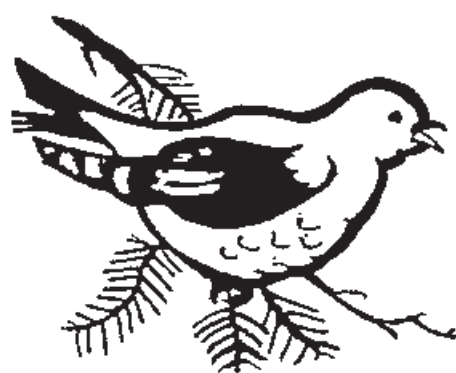




Tri County Canary

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



Schoolhouse Grocery – Craig and Tamera Anderson, Tom Anderson, NMF Board Member

NMF excellence awards honor past President Ruth Edevold

Bemidji, MN – May 15, 2015 – Since 1993, the Foundation has recognized the contributions of individuals and organizations in northwest Minnesota. Sixty-nine excellence awards have been given, which includes an unrestricted grant from the Foundation to the nonprofit of the recipients' choice. This represents \$69,000 in grant-making to our partners to develop assets in our communities and improve the quality of places throughout the region. This year's award luncheon was held in Bagley, Minnesota to honor four award recipients and to remember the contributions of Ruth Edevold, the first and founding Executive Director for the Northwest Minnesota Foundation.

Since its inception in 1986 as the Northwest Minnesota Initiative Fund to its evolu-

tion into a diverse community foundation, Edevold worked toward achieving its mission to improve the quality of life for the people of northwest Minnesota. She helped build a rural experiment in leadership and development into a major regional force. The Ruth Edevold Excellence Awards recognize posthumously the work she did for our region. The Excellence in Leadership Award is given to individuals who have participated in the Foundation's training or leadership programs and then returned to their job, their volunteer activities and their community actively using the skills they learned. Denny DeMers was this year's recipient. DeMers is now retired but worked for the Tri-Valley Opportunity Council for

more than 40 years. Tri-Valley is a nonprofit action agency headquartered in Crookston that provides services in Minnesota and Northeast North Dakota. Northern Dental Access Center is the recipient of the Ruth Edevold Organizational Excellence Award. This recognition is given to nonprofit organizations that have staff or board members who attended a Northwest Minnesota Foundation-sponsored training program or received a grant from the Foundation. The Northern Dental Access Center in Bemidji was founded in 2006 as the Mississippi Headwaters Area Dental Health Center. They have a mission to "provide a dental home for those in need." Patients drive up to 150 miles for services.

The Quality of Place Award recognizes Northwest Minnesota Foundation partners, grantees, training participants and loan clients who have helped to develop community assets in a manner that enhances the quality of the places in the region through specific activities supported by NMF. Tamera and Craig Anderson of rural Trail, Minnesota became the owners of the Schoolhouse Grocery Store in July 2014. The Schoolhouse Grocery Store is the only grocery store in a 10-mile radius. A grocery store serving a rural region is a critical service that binds a community. Golvick, the next closest town, lost its only grocery store to a fire and was not re-built. This loss heightened the importance of maintaining a grocery store in Gully for the greater community's needs. Paul Bunyan Communications (PBC) is also a recipient of the Quality of Place Award. PBC is a true community partner, who has been working in the Bemidji area since the 1950s. The CEO and General Manager Gary Johnson was one of the founding members of IMPACT 20/20 and its Broadband Taskforce, which has worked to support installation of high-speed internet access throughout the region and encourages local businesses to adopt a more robust telepresence. With PBC's announcement in 2014 to create the Giga-Zone - one of the largest all-fiber optic Gigabit networks in the United States - economic development and expansion will position the PBC territory to be a contender in attracting new businesses to the region. Each award recipient chose to pay it forward by awarding their \$1,000 grant to a nonprofit of their choice. Those organizations are Hope House, The Nameless Coalition for the Homeless, Clearbrook-Golvick Summer Recreation Program, the City of Gully for their playground, and Tri-Valley Opportunity Council.



Honoring our service members on Memorial Day

By Tammy Fluto
Social Security Manager in Bemidji, MN
On Memorial Day, we honor men and women who died while courageously serving in the U.S. military. We also recognize active duty service members, especially those who have been wounded. Cities and towns across the United States host Memorial Day parades to thank our service members and their families for their sacrifices. Policymakers put into place laws and benefits to protect our heroes and their families. For example, Social Security provides survivors, disability, retirement, and Medicare benefits. Not only does Social Security have benefits to protect veterans, we also provide family benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors. Service members can also receive Social Security, as well as military retirement benefits. The good news is that your military retirement benefit doesn't reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm. Service members are also eligible for Medicare at age 65. If you have health insurance from the Department of Veterans Affairs, or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.



Paul Bunyan Communications – Rob St. Clair, Christie Turn, Kathy Peterson, Gary Johnson, Jon Quistgaard, NMF Board Member, Elaine Iverson, Bruce Campbell, Randy Frisk, Brian Bissonette.

