



# Tri County Canary

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



Friends from around the state gathered at Grant Creek Horse Camp east of Bemidji the first weekend in October. Brittany, Brenda and Tanya enjoy relaxing around their campfire after a morning's ride on the trails. Megan Gesell of Clearbrook (not pictured) and other local riders also enjoy utilizing the trails midweek.

## Have horse? Try camping!

By Bernis Ingvaldson  
After seven years of driving by a sign that says "Grant Horse Camp" I decided that this fine fall day, the first Saturday in October, would be the day I would check it out. Located a mile north of U.S. Route 2 just 6 miles west of Bemidji, I had no reason not to stop by on my way back home to Bagley. Thankfully, when I pulled into the clearing in the woods I encountered a friendly group of campers enjoying a smoky fire after their lunch, ready to tell me all about the camp!

The equine riders said most of the trailers at the camp that weekend belonged to their group, which drew horses and riders from Maple Grove, Wahpeton, Hawley, Bemidji, Fosston and Clearbrook. This wasn't a group from any specific organization, just a bunch of friends who had met through horse circles and enjoyed meeting up at various times and places throughout the year. The enthusiastic riders enjoy camping with their horses in the spring, summer and fall at various

sites around the state including Medora, ND as another favorite destination. The Grant Creek Camp is recommended for various reasons. The trails which are shared with ATVs are fairly wide, allowing side by side riding, and run through various terrain including hills and water crossings. The camp site is ample enough to accommodate several large trailers and offers sturdy tie lines for the horses. Water, toilet, fire rings, and picnic tables including a shelter with tables make up the infrastructure, leaving it up to the campers to bring in their own non-ash wood (to avoid introducing the emerald ash borer). Pets are also welcome (on leash). But the favorite reason I heard regarding this site was "no bugs!" Some camps located in boggy areas close during the most buggy times but at Grant Creek Horse Camp, as Megan Gesell from Clearbrook testifies, the ground is sandy and so the forest harbors fewer bugs.

Megan also mentioned that the camp is very popular with

local riders who often meet during the week to explore the many trails. The camp website states, "Grant Creek Horse Camp and Recreation Area" was designated by the Beltrami County Board on August 6, 2013. The camp area itself covers approximately 9 acres and provides access to over 42 miles of trail riding opportunity through a variety of terrain and timber types. Grant Creek Horse Camp is a first come, first serve facility. No fees are charged. This is strictly a horse camp facility with free horse related camping."

From speaking with the campers and viewing comments online, it is obvious how grateful they are for all the donations, grants and volunteer efforts put into building and maintaining this site and surrounding trails.

More information is available at [www.co.beltrami.mn.us/Departments/NRM/Grant%20Creek%20Horse%20Camp.html](http://www.co.beltrami.mn.us/Departments/NRM/Grant%20Creek%20Horse%20Camp.html) and great pictures are posted at [www.facebook.com/Grant-Creek-Horse-Camp-374138292711559](http://www.facebook.com/Grant-Creek-Horse-Camp-374138292711559).

## Senator Mark Johnson: Minnesota Primed for Voter Fraud

(ST. PAUL, MN) — Over the past few days, evidence of alleged voter fraud has been exposed in the metro area. Videos show a campaign worker engaging in ballot harvesting and claiming that elderly voters have been pressured to request and turn over their absentee ballots to campaign workers before they fill them out.

Senator Mark Johnson (R-East Grand Forks) released the following statement in response to the video:

"These allegations, if true, threaten to undermine Minnesota's democratic process and erode the trust Minnesotans have in our election process.

The Project Veritas video presents evidence of the concerns many people have, that activists are systematically harvesting ballots illegally to benefit DFL candidates in the metro.

While we have heard about this type of activity for years, it has never been so blatant as what was presented in these videos. Now, the next question we must ask is how deep this goes and what is the scale of the operation.

In addition to the possible fraud, there are recent changes implemented by Secretary of State Steve Simon, which reduce the standard for verification

tion and allow ballots to be received and counted after election day. It's a perfect storm for election trouble.

With an election only a few weeks away, this is a critical threat to our state's democracy. Secretary of State Steve Simon, Attorney General Keith Ellison, and Hennepin County officials must open investigations immediately.

Regardless of party, it is our responsibility to ensure the safety of our elections by addressing any accusations of voter fraud so that we may preserve Minnesotan's faith in their government."

## Essentia Health recognized by Medicare for excellent quality

Essentia Health has earned its best-ever quality score in the Medicare Shared Savings Program (MSSP). By meeting quality and cost goals in 2019, Essentia saved Medicare \$13.2 million, according to the Centers for Medicare and Medicaid Services (CMS).

Essentia scored 95 percent for quality. To score that high, Essentia had to meet performance standards for 23 quality measures across four categories — patient/caregiver experience, care coordination/patient safety, preventive health and at-risk population.

The MSSP rewards health care providers for improving the quality of care and population health, as well as lowering health care costs. It focuses on successful and efficient patient outcomes rather than simply growing the volume of services delivered. The \$13.2 million of gross savings to Medicare resulted in a shared savings pay-

ment of \$9.5 million to Essentia, which will be reinvested in patient care, chronic care management and digital technology.

Compared to other CMS Accountable Care Organizations (ACOs), our work at Essentia resulted in a savings of between \$304 and \$683 per Medicare member in 2019.

"Moving from volume-driven, fee-for-service payment to value-based payment that rewards better patient outcomes and lower costs is a key strategic initiative at Essentia Health," said Debbie Welle-Powell, chief population health officer at Essentia. "These results reinforce our commitment to high-quality affordable care for our patients and community. Working together, our patients, providers and CMS all benefit from improving quality, enhancing the patient experience while keeping costs down."

**Specifically, key factors in Essentia's strong perfor-**

**mance included:**

- Inpatient expenditures per beneficiary declined in 2019
- Admissions also declined
- Length of stay at Essentia's skilled nursing facilities (21-22 days) continued to outperform the ACO average of 24-25 days
- At Essentia's skilled nursing facilities, payment per stay declined, whereas the ACO average increased by about 2%

Essentia has been affiliated with CMS since 2012. In 2016, we entered into a contract that requires a specific amount of savings annually. If that level of savings is not achieved, we are responsible for paying back CMS. Since 2016, however, Essentia has outperformed cost-of-care benchmarks for ACOs.

"We put a stake in the ground around performance," Welle-Powell said. "If you don't perform, you pay back. We are making health care affordable while improving the quality of that care for our patients."

## Late penalties, drivers' licenses suspensions, and collections referrals will resume

ST. PAUL, Minn. (September 29, 2020) — Late penalties and drivers' license suspensions for unresolved citations and collections referrals for past-due payment are set to resume under an administrative order issued by the State Court Administrator. The automated processes were temporarily suspended in March because of COVID-19.

"Restarting these processes is an important step forward in our ongoing effort to restore normal court operations after limiting in-person courthouse operations earlier this year due to the COVID-19 pandemic," said Jeff Shorba, State Court Administrator.

Automated processes that refer court-ordered fines, fees and other financial obligations to the Minnesota Department of Revenue for collections will resume October 1, 2020.

Automated processes for unresolved citations will resume December 1, 2020. When a person fails to appear or pay a fine

instead of appearing in court, the automated processes send late notices, assess late penalties, add guilty pleas and convictions in petty misdemeanors cases, request the Department of Vehicle Services and the Department of Natural Resources to suspend licenses, and send cases with past-due amounts to the Department of Revenue for collections.

Individuals will have the opportunity to resolve their citations before additional consequences are imposed. In October, people with unresolved citations will receive a notice via U.S. Mail stating that within 30 days of the date of the notice, they must pay the related fine, set up a payment plan, or schedule a hearing or hearing officer appointment to contest their citation. Beginning December 1, 2020, people who fail to pay the fine or schedule an appearance will receive a late penalty and face additional consequences depending on

their individual circumstances.

