



Tri County Canary

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

Essentia Health restricting hospital visitors

With the significant growth of COVID-19 cases in our communities, Essentia Health in Fosston will restrict visitors of hospitalized patients beginning Monday, November 23. Like other health care systems, we are taking this step to keep our patients and staff safe during a time of high community prevalence. Visitors will not be allowed in our hospital except in special circumstances and at the discretion of our care teams.

Hospitalized patients with COVID or suspected of having COVID will not be allowed visitors except for pediatric patients, patients for whom a support person has been deemed essential, obstetric patients and patients receiving end-of-life care.

For non-COVID patients, visitors will be allowed under the following circumstances:

- **Emergency department:** One adult visitor is permitted for vulnerable adults, trauma or other patients requiring communication to a health care team on their behalf. Two adult visitors are permitted for

- pediatric patients.
- **Pediatric units:** Two adult visitors are permitted per patient.
- **Labor and delivery units:** One support person — plus a certified doula (for labor and delivery only) — for each mom.
- **Neonatal intensive care units (NICU):** Two parents are permitted to visit at a time.
- **Surgery:** One visitor is permitted for a vulnerable adult or other patient requiring communication to the health care team on their behalf.
- **Care conferences** should be done through virtual methods if possible. If visitors are needed, up to two will be allowed during the conference.
- **At end of life,** only two visitors at a time will be allowed. Visitors can be rotated and will be required to wait outside the facility until it is their time to see the patient. Decisions regarding any variance requested for end-of-life visitation will be made by unit leadership and a patient's primary physician. Visitors under 18 are only allowed in end-of-life

circumstances.

Essentia-employed chaplains are not subject to this visitor policy. At facilities with Essentia-employed chaplains, they are available for ritual, support, prayer and assisting with virtual and phone connections with family and a patient's clergy or religious leader. A patient's pastor or religious leader can visit non-COVID patients as long as the visit is not disruptive to patient care. Community clergy and religious leaders may visit patients with COVID only at end-of-life or for compassionate care and these visits should be scheduled in advance.

Special considerations for individuals and other exceptions may exist. These exceptions will be agreed upon by a patient's care team.

All visitors are required to remain in the patient's room and are expected to wear a mask and eye protection at all times. Anyone who is sick or showing symptoms of COVID won't be allowed to visit patients.

In addition, Essentia Health will no longer allow visitors in the hospital cafeteria. Those hospital visitors who are allowed to visit under the policy exceptions will be able to order trays of food to the hospital room.

At this time, visitors are still allowed in the clinic setting. We ask that patients limit bringing another person with them to appointments as much as possible and limit this to those who require assistance for their visit.

These restrictions were made in accordance with our infectious-disease specialists, infection-prevention experts, nursing and physician leaders and our emergency-preparedness teams. They are necessary with record numbers of COVID infections and hospitalizations across our region.

We realize the additional restrictions will present an emotional hardship, and Essentia Health will continue to use and support other means for connecting our patients with their loved ones, including technology.



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Theology in the Trenches

By Kathleen Kjolhaug

What Was I Thinking?

May you find this true story as thought provoking as I. It was told to me by a friend.

1994 seemed so long ago... until today. Once upon a time, in this very year, my friend rose to the status of chaperone. She was not alone for with her were a pile of school kids of whom she was to keep watch as they traveled to the Erie Canal.

Together they watched as history came alive...a blacksmith solidified their understanding of his craft...a country store in full swing was fine and dandy along with the candy on display. Washboards were not a bore with laundry as the chore and making butter was sweet indeed.

When done, the chaperones and students wanted a memory or two to take on home and into the Gift Shop they did go. The poster pile on display from the 1840's caught the eye of my friend, and she soon found two she liked. The words upon them brought a smile to her face and so, why not to the face of others? Bought they were for the purpose of displaying for all to see.

The first found its way onto her kitchen wall where hungry eyes did feast.