Landsverk Dairy install robotic milkers

At Landsverk Dairy in Fosston, gone are the days of running the day set to the schedule of milking. The Landsverk's recently installed robotic milkers on their organic dairy farm. They built a state-of-the-art barn adding 4 robotic milking systems that take care of about 300 cows each day. The average milking time in just under

8 minutes. Robotic milkers feed and milk cow after cow without any help. Most cows line up to be milked. "We still have to chase a few down every day," said Herdsman, Jamie Ruby. The cows are able to milk on demand, sometimes three to five times a day. Each cow wears a computerized collar that monitors data and knows

if the cow should be milked or not. If the cow is not to be milked, once it steps into the robotic chute, it will be kicked out for the next cow to be milked. The collar also allows the Landsverk's to collect and monitor data on each cow in the herd individually each time the cow enters the chute to be milked. The new system allows for better management of the herd

and the ability to get the most milk production with the ability to keep the cows more content. They do not have to wait for a specific time to be milked, they can milk when they feel uncomfortable and have the need. When the cow gets milked, it also gets fed a specific amount based on what stage of lactating they are in. This also boosts the milk production and makes for healthier cows.



The cows line up outside the robotic milking chute at Landsverk Dairy in Fosston.



A cow at Landverk Dairy in Fosston looks out from the Robotic Milking Chute where each cow in the 300 head herd enters to milk and eat.

No County and State Fair Poultry Shows

A press release jointly written by Minnesota 4-H, Minnesota Board of Animal Health (BAH) and Minnesota State Fair is being released to media indicating BAH is mandating that there be no public poultry activities involving birds until further notice. This will include cancellation of all County and State Fair Poultry Shows. This is being done to best manage animal safely given the Avian Flu outbreak. There is no doubt that this decision will be a disappointment to our 4-H poultry families and the many dedicated volunteers who work with 4-H poultry kids statewide. But, this is the responsible choice and Minnesota 4-H fully supports this decision. Please know that our State Fair 4-H Poultry Committee is committed to providing significant educational opportunities for poultry youth at the Minnesota State Fair. At this early juncture, however, we are not prepared to provide

exactly what that might look like. What we do know is that we will be keeping all poultry quotas in place and hope that counties will work to fill those quotas. As a "plan B," both 4-H staff and the poultry committee had already identified a group of people who will help with the planning. We will announce a new schedule with details as soon as we can - at least by June 15. The group will identify a couple of templates counties might choose to help them identify their State Fair Poultry delegation. They will also develop a fun and engaging itinerary of activities for poultry kids during Livestock Weekend. Expect to see more details as soon as we can bring this group together. Similarly, I expect this committee to discuss ideas that can help counties with potential alternatives to county fair poultry shows. If you have questions, please contact your local 4-H Program Coordinator.

Resurfacing of eastbound Highway 2 east of Fosston began

Motorists on Highway 2 east of Fosston will experience daytime lane shifts as crews began resurfacing work on eastbound Highway 2. Eastbound traffic will be switched to the westbound side of Highway 2, with head-to-head traffic occurring. Crews will resurface eastbound Highway 2 from Fosston to four miles east of town. The

project will also include the construction of three new eastbound turn lanes, and culvert work. Work will conclude in mid-July, weather permitting. Drivers are urged to slow down to posted speeds in work zones. For statewide travel information, visit www.511mn.org.

Around the Tri County Canary area

SARON FREE LUTHERAN CHURCH

RURAL ERSKINE

Memorial Day

2015 May 25

LUNCH... 11:00-1:30 PM

BBQs, baked beans, assorted salads, bars, lemonade, coffee.

Free Will Offering

Mentor Farmers' Market to Open

The Mentor Farmers' Market is planning to open on Saturday, May 23, outdoors in the east Mentor School yard with hours from 8 till noon.

It seems we have been enjoying an early spring and we are excited to announce opening day at the market. The vendors are looking forward to the season and will provide local foods and goods every Saturday from 8 am to 12 noon from the Memorial weekend through September. Several vendors have high tunnels allowing early produce production. Lettuce, cucumbers, radishes and asparagus may be available as early as Memorial weekend. Throughout the summer, the market will provide a good variety of fresh produce, breads, lefse, jams, salsa, honey, donuts, baked goods, bagels, jewelry, American Girl doll clothing, weaving, live plants, night crawlers, local print t-shirts, area souvenirs, homemade beauty products, lotions and much more. We are

pleased to announce that Erickson Smokehouse of Fertile will be there again this year with the food truck to provide hot morning breakfast items, along with ready-to-heat, fully cooked ribs, brisket, beans and other side salads. The market members are very excited as the market continues to grow and fill the needs of their customers. Many exciting events are being planned to happen concurrently with the morning market. Several of the area car and tractor restorers will be displaying a favorite restored car or tractor of theirs right in the middle of the market space on various market days. There will also be live music events most days, some cooking events, hula hoops for kiddy (and adult) fun, and some surprises. Check the schedule on the market's website at www.mentorfarmersmarket.org for weekly updates and news. Also "Like" us on Facebook at Mentor Farmers Market for news, information and photos.



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March of Dimes Recognizes Essentia Health-Fosston for its Work to Give Babies a Healthy Start

Essentia Health-Fosston has been recognized for reducing the number of elective inductions and Cesarean deliveries performed before 39 completed weeks of pregnancy. March of Dimes says this will give more babies a healthy start in life. Babies delivered before full-term are at increased risk of serious health problems and death in their first year of life.