To pay a fine for unresolved citations:

- Online: [www.mncourts.gov/fines](http://www.mncourts.gov/fines).
- By Phone: Call (651) 281-3219 in the metro area or (800) 657-3611 outside of the metro area.
- By Mail: Make check or money order payable to Court Administration. Send to: Minnesota Court Payment Center, PO Box 898, Willmar, MN 56201. Include a copy of your citation or indicate the citation number on the check or money order.
- In Person: Pay your fine in person in the county listed at the top of your citation. Access [www.mncourts.gov/fines](http://www.mncourts.gov/fines) and go to "Find Courts" to find the location of the courthouse in that county.

To schedule a hearing for unresolved citations:

- Call (651) 281-3219 in the metro or (800) 657-3611 outside of the metro area.



## Bakken: The Artistry of Father and Son

An Art Exhibition Featuring Rock Bakken and Beau Bakken at the Northwest Minnesota Arts Council Gallery at NCTC in Thief River Falls October 1- November 30, 2020

Warren, Minnesota — The Northwest Minnesota Arts Council (NWMAC) is pleased to announce an exhibition of artwork by father and son regional artists Rock and Beau Bakken. The art exhibit installation, Bakken: The Artistry of Father and Son will open October 1 and run through November 30 at the NWMAC Gallery at Northland College and Technical School in Thief River Falls.

Visitors to the gallery will see why Rock Bakken is well known in the area for his detailed drawings and paintings of animals and birds. He places them in landscapes that depict our area and forests of the north, in a style that is popular, especially with men who enjoy high quality wildlife art. Rock takes his originals and creates high quality prints and greeting cards that are available for purchase at his store Bakken Boots in Hallock and at arts and craft fairs throughout the valley. Our gallery will feature his originals for sale, so if you are a business looking to buy art, this showcase will interest you. Rock also has created portraits and is available for commission.

Mara goes on to say, "Then you have Rock's son Beau, who is a talented artist also. Beau was selected to receive our prestigious Artist of the Year award. He is known for his large mural paintings in Hallock, Kennedy, Red Lake Falls and other towns in the Red River Valley. My husband owns six large movie posters created by Beau, that we are putting on display for this show only. Come see our private collection that features the movies of Star Wars, Raiders of the Lost Ark, My Fair Lady, Saving Private Ryan, Tommy Boy, and A Bug's Life. His attention to

detail while recreating the movie posters, for our private commission, is amazing."

This show will feature several of Beau's large acrylic paintings, with many for sale. They are different than his father's -- often depicting parks and street scenes from foreign locations, in a painting style that is expressive and loose.



The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls. The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door A. Visitor parking is free and at this time in the large end lot.



Visit our website to learn more at <http://www.northwestminnesotaartscouncil.org/2019/10/nwmac-art-exhibit-at-nctc-in-thief-river-falls/>.

For more information about our exhibits look to our website at [www.NWArtsCouncil.org](http://www.NWArtsCouncil.org), or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 280-4917 or email [NWArtsCouncil@gmail.com](mailto:NWArtsCouncil@gmail.com). This exhibit is made possible with funding from The McKnight Foundation. Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.



Mara Hanel, Director of the Northwest Minnesota Arts Council comments, "We have had our Northwest Minnesota Art Exhibit for twenty-one years now, and there is rarely a year that Rock or Beau Bakken of Hallock do not show their paintings. I'm proud to say that both father and son have won 1st prize in our annual exhibit. Rock also has won people's choice so often, that we always anticipate that he will garner many votes! I am excited that we will feature their art in our gallery at NCTC this fall."







Nowak on the left.

## Nowak named Bemidji Area Chamber of Commerce Chair

Bemidji, MN – Caralee Nowak, Products and Marketing Manager of Pinnacle Marketing Group, accepted the gavel and charge of the Bemidji Area Chamber of Commerce as Chair of the Board of Directors.

Nowak joined the Board of Directors in 2015 and has been a very active member with several councils, committees and programs including Young Professionals Network, Dragon Boat Festival, Marketing Committee and Special Events.

Nowak brings her talents to the organization with extensive marketing knowledge, a vast network of colleagues and business connections, and passion for the Bemidji business community.

Nowak has worked for Pinnacle Marketing Group for 14 years predominantly in Marketing.

She resides in Bemidji with her husband Andy. Together they have three daughters.

The year ahead for the Bemidji Area Chamber of Commerce begins with a new direction and a heavy emphasis on value and connections. “We are excited to bring more people together, more opportunities to grow, and more value to our membership. Bemidji businesses are composed of great people, and our Board and staff are focused on providing the resources, platforms and opportunities for our business community to succeed. We are looking forward to continue serving and advocating for our membership in the coming year,” said Nowak.

In addition to new Chair Caralee Nowak, the Bemidji Area Chamber of Commerce Board named Kayla Winker, Sanford Health - Vice Chair, Jordan Anderson, Ultima Bank-Finance Director, Tracy Pogue, Kraus Anderson - At Large, Cindy Todavich, Todavich Electric - Treasurer for the 2020-

2021 year.

Existing board of directors include Dana Lee of AmericInn, Dave Smith of MJB Home Center, Chad Harding of Hampton Inn/DoubleTree by Hilton, John Svingen of Insure Forward, Corey Stittsworth of Counselor Realty and Kev Jackson of Paul Bunyan Broadcasting.

**CLOSED**  
The Motor Vehicle Office,  
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Mon. Oct. 12<sup>th</sup> Columbus Day



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## Essentia Health facilities earn Antimicrobial Stewardship honors

Several Essentia Health hospitals and long-term care facilities have earned Gold Honor Roll Status for Antimicrobial Stewardship through the Minnesota Department of Health One Health Antibiotic Stewardship Initiative.

The Gold Honor Roll is the highest level of recognition attainable. In addition to the requirements for Bronze and Silver Honor Roll awards, Gold Honor Roll facilities are recognized for looking beyond their facility to practice antibiotic stewardship in a collaborative way.

Pharmacist and Antimicrobial Stewardship Program Manager, Stephanie Nixon explains, “antimicrobial stewardship is defined as any activity and/or clinical practice involving appropriate drug selection, indication, dose, route of administration and duration of therapy for antimicrobial treatment.” The primary goal is to optimize clinical outcomes while minimizing unintended consequences of antimicrobial use, such as the emergence of antibiotic resistant infections.

While antibiotics are a powerful tool for fighting and preventing infections, the widespread use of antibiotics has resulted in an alarming increase in antibiotic-resistant infections. Antibiotic resistance occurs when bacteria change in a way that reduces the effectiveness of drugs designed to cure or prevent infections. While antibiotic-resistant infections increase, there are very few new therapeutic options for the treatment of bacterial infections.

The purpose of the Honor Roll is to recognize the work facilities are doing to support antimicrobial stewardship, not only within their own facility, but also within their community through inter-facility engagement and with the public. The objectives of the program include commitment to antimicrobial stewardship from the highest levels of administration to prescribers and caregivers, sharing activities with other health professionals and the public, providing incentive(s) for program improvement in individual facilities and statewide through mentorship, collaboration and a focus on transitions of care, as well as publicizing the importance of antibiotic responsibility.

Gold Honor Roll awards were given to the following Essentia Health hospitals and long-term care facilities:

- Essentia Health – Ada; Essentia Health – Fosston; Essentia Health – Holy Trinity Hospital; Essentia Health – Virginia; Essentia Health – Northern Pines; Essentia Health – Deer River; Essentia Health – Sandstone; Essentia Health – Duluth; Essentia Health – St. Mary’s Medical Center; Essentia Health – St. Joseph’s Medical Center; Essentia Health – Homestead Deer River (long-term care facility)

“It is a privilege to work with staff and leaders within an organization in which each independent facility is recognized and honored for their work and commitment to patient safety and quality antimicrobial stewardship in practice,” shares Nixon. “The earning of Gold Honor Roll status for antimicrobial stewardship through the Minnesota Department of Health One Health Antibiotic Stewardship Initiative acknowledges achievement and dedication to exceptional work serving patients and the community.”

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## MCCL Fall Tour coming to McIntosh

Minnesota Citizens Concerned for Life travels the state every September and October holding informational pro-life meetings in dozens of cities and towns, educating pro-life citizens about current trends and issues, legislation, elections, and more. They equip citizens to make a difference in their own communities.