"Everyone brings joy to this house. Some when they enter. Others when they leave."

The second poster she brought to work the following week. Upon her desk all solid like with nary a care in the world the purchase was plopped. Light hearted is all she thought it was...turned out, she was wrong.

Soon, someone sauntered by. The words spoken about the words upon the poster were quiet but respectfully firm. "Could you get rid of that? I shouldn't have to walk past a painful reminder of my past."

What were the words written upon the poster now on display in her office for all to see? I will tell you in a moment.

Within seconds of the request, the poster was taken down. Out of sight, out of mind were the words she thought were "funny." Gone were the words...until today.

Today, in the year 2020, Senator John Lewis, a black

man who left an inspiring legacy was buried. The words removed from her desk twenty six years back rang out in the heart of my friend as she grieved.

"All unattended children will be sold as slaves."

My friend spoke quietly. "I thought, no one could say I was racist...ever! That's how I saw it. I didn't even see what I didn't see. After all, I taught my children kindness, compassion and respect for others. Until today, I hadn't given a thought to those words upon my desk."

She closed. "What was this white person thinking?"

It matters not what we think. It matters greatly what He thinks. And what does He think?

The words from Galatians 3:28 is worthy of poster print. "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

As for my friend, she is we. She is us.

"Forgive us Father for we know not what we do" (Luke 23:34). Amen.



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Sheppard Diesel

By Auctioneer Eric W. Mickelson

When I was young I remember looking at my dad's collection of old tractor literature. You see when my dad was young whenever he would go into a dealership he would pick up a pamphlet or two off the shelf, advertising the tractor or implement of the day.

This was a favorite activity of mine. I remember looking at a unique tractor I had not heard of, a Sheppard Diesel!! To this day I have only seen a couple of them.

A member of the Tri River Pioneers, Goodwin Kvasager, told me a story that caught my attention. It was about 1955 and he was looking for a tractor. There was an ad in the Grand Forks Herald advertising a Sheppard Diesel at a dealer in Reynolds, ND. Goodwin thought this might be a pretty good tractor. By the time he was able to make it to Reynolds to check it out it was sold. Instead, Goodwin bought a Gambles/Farmcrest 30. That Gambles/FarmCrest turned out to be a pretty nice tractor too!! It looks as good as new today, and I was lucky enough to get to drive in for Goodwin in the 4th of July parade in Plummer a few summers ago. What if he would have bought that Sheppard Diesel. I could have drove that in the parade.

One of my favorite tractor shows on TV is Classic Tractor Fever. They once showed a rare Sheppard Diesel tractor. It was an SD-6. It featured a six cylinder engine. If I under-



Here is an SD-3 Sheppard Diesel tractor.

stand right it was never put into production, but someone has the ONE experimental model in their collection!

The R. H. Sheppard Company was started in 1937. They began producing diesel engines. With more and more uses being found for these engines the company was able to succeed selling these engines. The story has it that in 1949 the company had an idea for a

diesel tractor. They re-powered an M Farmall with a Sheppard Diesel engine. It was not that successful a transition, but it paved the way for the actual manufacture of the Sheppard Diesel tractor. Sheppard Diesel tractors were built from 1949-1956. Only about 2000 were produced. Some say they were ahead of their time. Whatever the reason they are a collectors item today!

How about a little tractor trivia

1. How many different models did the Sheppard Tractor Company build?
A) 2 B) 3 C) 4 D) 5
2. The smallest was the SD-1, a small 5hp tractor. What was the most popular model?
A) SD-2 B) SD-3 C) SD-4 D) SD-5
3. The SD-3 featured a _____ cylinder engine.
A) 2 B) 3 C) 4 D) 6
4. The SD-2 and SD-3 had Timken Detroit final drive, same as _____ tractors.
A) Case B) Ford C) Allis Chalmers D) Cockshutt
5. True or False Sheppard Company makes power steering units for trucks and buses today?