"The dedicated physicians here, along with the entire care team, take great pride in this March of Dimes recognition for the second year in a row," says Kevin Gish, Essentia Health-Fosston Administrator.

This achievement is recognized through a banner from the March of Dimes and Minnesota Hospital Association.

Babies born just a few weeks early have higher rates of hospitalization and illness than full-term infants. Recent research by the March of Dimes, the National Institutes of Health and the U.S. Food and Drug Administration found that although the overall threat is small, the risk of death more than doubles for infants born at 37 weeks of pregnancy when compared to babies born at 40 weeks, for all races and ethnicities.

"The last weeks of pregnancy are important. Babies aren't just putting on weight. They are undergoing important development of the brain, lungs and other vital organs," says Lawrence Massa, March

of Dimes Board Member and Minnesota Hospital Association President and CEO. "I commend Essentia Health-Fosston for being a champion for babies with their quality improvement effort."

In partnership with the Minnesota Hospital Association and the American College of Obstetricians and Gynecologists, the March of Dimes has been getting out the word that "Healthy Babies Are Worth the Wait". The campaign urges women to wait for labor to begin on its own if their pregnancy is healthy, rather than scheduling delivery before 39 completed weeks of pregnancy.

"The process of reducing early elective inductions and C-sections begins very early on with discussions between the patient and our entire care team," says Gish. "This provider-patient partnership is important and instrumental in achieving this goal."

In Minnesota, March of Dimes worked with the Minnesota Department of Human Services and hospitals to adopt policies against medically unnecessary deliveries before 39 weeks. This change went into effect in January 2012. Minnesota Hospital Association numbers show the number of early elective deliveries has decreased by 92 percent.

"Caesars of the Wilderness" presentation at Beltrami Senior Activity Center

The Beltrami County Historical Society announces the "Caesars of the Wilderness" presentation by Barry Babcock at the Senior Activity Center!

Thursday, May 21, 1:00 p.m. at the Senior Activity Center, 216 3rd St NW, Bemidji

Join the Beltrami County Historical Society at the Senior Activity Center, 216 3rd St NW, Bemidji on Thursday May 21 at 1:00 p.m. for the "Caesars of the Wilderness" presentation by Barry Babcock. Barry Babcock will share stories about the 17th-century explorations and fur trade expeditions of Pierre-Esprit Radisson and Médard Chouart des Groslieries through the forests, lakes, and rivers of Northern Minnesota and the Upper Midwest. The presentation is FREE to the public!

Please Help Us Celebrate the Graduation of Brady James Grove

Saturday, May 23rd, 2015
2-5 pm

Oklee Community Hall



A HUGE thank you to the entire community for helping me raise the money to compete in Australia this summer! Thank you to all of those who sponsored me and thank you to all of those who came out to support me at the Spaghetti Feed/Silent Auction Fundraiser. A very special thank you to all those who put together the Spaghetti Feed/Silent Auction!!

Devin Lambert

SCHOOLHOUSE GROCERY

GULLY, MN

NEW STORE HOURS!

Monday - Friday 9am-6pm,
Saturday 9am-4pm
Sunday 9:30am-12:30pm

SCHOOLHOUSE GROCERY TOP 10 DEALS!!

- BONELESS Pork Loin Chops...PER LB. **\$3.19**
 - HEARTLAND FARMS Ground Beef ... 1 LB. PKG. **\$4.59**
 - BUSH'S BEANS AND GRILLIN' Beans 28OZ CAN **\$1.99**
 - GEDNEY - 32 OZ. JAR Baby Dills **\$.34.9**
 - HEINZ TOMATO Ketchup 38 OZ. BOTTLE **\$2.99**
 - NABISCO HONEYMAID Graham Crackers **\$3.49**
 - KEEBLER CHOCOLATE LOVER'S CHIPS Deluxe Cookies **\$2.99**
 - QUILTED NORTHERN SOFT & STRONG Bath Tissue 6 PK. DBL ROLLS **\$4.99**
 - MYTOP FROZEN Blackberries.. 1 LB. PKG. **2 for \$3**
 - **FRESH* Sweet Corn **10 for \$4.44**
- Stop in and Check Out our Large Selection of Vegetable Plants and Annual Flowers!!!
- We are Open 7 Days a Week to serve you!!
- Like Us on Facebook!

Open for the Summer



Scratch-Made Gourmet Donuts
Twists, Mocha Bars, Bismarcks
Fritters, Rolls, Cookies
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218-563-4735 Like us on Facebook



Auntie Kreamsaugen to perform in Gully!

It's almost hard to believe that five years have passed since Gully celebrated its centennial. The Gully 100 Committee met recently and decided that they didn't want to wait another hundred years to celebrate together again. It is in that spirit that the town of Gully will celebrate its 105th anniversary on July 18th with food, games, and live entertainment, including a special performance by Auntie Kremsaugen herself.

As many of you know, Auntie Kremsaugen regularly appears at Jasper's Jubilee Theater, in Park Rapids, MN, where she has performed during the summer months for the past 11 years. What you may not know is that the woman behind Auntie Kremsaugen is Darlene Rolle, who grew up in "a Scandinavian community in rural Minnesota" and now calls Detroit Lakes her home, where she lives with husband Dick Rolle. She and younger members of her family built and maintain the Jasper's Theater, which features the music, magic and comedy of four generations of Darlene's family and friends. She has performed at the Norsk Høstfest in Minot ND.