All fall tour gatherings are free and open to the public. A

knowledgeable speaker from the state MCCL office gives a power point presentation. Attendees receive a packet of crucial information.

The McIntosh gathering will be Tuesday, October 13th at 7:00 p.m. at the McIntosh Community Center. A short local MCCL meeting will follow at 8:00 p.m. Please be prepared to follow MN Covid-19 protocols.

## Hospice of the Red River Valley offers free virtual grief support programs for youth & adults

Fargo, N.D.—Sept. 28, 2020—Hospice of the Red River Valley is offering free virtual educational workshops for youth and adults who have recently experienced the death of a loved one. All classes will be held virtually/online and are free and open to the public. Registration is required.

### PROGRAMS FOR ADULTS

Grief 101: How to Help Ourselves & Others

When grief enters our lives, our world changes. Learn the basics of grief and how to manage it in your life or help those around you. Attendees will explore the grief process, learn self-care strategies and discover ways to help others who are dealing with grief. This virtual class is free and open to the public. Registration is required one day prior to the class date.

### TWO CLASS DATES AVAILABLE

- Monday, Oct. 12 from 5:30-7 p.m. or
- Monday, Nov. 2 from 1-2:30 p.m.

Journeying Through Grief  
Journeying Through Grief is a free series of classes designed for those who are recently bereaved. It is intended for adults 18 years and older who have experienced the recent loss of a loved one. The sessions will help you better understand the grief process, explore methods of self-care, and embrace and carry memories with you as you move forward. This series of virtual classes is free and open to the public. Registration is required one day prior to the first class date.

- A series of three virtual classes held on Thursdays, Oct. 15, 22 and 29 from 6-7:30 p.m.

### PROGRAMS FOR YOUTH

Memory Pillows: A Virtual Grief Group Activity for Kids  
Youth ages 8-16 are invited to join us for a session focused

on discovering what grief is and learning how to identify their own personal grief feelings and reactions. They will also learn the importance and benefits of keeping memories alive, as well as how to practice good self-care and positive ways to cope with grief. This class will involve group participation and discussion, and making their own memory pillow. We recommend an adult be nearby or accessible during the class to assist the child, if needed. This virtual class is free and open to the public. Registration is required by Oct. 6, so arrangements for class supply pick-up can be made.

- Tuesday, Oct. 20 from 6:30-7:30 p.m.

Register for classes online at [www.bit.ly/griefclassregistration](http://www.bit.ly/griefclassregistration), call (800) 237-4629 and ask for the grief support department, or email [grief@hrrv.org](mailto:grief@hrrv.org). To view the complete class listing, visit [www.hrrv.org](http://www.hrrv.org).

## Sons of Norway Special Event

**Thursday, October 15, 2020 - Torsk and Meatball Dinner with all the trimmings!**

Drive through, pick up and take home! Pick up at the back door of the Embassy Center in Fosston (corner of 3rd and Easton) Between 4:30 and 6:30 pm

**Cost is only \$10 per person! Please wear your mask!**

**REGISTRATION IS REQUIRED by Monday, Oct. 12.**

**Call Wes and Susie Roland: 435-1230 or Harold and Roz Watnemo: 435-1140.**

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Wednesday, October 7, 2020

## THANK YOU FOR THE EXCITING FUNDRAISER

It has taken us a couple of days to wrap our heads around the overwhelming amount of support we received in regards to the fundraiser held on our behalf in Gonvick on Saturday, September 26, 2020.

Our hearts are overflowing with thanks and gratitude for the generosity of the community and surrounding area.

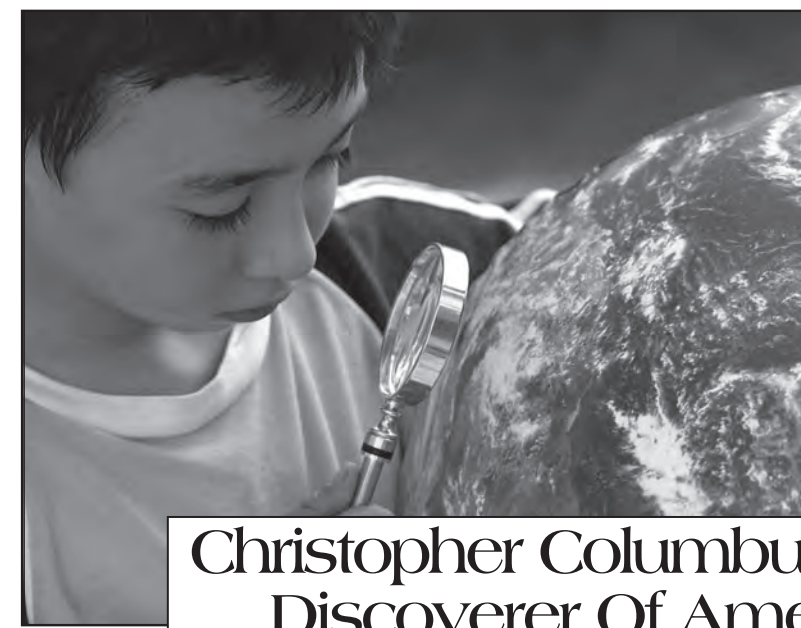
Special thanks to Kim Solberg, President of the Gonvick Lions Club and all the volunteers for coordinating and putting on the fundraiser; all the individuals and businesses that provided donations for the raffles and silent auctions; the hundreds of generous bidders in attendance; Matt Bergman, owner of The Trap, for providing the pork sandwich meal and Wade's family for serving. And everyone who visited with and wished Wade a Happy Birthday. We'd also like to thank Denise Buer and friends for setting up the 'Walk for Wade', which was also a big hit.

We humbly thank you all for your generous gifts in helping Wade live with ALS and put up a good fight against this horrible disease. We have been blessed beyond measure. Wade and I truly felt the love of our small community and rural MN.

Forever Grateful, Wade and Kelly Klema

## Today In Banking

Some “Straight Talk” On Banking Today ... That Can Make Banking Better For You...



NSB will be  
**CLOSED**  
Monday Oct. 12<sup>th</sup>  
in observance of  
Columbus Day



## Christopher Columbus - The Discoverer Of America

One of the most important events in world history is the discovery of America by Christopher Columbus in October 1492. When Columbus returned to Spain the next year, King Ferdinand and Queen Isabella gave him a grand reception and confirmed his title: “Admiral of the Ocean Sea.”

In honor of Christopher Columbus, we celebrate Columbus Day on the second Monday in October.