Answers: 1. C) 4 models 2. B) SD-3 most popular 3. B) 3 cyl. 4. D) Cockshutt 5. True, today Sheppard makes power steering units.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Q u e s - t i o n : I have heard a lot about "click it or ticket"

recently, I thought seat belt use was at an all-time high?

Answer: Most Minnesotans are making the life-saving decision to buckle up. According to the 2019 Minnesota Seat Belt Survey, 93.4 percent of front seat occupants are wearing their seat belts. Unfortunately, that means more than 7 percent of motorists continue to risk their lives and the lives of those in the vehicle by failing to buckle up.

Riding without a seat belt is gambling with your life. Preliminary numbers show 85 unbelted motorists lost their lives on Minnesota roads so far this year compared to 61 last year.. This is the reason why education and enforcement are necessary: to save lives. We'd rather meet you on the shoulder of the road now than at a violent crash scene down the road.

More than 300 law enforcement agencies across the state will be participating in the statewide Click It or Ticket campaign November 16 thru 29th. The De-

partment of Public Safety Office of Traffic Safety coordinates the extra enforcement and education campaign.

Law enforcement working overtime patrols will be on the lookout for unbelted motorists. All passengers must be properly restrained — even those in the back seat. All children must also be buckled in the proper child seat.

A seat belt is your best defense in case of a crash — every time you get into a vehicle, be the voice of reason and speak up — remind everyone to buckle up.

Minnesota Child Seat Law and Steps:

- In Minnesota, all children must be in a child restraint until they are 4' 9" tall, or at least age 8, whichever comes first.
- Rear-facing child seats - Newborns to at least 1 year and 20 pounds; recommended up to age 2. It is safest to keep a child rear-facing as long as possible.
- Forward-facing seats - Age 2 until around age 4. It's preferable to keep children in a harnessed restraint until they reach the maximum weight limit.

- **Booster seats** - Use after outgrowing a forward-facing harnessed restraint; safest to remain in a booster until 4' 9" tall, or at least age 8, whichever comes first.
- **Seat belts** - Use when children can sit with their back against the vehicle seat and have their knees bent comfortably over the edge with their feet touching the floor. Belts should be worn snug across the hips or thighs and should never be tucked under the arm or behind the back.

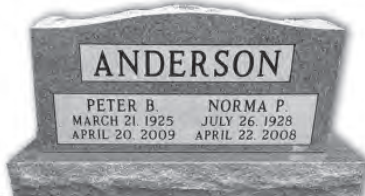
You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and always drive sober. Help us drive Minnesota Toward Zero Deaths.

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).

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R32-31C

OBITUARIES



Obituary for Lloyd Breiland

Lloyd Roger Breiland, 83, of Libby, Montana, went to be with the Lord on Sunday, July 26, 2020 as a result of respiratory failure caused by Covid-19.

He was born in Buxton, North Dakota on September 22, 1936 to Arthur and Georgine Breiland. The third son, he was preceded in death by his brothers, Orville, Gor-

don, Donald and Larry; his son, Darren James in 2000; as well as his father in 1954 and his mother in 2000. In March of 1957, he married Ardis June Halvorson of Clearbrook, Minnesota.

In 1962, they headed West to Portland, Oregon where Lloyd worked as a flooring contractor for nearly 60 years. On the rare days that he wasn't working, he enjoyed hunting and fishing with his five boys, building boats, playing his guitar and taking Ardis dancing. Later in life he used his amazing artistic talent and built beautiful wall clocks, ornate bird feeders, and worked tirelessly beautifying his yard.

He is survived by his wife, Ardis of Libby, MT; sons, Rick and Travis of Libby, MT; Ronald and Douglas of Hillsboro, OR; his daughter Tracy Lidgett of Hillsboro, OR; as well as 11 grandchildren and 17 great grandchildren.

A Celebration of Life will be held at a later determined date.