As a part of the fun filled 105th celebration, Auntie Kremsaugen will perform at the Gully Town Hall on July 18th. Admission is free and all are welcome. Stay tuned for more information on the time of this and all of the other exciting events and activities planned for this day. Come and have some fun in Gully!



In observance of

Memorial Day

Monday, May 25

we will be printing 1 day late next week.

Please have your news items and ads in to our office by **Thursday, May 21** (instead of the usual Friday deadline).

Thank you.

Richards Publishing Co., Gonvick

940 students Graduate May 15

Minnesota State University Moorhead awarded degrees to more than 940 students during its spring commencement program Friday, May 15 in the university's Nemzek Fieldhouse.

Emily Beck, a 2006 film studies graduate and the executive director of the Fargo Theatre Management Corp., was the commencement speaker.

Grygla - Kimberly Moe, graduated with a Bachelor of Arts Degree with a major in Biology. She attended Grygla High School.

Goodridge - Sue Beavis, graduated with a Bachelor of Nursing Degree with a major in Nursing. She attend Roseau High School.

Fosston - Bonnie Stewart, graduated with a Master of Liberal Arts Degree with a major in Liberal Arts. She graduated from Fosston High School.

Erskine Water Carnival Parade

On behalf of the Erskine Commercial Club, we would once again like to invite all area communities to participate in **Erskine's 60th Annual Water Carnival Parade**. It will be held on Sunday, June 7th at 5:00 pm. Line up begins at the Grace Lutheran Church same as last year and parade staff will be on hand beginning at 4:00 pm to get you in the line-up. We'd love to have bands, floats, queens, antique tractors, classic cars, horses, riding clubs, churches, politicians, organizations, businesses, school groups, and just whatever you're willing to bring over!!! We hope to have an even bigger parade than last year. Come on over and help us celebrate by joining in the FUN! Contact Sherry Hoas #218-230-8811 or #218-687-5292.

Garden Valley Annual Meeting in Erskine on Tuesday, June 2

The 110th Annual Membership Meeting of Garden Valley Telephone Company will be held on Tuesday, June 2, 2015, in the auditorium of the Win-E-Mac Public School near Erskine, Minnesota. The auditorium is located on Highway 59, one-half mile north of Highway 2.

Meeting to begin at 10:30 a.m.

The meeting is scheduled to begin at 10:30 a.m. Members can register anytime between 8:30 a.m. and 10:30 a.m. on June 2. Reports will be presented on the cooperative's operations and financial status for the year ended December 31, 2014.

3 Directors to be Elected

All Garden Valley members are eligible to vote for directors at the 2015 annual meeting. Directors will be elected for 3-year terms from District No. 3 (Red Lake Falls

& St. Hilaire exchanges), which is represented by Arlene Novak of St. Hilaire; District No. 6 (Clearbrook, Gonvick & Leonard exchanges), which is represented by Vernon Hamnes of Gonvick; and District No. 9 (Gatzke, Goodridge & Grygla exchanges), represented by Ronald Engelstad of Grygla.

Members attending the June 2 meeting will receive a gift from the cooperative and will be eligible for a number of prizes to be awarded by drawings. Members will be able to view products and service displays, as well as visit with Garden Valley personnel who will be on hand to answer their questions. Lunch will be served following adjournment of the business session and entertainment will be provided by "The WoodPicks" during registration.

Garden Valley Telephone Company is an equal opportunity provider and employer.

Red Lake County Fair Events

We're Looking For YOU!

Variety of Talent Show

Friday June 26th at 7:00 pm

Contact Katlin at 218-688-2667 or email trikat@gvtel.com to register for the Talent Show

Cookie Contest

2:00 p.m. on **Saturday, June 27th**

Categories:
Rolled & Drop Cookies

Recipes must be included, contact Margaret Hamrum 218-698-4449 with any questions.

Cupcake Decorating Contest

Sunday, June 28th at 2:00 p.m.

Contact Margaret Hamrum 218-698-4449 with any questions.

Community AUCTION

Saturday, June 27th at 4:00 p.m.

Contact Mike Dessellier 218-796-5414 to donate or consign



Sadie Rae's QUILT SHOP

Join us Monday June 1st 6:00pm-9:00pm

We will welcome an inspiring lecture and trunk show by Jodi Barrows. Jodi will also share the ease of her Square in a Square technique.

Free of charge, call Sadie Rae's to register

Friendly Staff to help you with your quilting needs!

- Brand-name quilting fabrics
- Patterns and Notions
- High Quality Quilting Supplies and Expertise

516 Old Whitetail Dr. NW (HWY 2 West), Wilton, MN 56687
218-444-2387 - sadiesraesquiltshop.com
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Karlee Ziermeier - Fosston



Mikayla Paradis - RLCC



Ann Marea Agnes - Fosston

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Palubicki's

Sale Dates: Monday afternoon May 18 to May 24

FOODS & DELI
Fosston, Minnesota
Double Coupon Sunday
through Wednesday

ASSORTED FLAVORS
LAND O LAKES ICE CREAM
\$2.99
56 OZ SQUARE

TACO, SHARP CHEDDAR, NACHO, MOZZARELLA,
MILD CHEDDAR, MEXICAN BLEND OR COLBY JACK
ESSENTIAL EVERYDAY FANCY SHREDDED CHEESE
2/\$3 8 OZ