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| <p>LAND O' LAKES DAIRY PURE 2%, 1% OR SKIM</p> <h1>MILK</h1> <h1>\$3.39</h1> <p>GALLON</p> <p>2%, 1% OR SKIM<br/>CASS CLAY MILK ..... 97 OZ <b>\$2.99</b></p> | <p>COUNTRY HEARTH SPLIT TOP</p> <h1>WHEAT BREAD</h1> <h1>\$2.49</h1> <p>24 OZ</p> <p>PENNSYLVANIA DUTCH<br/>POTATO BREAD ..... 24 OZ <b>\$1.99</b></p> |  <p>PALUBICKI'S PHARMACY</p> <ul style="list-style-type: none"><li>• OPEN 7 DAYS A WEEK</li><li>• FAST PROFESSIONAL SERVICE &amp; LOW PRICES</li><li>• GET MOST PRESCRIPTIONS IN 15 MINUTES</li></ul> | <p>HUNGRY JACK ORIGINAL</p> <h1>SYRUP</h1> <h1>\$2.59</h1> <p>27.6 OZ</p> <p>HUNGRY JACK COMPLETE BUTTERMILK PANCAKE MIX ..... 32 OZ <b>\$2.59</b></p> | <p>MOTT'S</p> <h1>100% APPLE JUICE</h1> <h1>\$2.99</h1> <p>64 OZ</p> <p>ESSENTIAL EVERYDAY DRINKING, SPRING OR DISTILLED<br/>WATER ..... GALLON <b>5/\$4</b></p> |
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| <p>LAND O' LAKES DAIRY PURE</p> <h1>HALF &amp; HALF</h1> <h1>5/\$4.50</h1> <p>PINT</p> <p>MID AMERICA FARMS ASSORTED<br/>SOUR CREAM - DIP ..... 12 OZ <b>\$1.79</b></p> | <p>ASSORTED</p> <h1>TOSTITOS (12-13 OZ) OR SUNCHIPS (7 OZ)</h1> <h1>4/\$10</h1> <p>ASSORTED CHEETOS (6.5 - 8.5 OZ) OR<br/>FRITOS ..... 9.25-10 OZ <b>3/\$9</b></p> |  <p>FRESH DELI</p> <h1>SIGNATURE HONEY HAM</h1> <h1>\$4.29</h1> <p>LB</p> <p>HOMESTYLE<br/>POTATO SALAD ..... LB <b>\$2.69</b></p> | <p>ESSENTIAL EVERYDAY QUICK OR OLD FASHIONED</p> <h1>OATMEAL</h1> <h1>\$2.39</h1> <p>42 OZ</p> <p>ASSORTED<br/>TEDDY GRAHAMS ..... 10 OZ <b>\$2.59</b></p> | <p>CHARMIN ULTRA SOFT OR ULTRA STRONG</p> <h1>BATH TISSUE</h1> <h1>\$11.99</h1> <p>6 PK SUPER MEGA ROLLS</p> <p>ESSENTIAL EVERYDAY 8.875"<br/>FOAM PLATES ..... 50 CT <b>\$2.59</b></p> |
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| <p>LAND O' LAKES DAIRY PURE</p> <h1>HEAVY CREAM</h1> <h1>\$1.99</h1> <p>PINT</p> <p>LAND O' LAKES DAIRY PURE<br/>BUTTER MILK ..... QT <b>\$1.19</b></p> | <p>RESTAURANTE STYLE BITE SIZE OR TOSTADOS</p> <h1>OLD DUTCH TORTILLA CHIPS</h1> <h1>\$3.59</h1> <p>20 OZ</p> <p>ASSORTED OLD DUTCH<br/>DUTCH CRUNCH ..... 9 OZ <b>\$2.89</b></p> |  <p>FRESH BAKERY</p> <h1>APPLE, CHERRY OR BLUEBERRY TURNOVERS</h1> <h1>\$3.99</h1> <p>4 PK</p> <p>KING'S HAWAIIAN ORIGINAL<br/>SWEET ROLLS ..... 12 PK <b>\$3.99</b></p> | <p>SWEET 'N SALTY MIX</p> <h1>KARS TRAIL MIX</h1> <h1>\$4.99</h1> <p>34 OZ</p> <p>SUPERIOR NUT COMPANY - HONEY NUT OR<br/>PARTY PEANUTS ..... 26 OZ <b>\$5.39</b></p> | <p>MINI CHUNK OR HI PROTEIN SUPREME</p> <h1>DOG FOOD</h1> <h1>\$5.99</h1> <p>15 - 16 LB</p> <p>ESSENTIAL EVERYDAY - LEMON SCENT<br/>AUTO DISH GEL ..... 45 OZ <b>\$2.99</b></p> |
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| <p>LAND O' LAKES 4%, 2%, 1% OR NF</p> <h1>COTTAGE CHEESE</h1> <h1>\$1.79</h1> <p>16 OZ</p> <p>ASSORTED LAND O' LAKES<br/>YOGURT ..... 24 OZ <b>\$2.39</b></p> | <p>CARAMEL, PEANUT BUTTER, FUDGE BROWNIE, HAZELNUT SPREAD, PEANUT OR MILK CHOCOLATE M&amp;M'S</p> <h1>\$3.29</h1> <p>8.3 - 10.7 OZ BAGS</p> <p>PAYDAY, HERSHEY'S COOKIES 'N' CREAM, HERSHEY'S MILK CHOCOLATE, HERSHEY'S ALMOND, KIT KAT MILK CHOCOLATE, KIT KAT DUOS, REESE'S TAKE 5, REESE'S MILK CHOCOLATE, ALMOND JOY OR YORK DARK CHOCOLATE<br/>CANDY BARS ..... BAR <b>79¢</b></p> |  <p>LOCALLY GROWN BUTTERCUP, ACORN, BUTTERNUT OR SPAGHETTI</p> <h1>SQUASH</h1> <h1>65¢</h1> <p>LB</p> <p>LOCALLY GROWN<br/>RED POTATOES ..... 5 LB <b>\$2.49</b></p> | <p>WILD HARVEST</p> <h1>ORGANIC FLOUR</h1> <h1>\$1.99</h1> <p>5 LB</p> <p>HERSHEY'S<br/>MILK CHOCOLATE BARS...6 PK <b>\$2.59</b></p> | <p>ESSENTIAL EVERYDAY SCENTED OR UNSCENTED</p> <h1>CAT LITTER</h1> <h1>\$2.39</h1> <p>10 LB</p> <p>SUPREME CAT COMBO<br/>CAT FOOD ..... 16 LB <b>\$8.99</b></p> |
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| <p>ORIGINAL</p> <h1>CHEEZ-IT</h1> <h1>\$3.39</h1> <p>12.4 OZ</p> <p>ORIGINAL RITZ<br/>CRACKERS ..... 13.7 OZ <b>\$2.79</b></p> | <p>ZESTA ORIGINAL</p> <h1>SALTINES</h1> <h1>\$2.69</h1> <p>16 OZ</p> <p>SHOPPERS VALUE WILDFLOWER<br/>HONEY ..... 24 OZ <b>\$1.99</b></p> | <p>FRESH ASPARAGUS ..... LB <b>\$2.99</b></p> <p>DOLE CELERY ..... <b>\$1.29</b></p> <p>ASSORTED COLORS<br/>BELL PEPPERS ..... 4 PK <b>\$2.99</b></p> <p>DOLE - CHIPOTLE CHEDDAR, BACON BLEU, SUNFLOWER CRUNCH, CAESAR, AVOCADO RANCH OR SESAME ASIAN - 10.6-12.3 OZ<br/>CHOPPED SALAD KITS ..... <b>2/\$5</b></p> | <p>30 PK-12 OZ CANS<br/>BUSCH OR BUSCH LIGHT<br/>BEER ..... <b>\$20<sup>99</sup></b></p> <p>24 PK - 12 OZ ALUMINUM BOTTLES<br/>MICHELOB ULTRA<br/>BEER ..... <b>\$22<sup>99</sup></b></p> <p>1.75 LITER<br/>E&amp;J<br/>BRANDY ..... <b>\$19<sup>99</sup></b></p> <p>1.75 LITER<br/>KARKOV<br/>VODKA ..... <b>\$11<sup>99</sup></b></p> | <p>750 ML<br/>ROBERT MONDAVI<br/>CABERNET ..... <b>\$8<sup>99</sup></b></p> <p>750 ML<br/>CANTI<br/>MOSCATO ..... <b>\$8<sup>99</sup></b></p> <p>750 ML - CUPCAKE<br/>BUTTER KISSED<br/>CHARDONNAY ..... <b>\$6<sup>99</sup></b></p> <p>750 ML<br/>JOSH<br/>PROSECCO ..... <b>\$13<sup>99</sup></b></p> |
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| <p>ESSENTIAL EVERYDAY</p> <h1>GUMMI BEARS</h1> <h1>\$3.39</h1> <p>36 OZ</p> <p>ASSORTED - BLUEBERRY, BROWN SUGAR CINNAMON, STRAWBERRY OR S'MORES<br/>FROSTED POPTARTS ..... 2 PK <b>89¢</b></p> | <p>LEA &amp; PERRINS</p> <h1>WORCESTERSHIRE SAUCE</h1> <h1>\$3.59</h1> <p>10 OZ</p> <p>REALIME OR<br/>REALEMON ..... 15 OZ SQUEEZE <b>\$1.89</b></p> | <p>AVOCADOS ..... EA <b>79¢</b></p> <p>PREMIUM HONEY CRISP APPLES.. LB <b>\$2.49</b></p> <p>SUNRISE<br/>APPLE CIDER ..... 1/2 GAL <b>\$3.49</b></p> <p>FRESH<br/>CRANBERRIES ..... 12 OZ <b>\$1.99</b></p> <p>RASPBERRIES OR<br/>BLACKBERRIES ..... 6 OZ <b>2/\$5</b></p> |
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# CLASSIFIED ADS



## Early Childhood Position Available

Inter-County Community Council is accepting applications for an opening in our Head Start department: **Home Visitor:** Provide in home instruction, as well as group socialization experiences to parents and children (ages 0-3) to enhance the parents' ability to fill the role of primary educator of their child. Minimum of a Child Development Associate and/or AA degree preferred; experience with young children preferred, additional training will be provided. Full time/year round position located in Thief River Falls.