Obituary for Evalyn Swenson

Evalyn Joanne Swenson passed away Sunday, November 15, 2020, at Appleton Area Health- Hospital. She was preceded in death by her husband, Curtiss Leroy Swenson on February 8, 2017. Evalyn was born in Denver, Colorado on April 16, 1941, where she resided until 1971 when she moved to Fosston, Minnesota with her family.

Evalyn obtained a Master's Degree in Dietary Nutrition and worked as the head

of the dietary department at Pioneer Memorial Care Center in Erskine for over 30 years. She was an active volunteer with the American Heart Association for many years and enjoyed her garden club and cooking for the Rotary Club and Christian Women's Club. Evalyn loved being in her kitchen and was always experimenting with new recipes. She loved making lefsa with the family for the holidays and gathering for big meals and celebrations.

Evalyn is survived by her sister, Margaret (Lowell) Stevens of Clearbrook, MN; her four children: Georgia (Sam) McCroy of Appleton, MN , Vince (Bev) Murray of Hardin, MT, Randy (Elaine) Murray of St. Cloud, MN and Joe (Cinda) Lovato of St. Cloud, MN; and by her many, many grandchildren and great-grandchildren.

No service will be held at this time but a memorial will be planned after the pandemic.

Please sign the guestbook at www.zniewskifuneral-home.com

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Lindfors Agency will be closed this Thursday & Friday for Thanksgiving

R36C

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The benefits of crossword puzzles

Crossword puzzles are one of the most popular pastimes in the world.

Crosswords are square grids made up of white- and black-shaded squares. The goal is to fill in all of the letters to form words and phrases that work both vertically and horizontally. The grid varies based on the country of origin. Certain grids also have 180-degree rotational symmetry so that the pattern appears the same if the paper is turned upside down.

Historians are uncertain about who created the world's first crossword puzzle, although it is believed to be something that originated in the 19th or early 20th century. Arthur Wynne, a journalist from Liverpool, England, published a word-cross puzzle in the New York World that had many of the features of the modern game, and the crossword is frequently attributed to Wynne.

Even though crossword puzzles have been entertaining and helping people pass the time for more than 100 years, the benefits of crosswords go be-

yond boredom-busting. Various studies have shown the positive effects crossword puzzles can have on a person's brain and capacity to learn.

· **Improve vocabulary:** Crossword puzzles introduce players to new words. And players may learn some interesting facts about various subjects simply by filling in crosswords correctly.

· **Strengthens memory:** The more frequently participants engage with word puzzles, the better they can perform tasks that measure attention, reasoning and memory, according to a study from the University of Exeter Medical School and Kings College London. The study found people who play crosswords have brain function equivalent to those 10 years younger than their actual age.

· **Improve socialization:** Crossword puzzles can help you connect socially with others who also play crossword puzzles.

Solving a puzzle together as a group is a fine way to connect and meet new people.

· **Help relieve stress:** Crossword puzzles can engage the brain and mind, helping direct attention away from stressful situations. Crosswords also provide a way to relax and unwind.

· **May help prevent brain diseases:** According to the Alzheimer's Association, research indicates keeping the brain active seems to increase its vitality and may build reserves of brain cells and connections. In addition, those who keep their minds active may have lower amounts of a protein that forms beta amyloid plaques attributed to Alzheimer's disease.

Crossword puzzles can fill empty hours with an entertaining and educational activity. However, there are many other benefits to doing crossword puzzles that may surprise even the most ardent puzzle enthusiasts.