COLBY, COLBY JACK, EXTRA SHARP CHEDDAR,
MEDIUM CHEDDAR, MILD CHEDDAR, MONTEREY JACK,
MOZZARELLA, MUENSTER, PEPPER JACK
OR SHARP CHEDDAR
ESSENTIAL EVERYDAY CHUNK CHEESE
\$1.79 8 OZ

REGULAR OR PLUS CALCIUM
CASS CLAY ORANGE JUICE
2/\$4
1/2 GAL

FROOT LOOPS, APPLE JACKS OR
FROSTED FLAKES
KELLOGG'S CEREAL
4/\$10
21.7-26.8 OZ

ORIGINAL FROSTED MINI WHEATS
OR RAISIN BRAN
KELLOGG'S CEREAL 18-18.7 OZ **3/\$8**

ORIGINAL, COUNTRY STYLE,
HOMESTYLE OR MAPLE CURED BACON
BUSH'S BAKED BEANS
3/\$5
28 OZ

ESSENTIAL EVERYDAY
VEGETARIAN
BAKED BEANS 28 OZ **4/\$5**

CRYSTAL SUGAR
\$1.99
4 LBS
LIMIT 2 PLEASE
ADDITIONAL FOR \$2.19

ESSENTIAL EVERYDAY
SEMI-SWEET
CHOCOLATE CHIPS 12 OZ **2/\$3**

ASSORTED 24 PACK
COCA COLA PRODUCTS
\$6.99
12 OZ CANS
LIMIT 2 PLEASE
ADDITIONAL FOR \$7.59

ASSORTED 2 LITER
COCA COLA PRODUCTS **\$1.39**

ORIGINAL 30 OZ
KRAFT MIRACLE WHIP
\$2.99
WITH COUPON BELOW
\$3.99 WITHOUT COUPON

MEL-O HONEY
\$3.99
32 OZ

SMUCKER'S GRAPE JELLY
\$1.89
32 OZ

ROTELLE, MEDIUM SHELLS, RADIATORE,
ROTINI, VERMICELLI, SPAGHETTI
OR THIN SPAGHETTI
CREAMETTE
10/\$10
16 OZ

FAMILY PACK 85% LEAN GROUND BEEF LB \$3.99	PORK BONE-IN SHOULDER ROAST LB \$1.49	GOLD N PLUMP 8 PIECE CUT UP CHICKEN 52 OZ \$6.19	WILD HARVEST ASSORTED TURKEY OR HAM LUNCH MEAT 7 OZ \$3.99
ANGUS FARMS BEEF BONELESS CHUCK ROAST LB \$4.29	PORK FAMILY PACK BONELESS CENTER CUT PORK CHOPS LB \$2.89	GOLD N PLUMP MESQUITE, LEMON PEPPER OR BBQ WHOLE CHICKEN 3.25 LB \$5.99	BEEF BOLOGNA OR BEEF COTTO SALAMI OSCAR MAYER 16 OZ \$2.99
ANGUS FARMS BEEF FAMILY PACK BONELESS CHUCK STEAK LB \$4.49	PORK BABY BACK RIBS LB \$2.99	FAMILY FAVORITE BONELESS, SKINLESS CHICKEN BREAST 2.5 LB \$4.99	BEEF & CHEDDAR, BEEF JUMBO, BEEF BUN LENGTH OR BEEF OSCAR MAYER FRANKS . 15 OZ \$2.99
ANGUS FARMS BEEF FAMILY PACK BONELESS BALL TIP STEAK LB \$5.49	PORK FAMILY PACK COUNTRY STYLE RIBS LB \$1.59	CHICKEN LEG QUARTERS 10 LB BAG \$6.99	GARLIC OR TANGY SUMMER SAUSAGE CLOVERDALE 28 OZ \$8.49
ANGUS FARMS BEEF FAMILY PACK T-BONE STEAK LB \$9.29	ASSORTED FRESH BRATS OR ITALIAN SAUSAGE JOHNSONVILLE 19 OZ \$4.19	ARCTIC SHORES 26/30 CT COOKED SHRIMP 16 OZ \$10.99	PILLOW PACK ORIGINAL HORMEL PEPPERONI 6 OZ \$2.99
ANGUS FARMS BEEF FAMILY PACK BONELESS RIBEYE STEAK LB \$11.39	ORIGINAL, THICK, APPLEWOOD OR LESS SODIUM FARMLAND BACON ... 12-16 OZ \$3.79	ARCTIC SHORES POLLOCK FILLETS 16 OZ \$3.49	HORMEL SIZZLERS 12 OZ 3/\$4

2%, 1% OR SKIM
CASS CLAY EZ GRIP MILK
3/\$9
97 OZ

HERSHEY'S S'MORES
SAVE AN
ADDITIONAL \$2.00
WITH COUPON
BELOW
NABISCO HONEY MAID
GRAHAMS 14.4 OZ **\$3.59**
KRAFT JET PUFFED
MARSHMALLOWS 10 OZ **\$1.39**
HERSHEY'S MILK CHOCOLATE
CANDY BARS 5 PK **\$3.99**

