to see what I could see. A whole slew of 'em came up for sale right after

Christmas which sort of set off a warning light or two. Perhaps they're not all what they're cracked up to be what they say they are. Or, then again, maybe some just needed some hard cash to stash.

"Love my Insta-Pot!" was what I kept hearing. Truly, I didn't need to love em...I was just hoping to like the thought of getting one enough to make the leap.

I tried a recipe or two with one of my daughters, as she is the proud owner of one. We "liked" it. In fact, we waited around all day just so we could cook it last minute...so it could be instant...or why use it...right? And, like I said, we liked it, but then again, I think we both felt pressure that we should.

Once again, I went online and a pretty aqua blue one was for sale by a seller. It was used only once. I offered less. They said, "No. We'd rather just let it sit on the shelf if we don't get the price we're asking for even if we don't use it." Made no sense to me...so I stopped asking.

And now, months later, just sitting here eating my peanut

butter toast and warm milk, I look up. In the dusky light of the kitchen, propped up all solid like, are three cookbooks. I know because I can read the words upon their binders. They bind my heart. And one reads, "Slow Cooker Classics." My breathing slows as I read and suddenly, it all makes sense.

You see, I don't like pressure and have learned in life that anything too instantaneous... in the long run...will not be as savory as when it is being slowly and intentionally completed.

There's just something about slowing down and allowing the aroma to waft through the air when the lid is lifted every so oft that I yearn for. I calm as I not only savor the moment but the foretaste of the feast to come.

He spoke about a foretaste in 2 Cor. 5:5. "And He who formed us with this very end in view is God, who has given us His Spirit as a pledge and foretaste of that bliss" (ESV).

So...like Him...I'm going to intentionally slow and enjoy the process in order to not miss the foretaste of the feast to come. Amen.

A combine, and coffee!!

By Auctioneer Eric W. Mickelson

First of all I apologize! Last weekend for the first time in many weeks....I simply forgot to submit an article. I look forward to it all week, but I celebrated Father's Day at the Rydell Refuge with a picnic and a little stroll on one of the trails. In the evening we returned to my mom and dad's to play some music and celebrate Father's Day with my dad. Well, I guess in all the excitement.....I did not send in an article and it bothered me all week! So this week I made sure NOT to forget!

I happened to stumble across a fun purchase through a good

friend of mine, Charles Bishop. Charlie had a 12A John Deere combine that is almost completely restored and he decided to sell it. Luckily for me he gave me a call. I couldn't say no! I am a tractor lover, but you can't just have tractors! My three favorite jobs on the farm are plowing, haying, and combining. As I sit writing this article I have been counting in my head. I have at least 14 plows that I can think of. I also love old steel wheeled hay rakes. I have at least nine on steel wheels and a couple on rubber. Then there are combines. I have 5 old self

propelled combines but now have my first pull type combine, my "new" 12A!!

People asked me after I got my combine, "When did they make 12A combines?"

"Must have been the 40s," I answered.

Well, I guess I was right or at least close. In my research I found they came out in 1939! Mine needs a canvas and in the manual Charlie gave me with it, it says the canvas is 59 inches wide. So if anyone knows where I can get a canvas I would appreciate it. I of course went to youtube and found a few videos of 12 A combines harvesting various crops. My wife laughs at my TV watching. The other day I watched a 37 minute video of a G John Deere plowing snow. Somehow that was not something that could keep my wife's attention!

But as Paul Harvey would say, "and now here is the Rest of the Story!" Charlie told me his combine was stored at one of my colleagues in the Tri River Pioneers organization, Duane Myhre's house. The time was arranged and Charlie, his wife Connie, and I met there. Of course Duane was there and we aired up a couple tires and moved the combine around a bit, jacked it up, and hooked it to my pickup. As we finished Charlie said to Duane, "You better show Eric some more green!" He sure did. Next to the combine was an M John Deere, and in the corner was a model B. But then we stepped into the next shed! There we found a couple more Bs, a 50, 60, MT, and a crawler. You know the saying about a kid in a candy shop.... well that was pretty much me! We talked about the old Deeres and I took a few pictures when we went in and had a cup of coffee. You can't really stop and NOT have a cup of coffee. Those of you who indulge in that know the best part of having a cup of coffee, right? The next 45 minutes to an hour consisted of talking about tractors, old friend, neighbors, and just plain old life. That is my absolute favorite part of collecting tractors and machinery, the times that include that hour long cup of coffee. So thanks for the combine Charlie, and thanks for the coffee, Duane! **Bit of advice- Never pass up the chance for a cup of coffee with friends!!

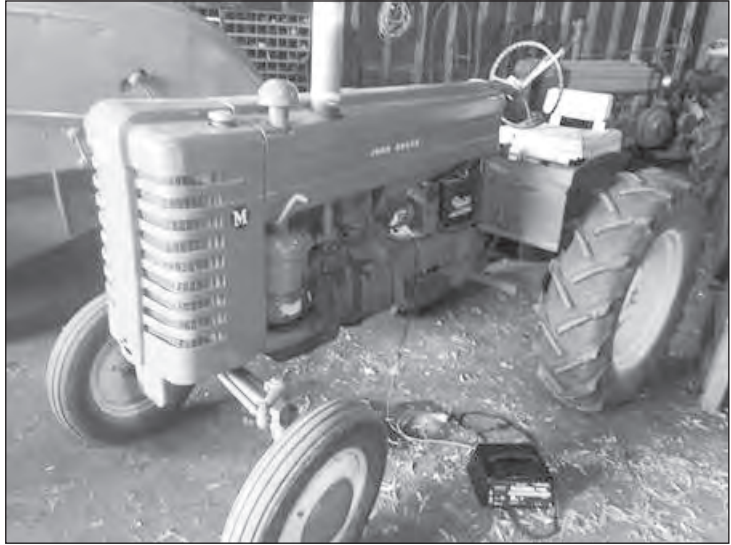
How about a little tractor trivia!

- The 12A combine was made from 1939-_____.
A) 1945 B) 1949 C) 1952 D) 1955
- The hopper capacity on a 12A combine is _____ bushels.
A) 20 B) 25 C) 30 D) 35
- The cutter bar on the 12A is _____ inches long.
A) 60 B) 66 C) 72 D) 84
- What did they call the engine mounted on some 12A combines.
- The motor is a vertical _____ cylinder engine.
A) 2 cyl. B) 3 cyl. C) 4 cyl. D) 6 cyl.

Answers: 1. C. 1952 2. A. 20 bushels 3. B. 66in 4. "LUC" power unit 5. A. 2 cyl.



My 12A Combine!



Duane's M John Deere.



A couple of Duane's nice B John Deeres!! Above and below.



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