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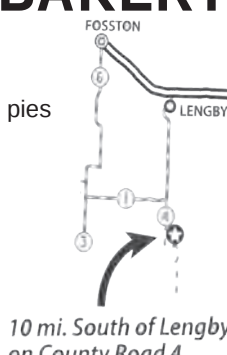
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CLEARWATER COUNTY LAND COMMISSIONER'S NOTICE OF INTERMEDIATE ORAL BID

Notice is hereby given that under the provisions of Chapter 355, Laws of 1941, as amended, tracts of timber will be offered for sale without the sale of land at **9:00 A.M. on Wednesday, December 9, 2020** in the third floor meeting room of the Courthouse, 213 Main Avenue North, Bagley, Minnesota. **All bidders must have completed a Contractor Application prior to 4:30 P.M. on Friday, December 4, 2020.** Information regarding the sale is available at the Land Commissioner's office, Clearwater County Courthouse, 213 Main Ave N, Bagley, MN or on the County website, www.co.clearwater.mn.us

R36C

POLK COUNTY HIGHWAY DEPARTMENT

"QUOTE"

POLK COUNTY PARK - MAPLE LAKE
Dumpster Rental and Garbage Pick Up Services

Polk County is soliciting quotes for dumpster rental and garbage pick up service at the Polk County Park/Maple Lake for a period of three (3) years. The three (3) year service will be limited to the camping seasons of 2021, 2022, & 2023 beginning approximately May 1 of each year and terminating approximately October 1 of each year until October 1, 2023. Quotes will be accepted until December 7, 2020. All parties interested in quoting this work should contact: Polk County Highway Department, 820 Old Hwy. 75 So, Crookston, MN, 218-281-3952. R35-36C

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M54-37C

What is a Fair Farm Rental Agreement?

Landlords, farmers, and agri-business professionals should make plans to attend the informative meetings being held across Minnesota online. These free meetings are being provided by the University of Minnesota Extension. Farm land rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is a challenge in today's economy.

Negotiating a fair rental agreement that satisfies the land owner and the farmer is a challenge. Ag Business Management Extension educators David Bau, Nathan Hulinsky, and Amber Roberts will provide several ways, including factsheets and worksheets to determine a fair farm land rental rate for both parties.

Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farm land values and sales, and a worksheet that will help determine a fair rental agreement. Input costs for 2020 will be presented along with current 2020 corn and soybean prices. Worksheets will examine 2021 costs and what is affordable rent that a farmer will be able to pay in 2021, the rate of return to the landlord at current market values, and examine flexible rental agreements.

The meetings will be held virtually, therefore you will need to pre-register:

November 30, 2020 (NW MN Regional focus) at 10 am:

Registration link: z.umn.edu/CrookstonLandRent2020:

December 2, 2020 (Polk and Norman County focus) at 1 pm:

Registration Link: z.umn.edu/PolkNormanLandRent2020

For more information, contact: Heather Dufault, Local Extension Educator for Polk & Norman Counties at pohl0024@umn.edu or on the extension cell phone at 218-280-1129.

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R21NC

AVIATION WORD SEARCH

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AVIATION SEARCH

Answers on page 4

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FAMILY PACK 85% LEAN GROUND BEEF \$3.19 LB	ANGUS FARMS BONELESS BEEF BALL TIP STEAK \$4.29 LB	FAMILY PACK BONELESS PORK COUNTRY STYLE RIBS \$2.29 LB	ELLIOTT'S "BUTCHER CUT" SLICED BACON \$4.99 16 OZ	FESTIVE WHOLE TURKEY BREASTS \$1.59 LB	JOHN MORRELL SMOKED HALF HAM \$2.69 LB	ELLIOTT'S SMOKED SAUSAGE OR POLSKA KIELBASA 2/\$6 16 OZ	NO NAME ORIGINAL OR WILD RICE MEAT BALLS \$7.49 20 OZ
ANGUS FARMS BONELESS BEEF TOP ROUND ROAST \$3.89 LB	ANGUS FARMS BONELESS BEEF NEW YORK STRIP STEAK \$8.49 LB	PORK SHOULDER ROAST \$1.69 LB	JENNIE-O TURKEYS \$1.39 REG \$1.29 w/\$50 ADDITIONAL GROCERY PURCHASE \$1.19 w/\$100 ADDITIONAL GROCERY PURCHASE \$1.09 w/\$150 ADDITIONAL GROCERY PURCHASE TURKEY ROAST \$4.99 32 OZ	JENNIE-O WHITE OR COMBINATION TURKEY ROAST \$4.99 32 OZ	OLSEN'S FRESH LUTEFISK \$6.99 LB	ARCTIC SHORES 26 - 30 CT COOKED SHRIMP \$9.99 16 OZ	BLUEWAVE 20 - 30 CT BAY SCALLOPS \$9.99 16 OZ