ONE ONE ONE
BBQ, REGULAR, WAVY REGULAR
OR SOUR CREAM & ONION
LAY'S POTATO CHIPS
10-10.5 OZ
HINT OF LIME, RSTC, SCOOPS, MG SCOOPS
OR FAJITA SCOOPS
TOSTITOS 9-13 OZ **2/\$6**

ASSORTED SNACK CRACKERS
(5.5-9.1 OZ) OR
ASSORTED RITZ CRACKERS
(8.8-13.7 OZ)
NABISCO
4/\$9
ASSORTED RITZ OR WHEAT THINS
TOASTED CHIPS
NABISCO 8.1 OZ **4/\$10**

LAND O LAKES HALF & HALF
5/\$4 PINT
CASS CLAY
WHIPPING CREAM..... PINT **\$1.79**

ASSORTED FLAVORS
GATORADE
10/\$10 32 OZ
ASSORTED FLAVORS
POWERADE..... 32 OZ **5/\$4**

ASSORTED REGULAR OR RIP-1
OLD DUTCH POTATO CHIPS
2/\$4 8.5-9 OZ
ASSORTED
OLD DUTCH
TORTILLA CHIPS.....10-13 OZ **2/\$4**

ASSORTED
KEEBLER FUDGE SHOPPE COOKIES
4/\$10
6.6-15 OZ
KEEBLER ASSORTED
CLUB CRACKERS 11-13.7 OZ **4/\$10**

ASSORTED
LAND O LAKES SOUR CREAM
\$1.49 16 OZ
ASSORTED LAND O LAKES
COTTAGE CHEESE..... 16 OZ **\$1.79**

PULP FREE, HIGH PULP OR CALCIUM+VIT D
SIMPLY ORANGE JUICE
\$2.99
59 OZ
STEAMFRESH PEAS, CORN, GREEN BEANS,
BROCCOLI CUTS OR MIXED VEGETABLES
BIRD'S EYE..... 10.8 OZ FROZEN **99¢**

ASSORTED FLAVORS
SUGAR SWEETENED
KOOL-AID OR COUNTRYTIME LEMONADE
\$1.79 19 OZ
SUPER CHILL
WATER 1/2 LITER **\$5.59**

CHUNK, CRUSHED OR SLICED
DEL MONTE PINEAPPLE
5/\$4
20 OZ
HEINZ
KETCHUP 44 OZ **\$3.39**

DAIRY
ESSENTIAL EVERYDAY
AMERICAN SINGLES 12 OZ **\$1.79**
ESSENTIAL EVERYDAY
CREAM CHEESE 8 OZ **\$1.39**
CASS CLAY
SWISS CHOCOLATE MILK ... 97 OZ **\$3.99**
ASSORTED
LAND O LAKES YOGURT 24 OZ **\$2.39**
FROZEN FOOD
DEAN'S FRUIT BARS 6 PK **\$2.59**
ASSORTED DEAN'S POPS 6 PK **\$1.19**
CHOCOLATE OR STRAWBERRY
DEAN'S ECLAIR BARS 6 PK **\$1.99**
DEAN'S
ICE CREAM SANDWICH 6 PK **\$1.89**

FROZEN FOOD
ESSENTIAL EVERYDAY
SLICED STRAWBERRIES 9 OZ **\$1.39**
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All items absolutely must be removed on sale day!

Note: Howard and Ruth had a stunning executive quality home on the east shore of Lake Bemidji, and through the years they furnished it with the absolute finest. The merchandise that will be presented is a showcase of the "Good Life" of the '50s and '60s.

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- 1" Dirty Rock:** soft roads, deep mud holes.....
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- 1¾" Dirty Rock:** soft roads, deep mud holes.....
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- 1¾" Railroad Ballasts**.....
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2014 550 LTD EPS	\$10,174	\$7,899	
2014 550 LTD EPS CAMO	\$10,374	\$8,099	
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2013 700	\$9,374	\$6,299	
2013 700 XT EPS (LAST ONE)	\$10,674	\$7,399	
2013 700 LTD EPS	\$11,174	\$7,899	
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DNR issues ATV riding season primer

Too often, adult and youth riders don't understand the safety rules and regulations that govern all-terrain vehicle (ATV) use, according to the Minnesota Department of Natural Resources.

Thirteen people died riding ATVs in Minnesota last year with April and October being the deadliest months at three deaths apiece. The riders ranged in age from 10 to 76. Another 242 were injured.

"Riding ATVs can be an enjoyable form of outdoor recreation when done properly," said Jon Paurus, DNR enforcement education program coordinator. "If people take a safety training course, reduce speed, and abide by current regulations, fewer accidents will occur."

Anyone born after July 1, 1987, and who operates an ATV on public lands and waters in Minnesota, must successfully complete the ATV safety training CD course. People under age 16 must complete the ATV CD course and riding component before riding on public lands. Youth and adult ATV

training CDs are available by calling 800-366-8917 or 888-646-6367.

A few simple safety rules and regulations can prevent most accidents. Remember:

- ATVs are not toys and can be hazardous to operate. Supervise young riders at all times.

- ATV operators less than 18 years old must wear an approved safety helmet, except when operating on private property. To prevent head injuries, everyone should wear a helmet.

- An ATV handles differently from other vehicles. Even routine maneuvers, such as turning and driving on hills and over obstacles, can lead to serious injury if the driver fails to take proper precautions. With preparation and practice, operators can safely develop and expand their riding skills.