Application and position specific information, including job duties, salary and educational requirements are available on our website at [www.intercountyycc.org](http://www.intercountyycc.org). Send completed application and resume to Inter-County Community Council, Human Resources, PO Box 189, Oklee, MN 56742 or [hr@intercountyycc.org](mailto:hr@intercountyycc.org). Applications must be received by Noon on Friday, October 16th. Call 218-796-5144 x1028 for more information.

ICCC is an equal opportunity employer and program provider.

R29-30C

## Extension Support Staff Position

This position is part of a county Extension office staff team who are vital to Extension's outreach mission in connecting local needs with University resources. This position provides day-to-day operations including customer service, administrative support for county Extension programs and activities, and financial transactions and recordkeeping.

**QUESTIONS? For questions about this position, please contact:** Kayla Nyegaard Extension Educator, 4-H Youth Development Clearwater County 218-694-6151 [nyeg0007@umn.edu](mailto:nyeg0007@umn.edu)

R29C

## CLERK TYPIST CASHIER III A - ATTORNEY'S OFFICE

The Polk County Attorney's Office is seeking applicants for a full-time Clerk Typist Cashier IIIA position. This position performs data entry, clerical support and office support activities to assist the attorneys in representing the State and County in criminal and civil proceedings. Applicants must possess the ability to deal with information and evidence of a graphic nature on a routine basis. Applicants must possess a high school diploma or equivalent and a minimum of one (1) year of specialized or technical legal secretary training or at least two (2) years of related experience. Wage range for this position is \$16.47 - \$20.94/hour, DOE and qualifications. A full job description and application can be found at <http://www.co.polk.mn.us> click on Careers or by contacting the Polk County Administrator's Office at 218-281-5408. Applications for this position must be received by 4:30 p.m., October 21, 2020. Please submit your completed application and resume to the Polk County Administrator's Office, Polk County Government Center, 612 N. Broadway, Room 211, Crookston, MN 56716. Applications may also be emailed directly to [alecia.helms@co.polk.mn.us](mailto:alecia.helms@co.polk.mn.us) EOE. M29-30C

M29-30C



## Clearwater-Polk Electric Cooperative

A Touchstone Energy Cooperative  
The power of human connections

### ATTENTION CLEARWATER-POLK MEMBERS

RAM Utilities of Dalton, MN has contracted to provide maintenance on Clearwater-Polk in-service utility poles.

**This is necessary routine maintenance serving a three-fold purpose:**

- 1) To inspect the integrity of the wood pole and verify its fitness for continued service.
- 2) To extend the life of the pole by maintaining it with an effective wood preservative targeted in a specific, typically vulnerable to decay portion of the pole (just below the ground line).
- 3) To gather information to create a database about the system (GPS and inventory of poles) which will help streamline operations.

The objective of those inspections is to effectively maintain the infrastructure of the system, therefore reducing costly replacements and potential outages.

The inspectors on Clearwater-Polk's system will be wearing a white hard hat and a bright green vest. They will be driving a white Chevrolet pick-up and a red Polaris Ranger. They will cover the west half of Pine Lake Township. Please contact Joel Rovang, RAM Utilities if you have any questions at 701-238-2918.

R29C

## Looking for a job after harvest?

Flexible days/hours & benefits!



R28-32C



R28-32C

## Looking for a job after harvest?



## PUBLIC HEALTH NURSE - POLK COUNTY

Polk County Public Health has a 1.0 FTE opening for a Public Health Nurse position in our East Grand Forks Office. Nurse will provide care coordination for people with special health needs and health promotion services. Baccalaureate Degree in Nursing required, current MN Board of Nursing licensure and ability to be certified as a Public Health Nurse (PHN) in the State of MN. Must have a valid driver's license or evidence of equivalent mobility. Candidates must have the ability to exercise independent judgment using all information available in sensitive/critical situations. An application can be obtained by contacting the Polk County Administrator's Office at 218-281-5408 or online at <http://www.co.polk.mn.us> click on 'Careers'. Salary range for this position is \$27.82 - \$35.37/hour; DOE and qualifications. An application and job description for this position must be received by 4:30 p.m., October 21, 2020. Please submit your completed application to the Polk County Administrator's Office Polk County Government Center, 612 N. Broadway, Room 211, Crookston, MN 56716. Applications may also be emailed directly to [alecia.helms@co.polk.mn.us](mailto:alecia.helms@co.polk.mn.us) EOE. M29-30C

M29-30C

## Auditor-Treasurer Clerk/Board Coordinator Clearwater County

Applications are being accepted for an Auditor/Treasurer Clerk/Board Coordinator position, under the general supervision of the Clearwater County Auditor/Treasurer. This position is responsible for providing clerical, secretarial, customer support services, and recordkeeping activities within the County Auditor/Treasurer Office. Serves as County Boards coordinator, compiles, assembles and distribute agenda items and supporting documentation. Responsible for keeping accurate Board minutes and processing deeds, property tax and passport applications.

Desired education requirements are a Degree in business, finance or related field or a minimum of two years' experience directly involving clerical, secretarial and general office administrative procedures. Essential knowledge of computer operations and the use of business productivity software and applications.

Applications may be obtained from the Clearwater County Service Center located on the second floor of the Clearwater County Courthouse or on the website at [www.co.clearwater.mn.us](http://www.co.clearwater.mn.us).

Starting salary is \$16.82 an hour with full time benefits. Applications must be submitted to Allen Paulson, Clearwater County Auditor/Treasurer no later than Friday, October 16, 2020 at 4:00 P.M.

**AN EQUAL OPPORTUNITY EMPLOYER**

R29-30C

## Custodian I Facilities Management Department

The Polk County Facilities Department has an immediate opening for a full time, benefitted Custodian I position. This position performs a variety of custodial duties including emptying trash, sweeping, mopping and vacuuming floors, cleaning restrooms, and ordering and stocking supplies.

This position will be assigned a primary location, however, will be required to work at multiple facility locations as needed and assigned, including the jail. Applicants must have a high school diploma or GED. Previous custodial experience is preferred but not required. A valid driver's license is required for this position. Wage range for this position is \$15.54 - \$19.75/hour DOE and qualifications. An application and job description can be found on Polk County's website: [www.co.polk.mn.us](http://www.co.polk.mn.us) - click on Careers or contact the Polk County Administrator's Office at (218) 281-5408. Please send your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716 or e-mail directly to [alecia.helms@co.polk.mn.us](mailto:alecia.helms@co.polk.mn.us) Applications will be received until 4:30 p.m., October 21, 2020. All qualified applicants will be considered for employment. EEO.