LAND O' LAKES DAIRY PURE 2%, 1% OR SKIM MILK \$3.39 GALLON CASS CLAY 2%, 1% OR SKIM MILK 97 OZ \$2.99	LAKELAND HOT DOG OR HAMBURGER BUNS \$2.49 12 PK COUNTRY HEARTH DAKOTA 12 GRAIN BREAD 24 OZ \$2.49	FRESH BAKERY 8" PUMPKIN PIE \$5.99 OLD FASHIONED SOUR CREAM CAKE DONUTS 6 PK \$2.49	ESSENTIAL EVERYDAY SUGAR \$2.39 4 LB ESSENTIAL EVERYDAY SEMI SWEET CHOCOLATE CHIPS 12 OZ \$1.79	MJB PREMIUM COFFEE \$3.99 26 OZ ASSORTED GREEN MOUNTAIN K - CUPS 12 CT \$6.99
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LAND O' LAKES DAIRY PURE REGULAR OR PLUS CALCIUM ORANGE JUICE 2/\$4 1/2 GAL CASS CLAY 2% OR SKIM CHOCOLATE MILK 1/2 GAL \$1.99	ORIGINAL CHEEZ-IT \$3.39 12.4 OZ KEEBLER ORIGINAL ZESTA SALTINES 16 OZ \$2.59	ASSORTED CHEETOS FRITOS (6.5 - 8.5 OZ) OR (9.25 - 10 OZ) 4/\$10 ASSORTED BAKED SNACKS OR ASSORTED SUNCHIPS 4/\$10	CARNATION EVAPORATED MILK \$1.39 12 OZ MCCORMICK PURE VANILLA 2 OZ \$6.99	LIPTON ONION SOUP MIX 2/\$3 2 OZ SWANSON RS CHICKEN BROTH 32 OZ 4/\$9
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LAND O' LAKES DAIRY PURE HEAVY CREAM \$1.99 PINT LAND O' LAKES 4% OR 2% COTTAGE CHEESE 16 OZ \$1.79	CORN & BUTTER SAUCE; BROCCOLI, CAULIFLOWER & CARROTS IN CHEESE SAUCE; BABY BRUSSEL SPROUTS & BUTTER SAUCE; BROCCOLI & CHEESE SAUCE OR CAULIFLOWER & CHEESE SAUCE SIMPLY STEAM VEGETABLES 4/\$5 10 OZ BOX ASSORTED STOUTER'S MEALS 14 - 20 OZ FROZEN 3/\$10	HALO CLEMENTINES \$5.49 3 LB NAVEL ORANGES EA 99¢ DOLE GOLD PINEAPPLE EA \$2.99 GRANNY SMITH APPLES LB \$1.29 FRESH CRANBERRIES 12 OZ \$1.79 FRESH ASPARAGUS LB \$3.49 BABY PEELED CARROTS 16 OZ \$1.09 FRESH BROCCOLI LB \$1.49 GRAPE TOMATOES PINT \$1.49 JUMBO SWEET ONIONS LB 69¢ GREEN GIANT RUSSET IDAHO POTATOES 5 LB \$1.99	RICELAND LONG GRAIN RICE \$1.59 2 LB SUNMAID RAISINS 25.58 OZ \$3.79	SUPREME CAT COMBO \$8.99 16 LB SUPREME VALUE PACK DOG FOOD 50 LB \$16.99
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Clearbrook, MN 56634
Attn: Jeff Burgess R33-36C



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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 full
job description can be found on Polk County's website: 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. All qualified applicants will be considered for employment. This
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