- Youth need to "fit" the machine. A 60- to 120 pound youth and a 400-pound ATV are a mismatch.

- More information can be found in the 2014-2015 Off-Highway Vehicle Regulations booklet at <http://www.dnr.state.mn.us/regulations/ohv/index.html>.

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Both items are being sold as is.

Items must be bid on separately if interested in both. Sealed bids only, please mark on envelope if for trailer or tree planter.

Call for an appointment if you would like to view items at 218-563-2777.

Please send bids to:
East Polk SWCD
P.O. Box 57
McIntosh, MN 56556

Or drop off at the office between 8 a.m. and 4:30 p.m. Bids will be accepted until 3 p.m. May 29, 2015.

Any bids received after this time will not be considered. Check or cash only.

District reserves the right to accept or reject bids.

Theology in the Trenches

By Kathleen Kjolhaug

Parade of Homes

We went to the big city to partake in the "Parade of Homes." Many a laborer had spent hour upon hour in preparation for this event to come see what home is now on the market. Each one of a kind design is open for onlookers and curious callers. A "Maze of Homes" might be more like it, but once we saw the streams of people partaking and the cars lined up curb side, it was soon evident that we were the parade, not the homes. When it was all said and done, it was the final million dollar model which took over my thoughts.

The rustic brick fireplace, the comfortable theatre, each bedroom with private bath, not to mention the pantry just off the kitchen, was nothing short of remarkable. It was homey, down to earth, and peaceful all in one. Closets were big enough for bedrooms, the office area off the entry way added versatility, and the three hundred pound table looking like a family heirloom, were stunning. The latest in alarm systems was in place, a refrigerator that I never knew existed made the kitchen that much more intriguing, and as you entered, the welcoming committee handed out brightly colored flowers to each guest.... real ones at that.

It's been about seven hours since leaving the premises and oddly enough, there is only one thing leaving a memory marker more prominent than the flower handed over upon entering. Being asked to take off our shoes as the others had required did not bother. But, what did bug me just a bit were the gatekeepers picking them up and depositing them into the three stall garage at the



other end of the house. It just seemed to send a message, that's all. And, the message was clear...this is where you exit...and we don't want those dirty shoes clogging up or making a mess for the next one. Once the walk through was finished, we did just that...exit. We scooted out that back

door making sure the house remained clean at all costs. We shuffled out without a soul in sight, never to return again.

As we drove away, an odd memory surfaced. It was a story a good friend relayed after a high priced vacuum sales representative had come to her door. Wanting to make a sale and after spending several hours showing her how much dirt the expensive beauty had collected, my friend came to one conclusion. She informed me that the only way she could justify spending that much money on something would be to spend hours and hours vacuuming each day...something she did not want to do.

So, I came to the conclusion that indeed everyone's reality looks just a little different and that whatever it is I own, I want to own it and not have it own me...dirt and all. Reality calls and when it does, it sounds like this.

"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you." John 14:2. And, I would venture to say that we won't have to exit through the back door... but will "Enter His gates with thanksgiving, and into His courts with praise...For the Lord is good; His mercy is everlasting; and His truth endureth to all generations." Psalm 100:4-5. Amen



What's All the Buzz about Pollinators?

You may have heard quite a bit lately about Pollinators and their importance. But what exactly is all this buzz about? The Minnesota Department of Natural Resources has provided this useful information on the importance of Pollinators and how you can help them thrive.

Pollination happens when wind, water, or wildlife carry pollen from the anther (male part) to the stigma (female part) of flowers. Almost 90% of the world's flowering plant species rely on animal pollinators. Pollinators help us to enjoy well-balanced diets and healthy ecosystems. They provide nutritious fruits, vegetables, and nuts like blueberries, squash, and almonds. This food is important for wildlife, too. Black bears, for example, eat raspberries that are pollinated by bumble bees.

Pollinators also create stable environments. They pollinate plants that stabilize the soil and prevent erosion. These plants can buffer waterways, store carbon, and provide habitat for other wildlife. Plus, flowering landscapes are beautiful. Without pollinators, our environment would look very different.

Among all pollinators (hummingbirds, bats, butterflies, flies and some beetle), bees are unique. In addition to sipping nectar to fuel their own flight, they are one of the few animals to actively gather large amounts of pollen (and hence inadvertently scatter some of it widely between flowers). Rich in protein, the pollen of many plant species serves as the principle food source for developing bee larvae.

While honey bees pollinate most of our crops, other bees

are also important pollinators. In addition to crop pollination services, honey bees are responsible for producing all U.S. honey. While other bees are important as pollinators of crops and wild plants, all the honey we enjoy is produced by honey bees. Sadly, honey yields even in the Upper Midwest are declining due to the replacement of flowering plants with large monocultures of corn and soybeans. Also, the ubiquitous use of herbicides kills off flowering nectar plants along crop borders, ditches and roadsides.