R29-30C

## DRIVER/SERVICE

Looking to join a team of fun, hardworking and caring people? Lakes Gas is hiring! This full-time position offers a variety of duties. Heavy lifting required. Must possess or obtain a Class B-CDL (willing to train). Tanker and HazMat endorsements required. Must have a good driving record and pass DOT physical and drug screen. Skills test will be given. Competitive wages offered. Apply at: [www.lakesgas.com/jobs](http://www.lakesgas.com/jobs)



**LAKES GAS**

7223 Pete Lane NW  
Bemidji, MN 56601

An Equal Opportunity Employer

R28-31C



## PARA PROFESSIONALS

The Clearbrook-Gonvick School has openings for full-time para professionals. These positions will be working directly with students. Applicants must have passed or be able to pass a para pro test and pass a background check. Please submit letter of interest, resume, and two references to:

Clearbrook-Gonvick School  
16770 Clearwater Lake Rd  
Clearbrook, MN 56634  
Attn: Carl Dugstad  
Email: [cdugstad@clearbrook-gonvick.k12.mn.us](mailto:cdugstad@clearbrook-gonvick.k12.mn.us)

R28-31C

**MORE EMPLOYMENT ADS ON NEXT PAGE**

## Maintenance II - Polk County Highway Dept.

Polk County Highway Department is seeking applicants for a Maintenance II position at the Crookston Shop. The primary duties for this position are the maintenance and repair of county roads, bridges, parks by operating various heavy equipment, including motor grader, tandem truck, loader, forklift and tractor/mower. Applicants must possess a high school diploma or GED and moderate experience in mechanical and heavy equipment operation experience or an equivalent combination of education and experience. Must have a valid Commercial Driver's License with Class "A" endorsement. Wage range for this position is \$19.61 - \$24.94/hour; DOE and qualifications. An application and job description can be obtained at <http://www.co.polk.mn.us> click on Careers. Please mail your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716 (218-281-5408) or e-mail directly to [alecia.helms@co.polk.mn.us](mailto:alecia.helms@co.polk.mn.us). Applications will be received until 4:30 p.m., October 21, 2020. EOE. R29-30C

R29-30C

## JOIN OUR TEAM

### Essentia Health Fosston Openings

**POSITIONS AVAILABLE IN  
FULL TIME, PART TIME, AND CASUAL STATUS.**

**Essentia Health Living Center is now Hiring:**  
CNAS  
LPNS

**Essentia Health Hospital:**  
Environmental Service Tech/ Housekeeper  
Paramedic  
RN

**Essentia Health Clinic:**  
Clinical Assistant - LPN

**Essentia Health offers competitive salary and benefits**  
Apply at: [www.EssentiaCareers.org](http://www.EssentiaCareers.org)  
EOE/Minorities/Females/Vet/Disabled



**Essentia Health**

R29th



## NORTHLAND GRAIN

CHS Northland Grain is seeking 2 Operations Specialists for our Hazel, MN and our St. Hilaire, MN location. You must be committed to safety, customer service, and solving problems. You must have a good work ethic with professional communication skills. Computer skills are preferred, but we are willing to train. Must pass pre-employment drug screen.

CHS Northland Grain offers competitive salary, potential for growth and a benefit package with medical, retirement and 401K. Also, there is opportunity for overtime.

Must be able to work extended hours and/or weekends occasionally when needed.

**To apply go to [chsinc.com/careers](http://chsinc.com/careers) Auto Req ID 20194BR**  
Please contact Steve Miller at 218-686-2532 or [steve.miller@chsinc.com](mailto:steve.miller@chsinc.com) if interested.

O29-31C

## 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 County 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 M14-tn

M14-tn

## TRANSFER STATION OPERATOR

Polk County Environmental Services, Crookston, MN has an opening for a full-time Transfer Station Operator. Primary duties include performing intermediate skilled trades work, coordinate the disposal of waste, purchasing functions, operate and maintain the transfer station and its equipment, assigns tasks and related work. Skill in heavy equipment operation, including forklift, front-end loader, sweeper, tractor and pressure washer. Skill in basic repairing, servicing/maintaining mechanical equipment. Applicants must possess a high school diploma or GED in and up to one year of specialized or technical training beyond high school, or related field and minimal experience in mechanical repair or maintenance and disposal experience, or equivalent combination of education and experience. A valid commercial driver's license with Class A endorsement is preferred. Must be able to obtain the following license/certifications: Transfer Station Operators Certification, Hazardous Waste Categorizing Certification, Landfill Operators Licensure, and OSHA Safety Training. Wage range for this position is \$18.50 - \$23.52/hour, DOE and qualifications. Interested individuals may contact Environmental Services at 218-281-6445 or the Polk County Administrator's Office at 218-281-5408, to obtain an application and full job description or go to: <http://www.co.polk.mn.us> and click on Careers. Please submit your application and resume to the Polk County Administrator's Office, Polk County Government Center, 612 N. Broadway, Crookston, MN 56716 or to Polk County Environmental Services, 320 Ingersoll Ave, Crookston, MN 56716. Or e-mail directly to [alecia.helms@co.polk.mn.us](mailto:alecia.helms@co.polk.mn.us) This position will remain open until filled. EOE. R27TFC

R27TFC



**MCAN**

**For more information on MCAN ads call:  
218-487-5225**

**Minnesota Classified Advertising Network**



### EMPLOYMENT

**SUCCESSFUL PRACTICE SEEKS**  
Associate Dentist because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Email [drb@friendlysmilesfargo.com](mailto:drb@friendlysmilesfargo.com)

### AUCTIONS

**SELLERS AUCTION**  
Saturday October 10th, 11AM. 1353 Award Blvd., Wright, MN 55798. Visit [sellersauction.com](http://sellersauction.com) for pictures. Mickey Greene Auctioneer #69-47

**Classified Advertising that is Easy!**

The Minnesota Classified Ad Network. Make an impact with your advertising dollar with classified advertising that reaches over 2.5 million readers!

**MCAN STATEWIDE CLASSIFIEDS**  
Your newspaper representatives can provide complete details.  
The 2nd Network is a program of the MCAN, phone 800-219-3078.

### WANTED TO BUY

**WANTED 1970S MOTORCYCLES**  
Running or not, no title okay! Get cash and make some room! Always paying more! Call Mike at 320/420-7675

### WANTED:

**ALL 1970S MOTORCYCLES**  
Running or not. Titled or not. Winter is coming. Sell now while prices are high! Call Dan at 612/720-2142

### MISCELLANEOUS

**TIMESHARE CANCELLATION EXPERTS**  
Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 833/619-1117

### DIRECTV

**SWITCH & SAVE!**  
\$39.99/month. Select all-included package. 155 channels. 1000s of shows/movies on demand. Free Genie HD DVR upgrade. Premium movie channels, FREE for 3 months! Call 877/350-0094

### MISCELLANEOUS

**ENJOY 100% GUARANTEED**  
delivered-to-the-door Omaha Steaks! Get 4 free burgers and 4 free chicken breasts. Order the Omaha Steaks Classic @ only \$129. Call 844/331-1614 mention code 641852BT or visit [www.omahasteaks.com/meals301](http://www.omahasteaks.com/meals301)

### DISH NETWORK \$59.99

for 190 Channels! Blazing fast internet \$19.99/mo. (where available.) Switch & get a free \$100 Visa gift card. Free voice remote. Free HD DVR. Free streaming on all devices. Call today! 855/562-4309

### DONATE YOUR CAR

truck or boat to Heritage For The Blind. Free 3-day vacation, tax deductible, free towing, all paperwork taken care of 844/220-9501

### AT&T WIRELESS

Two great new offers! Ask how to get the new iPhone 11 or Next Generation Samsung Galaxy S10e on us with AT&T's Buy one. Give One offer. While supplies last! Call 855/332-0464



# DINING & Entertainment

**NO BINGO!**  
WEDNESDAY  
**WING NIGHT**  
FRI. & SAT. SPECIAL **CHICKEN, RIBS OR SALMON**  
**SHORTY'S PLACE,** 268-4199  
GULLY R29C

**CAROL'S COZY BAR & GRILL**  
Brooks, MN • 218-698-4608

Friday Oct. 30<sup>th</sup>  
**Halloween Costume Party**

Friday Nov. 13<sup>th</sup>  
**Hunters Ball**

**COMING SOON**

**UNDER CAROL'S COZY**  
Wednesday - \$5 BURGERS 5-9  
Broasted Pork Chops  
Lunch & Dinner Thursdays  
FRIDAY & SATURDAY 5-9  
Broasted Chicken, BBQ Ribs,  
Ribs & Chicken, Grilled  
Shrimp & Butterfly Shrimp  
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**LITERARY WORD SEARCH** Answers on page 7

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What did I discover during this supposed "growth spurt" in expressing myself? I discovered in the midst of this that communication is not a one way street. Speaking was only part of it while listening would be the other much needed skill. So intense I had become in expressing myself, making up for lost time, I did not think much about discovering what others

Imagine what it would be like to have another person so engaged in what you were

As He alone is the perfect one...I need not be. May He in me take the lead on this and as another good prayer often prayed says, "For Thine is the kingdom, the power and the glory both now and forever" (Matt. 6:9-13). Amen.

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by Sgt. Jesse Grabow Minnesota State Patrol

them. Those 100 days are the most traveled of the year on Minnesota roads, and this year they once again proved tragic. Preliminary numbers show that 152 people died in traffic crashes during this year's 100 most-traveled days. They accounted for 60 percent of all traffic deaths through early September this year.

Looking back on these crashes and their causes allows us to learn some essential – and tragic – lessons. For example, 36 of the people who died weren't

At least eight of this summer's traffic deaths are known to be distraction-related. If

For more information go to the DPS blog at <https://dps.mn.gov/blog/Pages/default.aspx>. A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPiO\_NW or reach him at, [jesse.grabow@state.mn.us](mailto:jesse.grabow@state.mn.us)).

*By Auctioneer Eric W. Mickelson*



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# OBITUARIES



## Obituary for Margaret Kaasa

Margaret Kaasa, age 87, of Fosston, MN, passed away on Monday, September 28th, at McIntosh Senior Living in McIntosh, MN. A graveside service was held at 1:00 p.m. on Monday, October 5th, at Maple Lake Lutheran Cemetery, rural Fertile, MN with the Rev. Phil Larsen officiating. Visitation was held for one hour prior to the service at the cemetery. Mask use was required. Arrangements were with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at [www.carlinfuneral.com](http://www.carlinfuneral.com).

**Early Life:** Margaret was born Margaret Ann Haugen on September 26, 1933 at home near Fertile, Minnesota. She was the second child of Gustav and Marie (Erickson) Haugen. She was raised on a small farm in Fertile. She enjoyed playing house, dressing up her dolls, and making mud pies.

**Schooling/Work:** Margaret attended school and graduated from Fertile High School in 1951. Margaret went on to teacher training in Thief River Falls in 1951-1952. Margaret taught for six years in a one room schoolhouse until 1958 in North Dakota and Minnesota. Margaret also worked for the ASCS office in McIntosh and also as a housekeeper/laundry aide at First Care Nursing Home for several years. Margaret would come home from working to then put in another few hours caring for the "farm" in Fertile.

**Marriage & Family:** Margaret met Norval Kaasa and they were married September 8, 1962. Together they started a family raising Kenny, Darrel and Karen. In addition to being wonderful grandparents to Jennifer, Janelle, Josh, Nathan, Emily and Adrian. Margaret and Norval were best friends and had many wonderful years together spreading their love to the younger generations. On February 12, 2006, Norval passed away.

Margaret just had her 87th birthday. She enjoyed her last taste of ice cream which was always her favorite.

**Hobbies & Service**  
Margaret enjoyed garden-

ing, quilting, doing puzzles, fishing in her younger years, word searches, spending time down at the farm and was a loving wife to Norval and mom to the kids. You would often hear about Sunday drives across the countryside. Margaret shared stories about being a teacher in a one room schoolhouse and how different teaching is today. She also loved watching Minnesota Twins games on TV.

**Memories:** The families lasting memories of Margaret are simple; there was unconditional love, a little bit of stubbornness and hard work. Margaret will be remembered by many as someone who always put family first and soldiered on even when times were tough. Kenny and Karen will always remember mom's special "smirk", her caring heart and how she was always there for dad, through good and bad times no matter what. Not to mention her brutal honesty sometimes... Although we cannot hear her quirky comments or see her anymore, we will all remember mom.

The grandkids favorite memories of grandma are singing Johnny Cash, "Daddy Sang Bass" while driving down Highway 2 and grandma was laughing so hard she was crying or playing baseball in the yard with her and grandpa pretending we were Kirby Puckett. Another favorite memory was while mowing at the farm, grandma sat on a picnic table and the next moment, she was sitting on the ground... the leg broke! We will never forget all the trips to the farm for mowing especially the many oatmeal pies we got to eat or the ice cream treats. All of the memories of grandma will never be forgotten. When we try to think of just one, many more come to mind and all we can do is think about how much we'll miss her.

Survivors include her sister, Norma (Virgil) Anderson of Brooklyn Center, MN; children, Ken (Tammy) Kaasa of Gully, MN, and Karen (Donna) Hanson-Kaasa of Grand Rapids, MN; daughter-in-law, Vanna Kaasa of Fosston; grandchildren, Jen (Mike) Flaten of Cass Lake, MN, Janelle (Matt) Nickolay of Moorhead, MN, Josh (Stephanie) Kaasa of Fargo, ND, Nathan, Emily and Adrian Hanson-Kaasa of Grand Rapids, MN; and great grandchildren, Bradyn and Rylan Nickolay. Also surviving is her niece, Kathy (Tom) Lindstrom; nephew, Scott Anderson; and four great nephews.

She was preceded in death by her parents, Gustav and Marie Haugen; husband, Norval Kaasa; son, Darrel Kaasa; and sibling, Lawrence Haugen.



## Obituary for Joyann Espeseth

Joyann "Joey" Espeseth, age 89, of Thief River Falls, MN, formerly Winger, MN, died Monday, September 28, 2020, at Oakland Park Nursing Home, Thief River Falls, MN.

Joey was born on July 9, 1931, to Genevieve Schouveiller of Callaway, MN. Growing up, she spent a lot of time at her grandparent's farm enjoying aunts, uncles, and playing with her cousins. She loved her bicycle, both ice and roller skating, and fishing. Joey worked in her Mom's hamburger shop during her school years. She attended school in Mahanomen, with her freshman and senior year of high school at Mount Saint Benedict in Crookston, MN, where she graduated with the class of 1951. Later that year, Joey met Arnold "Arnie" Espeseth at a Lutefisk dinner in Bejou, MN. The couple was united in marriage in 1952 and had 50 years together before Arnie died.

Joey's hands were never idle. She was a Girl Scout leader, belonged to a bowling league and the American Legion Auxiliary. She started the first arts and crafts festival in Winger, was active in

the Ladies Aid in Bejou and later in Mahanomen. Joey was also a member of the Catholic Daughters of the Americas, Red Hatters, and part of the Red Apple Sunday brunch crew. She was a wonderful homemaker, a very good cook, avid gardener, and her yard was always full of beautiful flowers. In her spare time, she enjoyed painting, completing jigsaw puzzles, and was always ready for a card game with family. She cherished visits with her grandchildren and spending time with friends and family. Joey will be missed by all who knew and loved her.

Joyann is survived by her daughter, Libby (Bill Kilpatrick) Espeseth; sons, Brian (Mary) Espeseth, Tony (Julie) Espeseth, and David Espeseth; nine grandchildren: Shelly Krebsbach, Jason Espeseth, Ben (Sydney) Espeseth, Jordan Espeseth, Kayla Espeseth, Aaron Espeseth, Lisa Espeseth, Jacob Espeseth, and Bryce Espeseth; and 12 great-grandchildren.

She is preceded in death by her husband, Arnie; parents, Genevieve Young and adopted father, Cecil Young; and many aunts, uncles and cousins.

A Public Mass of Christian Burial was held at 11:00 AM at St. Michael's Catholic Church in Mahanomen on Friday, October 2, 2020. Visitation was held one hour before the funeral at the church. Burial took place at Calvary Lutheran Cemetery, in Winger, immediately following. Mass was video recorded and is available for viewing online.

In lieu of flowers, the family prefers that memorials be donated to St. Michael's School in Joyann's memory.

Arrangements entrusted to Anderson Family Funeral Home in Mahanomen. Online website: [www.andersonfamilyfh.com](http://www.andersonfamilyfh.com)



## Obituary for Oren Syrtveit

Oren Syrtveit passed away on Friday October 2, 2020 at McIntosh Senior Living in McIntosh, MN surrounded by his loving family.

Funeral service was held on Tuesday, October 6, 202 at 2:00 PM at Salem Lutheran Church near Oklee, MN with Reverend Linda Molitor Officiating. Burial with military honors was held at Clearwater Church Cemetery rural Oklee, MN. Following Minnesota and CDC guidelines with masks and social distancing.

Visitation was held one hour prior to the service at the church.

Oren Allen Syrtveit was born March 12, 1934 son of Alfred and Gunda (Watne) Syrtveit at Fosston, MN. He was baptized and confirmed at Clearwater Lutheran Church. He went thru the 8th grade and attended Northland Tech, Welding school in Superior,

WI and the Lincoln School for Welding in Cleveland, OH.

Oren entered the US Army on February 16, 1955 and served his country until his honorable discharge on February 15, 1957.

He worked in Milwaukee, Montana, and on the North Shore for the mining companies for 42 years. He also worked at Bemidji for Thor Thorson.

On November 11, 2006 he married Loretta Lundeen, Flatgard at Salem Lutheran Church. He is a member of Salem Lutheran Church. Oren enjoyed gun collection and fishing trips, especially eating the fish. He took pride in clearing the land on his farm.

Oren is survived by his wife Loretta; twin brother Orlo Syrtveit of Minot, ND; sister Lois Tryan of Scobey, MT; nieces and nephews Bruce, Bob, Lisa Tryan, Lana and Jan Sorenson, Karla and Dale Henson along with many great nieces, nephews and cousins. Step-children Toni (Rod) Johnson, Dale (Kelly) Flatgard, LeAnn (Jerry) Smith, Craig (Shelly) Flatgard and many step-grand and great-grandchildren.

Oren is preceded in death by his parents and grandparents, and 2 nieces.

Casket Bearers: Hunter Bakke, Jan Sorenson, Steve Watne, Jon Watne, Jens Jauhola, Craig Flatgard.

Honorary Casket Bearers: All of Oren's friends on the North Shore.



## How to Cope with Professional Caregiver Grief

by Heather Larson, LSW, CT

As a professional caregiver, you may spend more time with the people you care for than your own family. Sometimes the people you care for can become like family to you or you may feel like family to them, especially if the person does not have family of their own.

It can be difficult when the person you are caring for—perhaps for quite some time—becomes ill or dies. The work you are doing every day is in the service of others, not just a job. You pour your time and energy into caring for someone who depends on you; this is sacred work.

Losing a person who you cared for can take an emotional toll on you. It can hurt, and you might find yourself feeling a range of other emotions, such as sadness, regret or guilt. You may even feel frustrated or angry about circumstances of the death or how you feel the person's family participated or behaved.

These different reactions and feelings can be summed up in one word: grief.

You may feel you don't have the right to grieve because you are a professional caregiver. Often, you must step up and continue to provide care, even after the person's death. You may need to provide support to the family and friends gathered at the bedside. At times you must push your feelings and grief to the side to be able to do what is needed. Even so, this doesn't mean you don't have a right to grieve. Your grief deserves its time and place. It is important to honor your grief, and in doing so, you are also honoring the person who has died.

### Suggestions for honoring the person who died:

- Reflect on the good memories or stories you have of the person—and share them with coworkers
- Hold a small memorial service at the facility, if appropriate
- Sit with intention in your feelings or observe a few moments of silence
- Use your creativity, such as creating artwork or journaling
- Do something outdoors to honor the person by planting a flower or tree, etc.

There are tangible ways to cope with your grief and to share how you feel with those you trust without revealing protected health information about the person under your care.

One of the most crucial aspects of being a professional caregiver is practicing good self-care. Self-care becomes even more critical when you are dealing with grief. Effective self-care practices allow caregivers to continue their work while functioning at the highest level. It also helps you maintain a level of satisfaction and enjoyment in your career.

### Self-care looks different from person to person and can include:

- Balanced nutrition
- Drinking more water
- Getting more rest or sleep
- Walking or exercising
- Listening to music, podcasts, etc.
- Disconnecting from technology, when appropriate
- Quiet your mind through mindfulness and meditation practices, and taking deep breaths. There are many free helpful resources and videos available on apps, like Insight Timer, and YouTube.

Good self-care combined with other resources available to you, such as talking with a trusted coworker or friend, can help you cope with your caregiver grief.

You are human; therefore, you will experience grief. It's as simple as that.

Take the time and space needed for your grief, share it with those you trust and carve out time to care for yourself. Know your grief feelings will not last forever; they change and subside as you heal.

Thank you for using your servant hands and heart to change the world.

If you need additional support, Hospice of the Red River Valley can help. Contact us or call (800) 237-4629 and ask to speak to the grief support department.

Heather Larson, LSW, CT, is a grief specialist with Hospice of the Red River Valley.

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, non-profit hospice serving more than 30 counties in North Dakota and Minnesota. Hospice care is intensive comfort care that alleviates pain and suffering, enhancing the quality of life for patients with life-limiting illnesses and their loved ones by addressing their medical, emotional, spiritual and grief needs. For more information, call toll free 800-237-4629, email [questions@hrrv.org](mailto:questions@hrrv.org) or visit [www.hrrv.org](http://www.hrrv.org).

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### Word Search Answers

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Mike Andree from Puposky, 1929 Model A.

## PUMPKIN DAY CAR SHOW 2020



Todd Hanson, 1955 Chevy Alvarado.



Randy Adamson of Thief River Falls, 1963 Chevy Impala.



1958 Chevy, Les Berg of Gully.



Randy Sims of Gonvick, 1975 Buick Skylark.



Jewel Strandee of Crookston, 69 Chevelle.



Butch Peterson, 68 Mustang of Detroit Lakes.



Jeremiah Freye of Bemidji, 1962 Ford F100.



Mike Arnold of Bemidji, 1972 Chevelle Super Sport.

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1967 Pontiac Firebird, Larry Hegtsad of Bemidji and Wilda.

## Minnesota Starwatch for October

October begins and ends with a full moon.

The first rises the evening of the 1st, only about three hours past the exact moment of fullness. Following it into the eastern sky is Mars, now too bright to be washed out by any lunar luster. Over to the south, brilliant Jupiter and dimmer Saturn are drawing nearer, en route to a close encounter in December.

The night of the 2nd, Mars and the waning moon rise and travel the night sky together. On the 13th, Earth laps Mars in the orbital race, passing a mere 38.6 million miles from the red planet. That night Mars shines down from the constellation Pisces, where no bright stars will be close enough to rival its splendor.

Above and slightly west of Mars, the Great Square of Pegasus is now in prime viewing position. Look below it on a moonless night and see if you can find the ringlike Circle of Pisces, representing one of two fishes in the constellation.

In the predawn sky, Venus dazzles in the east. Watch the bright star Regulus, in Leo, the lion, glide by the planet early in the month, passing closest on the 2nd and 3rd. On the 13th and 14th, waning crescent moons join Venus. All month long, look off to the west of Venus to see brilliant Sirius shining from its berth in Canis

Looking east, nightfall October 2

Mars •  
Moon ●

Minnesota Starwatch

Major, the big dog. This year October and November give us a great chance to compare Venus, the brightest planet, with Sirius, the brightest star in the night sky. But it will be easier this month because the two will be closer.

October's second full moon shines the night of the 30th-31st. The second full moon in a month is often called a blue moon, but the original definition was the third of four full moons occurring in a single season. By that definition, we'll see our next blue moon on August 22, 2021.

October bids farewell with Halloween, an astronomically based holiday. To the ancient Celts it was known as Samhain, one of four cross-quarter days falling midway between an equinox and a solstice. It began at sundown on October 31st, when all the evil spirits that had been cooped up since May Day were released to wreak havoc on humankind. People lit lanterns in gourds to ward them off and left food offerings to appease them—traditions that survive in jack o' lanterns and trick-or-treating.

Wednesday, October 7, 2020