You can help restore the bee population by:

1. Bee Friendly Flowers

Planting more nectar producing - bee friendly plants will help our bees stay healthy and help our beekeepers produce more honey! If you have a large tract of land or yard, consider sowing it in clover or alfalfa. These legumes will fix nitrogen, improving the health of your soil while providing nectar and pollen for bees. Or, plant native flowering plants, many of which are good nectar and pollen producers: <http://www.xerces.org/pollinator-conservation/>

2. Nesting Habitat
By leaving exposed, undisturbed soil in your yard, you can attract ground nesting bees. Most bees (between 60 and 70%) dig burrows in the ground. These bees prefer dry, sandy soil bare of vegetation, often on hillsides.

You can attract cavity-nesting bees (the other 30-40%) by providing tunnels in a man-made structure called a bee house—like a bird house for bees. Three common types of bee house are stick bundles, wood blocks and observation blocks.

Join the Great Sunflower Project, <http://www.greatsunflower.org/> along with more than 100,000 other citizens to plant bee-friendly plants and hunt for bees -- a great school project!

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OBITUARIES

Services for Clarence Ostgarden

Clarence Ostgarden, age 88, of Fosston, MN, passed away on Sunday, May 17th, at Essentia Health Hospital in Fosston. Funeral services will be held at 11:00 a.m. on Friday, May 22nd, at Kingo Lutheran Church in Fosston with the Rev. Dan Cole and Rev. Aage Carlsen officiating. Interment will be in Kingo Lutheran Cemetery, Fosston. Visitation will be held for one hour prior to the service on Friday at the church. Military honors will be conducted by the National Guard Honors Team and arrangements are with the Carlin-Hoialmen Funeral Home of Fosston. Messages of condolence may be sent at carlinhoialmen.com.



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Studios to Offer Pottery Basics

Beginning June 1, 6:30 to 9:00 PM, Clear Waters Life Center-Gonvick will be offering throughout the month of June a series of Monday evening classes in pottery basics with Dave Hudson as the instructor. The classes will cover clay preparation, hand-building, throwing on a wheel, and glazing techniques. Classes are open to 7th grade through adult; younger budding artists may participate if accompanied by an adult. The cost of each class in the series of five is \$5.00 which covers the cost of basic supplies. Bisque-ware will be available at additional cost for anyone who prefers to glaze a pre-made cup or bowl. To learn more go to www.clearwaterslife.org, click on the Gonvick tab and then, Create It! Art Studios, or “like” us on Facebook. Create It! Community Art Studios is located at 226 Elm St., Gonvick. To register call, 218-487-5290, ext. 2. If you forget, drop-ins are welcome.

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Winding Down

by Joel Erickson
US Army Chief Warrant Officer

As my rotor winds down and comes to a stop, so does my career as a helicopter pilot. I have flown helicopters for 47 years and I am still alive. This has more to do with the angel on my shoulder than any input from me. The helicopter is a machine that theoretically shouldn't fly, but in reality it does. Helicopters are a conglomeration of parts that are violently trying to separate themselves from each other while generally traveling in the same direction. If anything should disrupt this delicate balance of parts the helicopter will completely disassemble or beat itself to death. This is why Harry Reasoner said, "Helicopter pilots are brooders, introspective anticipators of trouble. They know if something bad has not happened, it is about to."

My introduction to helicopters came when I was twenty-years-old and the Selective Service selected me for service. They wanted me to come in for a physical examination. I guess they wanted to know if I was healthy enough to get shot. I heard about the guys who joined the army and had to tramp around in the jungle. They would be loaded down with a back pack, a pistol belt, (that had everything on it but a pistol), heavy combat boots, a metal helmet and carry a cumbersome rifle. A soldier would feel like the prospector's donkey when they were done loading you up. If this wasn't bad enough, you would have to watch so you didn't step on a land mine or get ambushed. It seemed to me there should be a better way to go, so I asked if I could fly an airplane in the army. The recruiter told me they didn't have any openings for airplane pilots, but they were a little short of helicopter pilots if I wanted to do that. (Later, I realized why they were short of helicopter pilots.) It seemed that a helicopter would still get me up and out of walking in the jungle, so I said, "OK."

I first went through basic training, and after that ended up at the flight school. This was the first time I had actually seen a helicopter. I was given a ride and they explained how it worked to fly a helicopter. There is a lever, which they called a collective, on the left side that I was supposed to pull up and down to make the helicopter go up and down. This made sense to me and didn't seem too difficult. There is a throttle at the end of the lever which had to be twisted one way when you pulled up, and the other way when you pushed down, to keep the engine RPM's in a narrow, green arc. I figured I could do that. I had ridden motorcycles with a throttle like that. There was another stick between my legs: the original joy stick. They called it a cyclic, and it would make the helicopter move forward, backwards or whatever direction you would like to go. And lastly, there was a pedal for each foot to make the helicopter nose turn to the right or left.

It all seemed very easy until I pulled up on the collective stick. The engine RPM's started to decrease, so I twisted the throttle which made the helicopter go higher in the air and turn to the right. I pushed forward on the left peddle to straighten it out, but by now we were almost ready to tip over or have the tail boom and tail rotor hit the ground. I had forgotten about the stick between my legs trying to keep this machine straight, level and in one place. This was the first time I thought it might not be such a bad idea to walk in the jungle. The instructor-pilot quickly took the controls and put us at a nice, stable hover. He was an optimistic fellow and thought I would eventually get the hang

of it. Like the trainer at the zoo, who thinks he can teach a seal to balance a ball on its nose. I think this was going to be much the same; I would have to balance a helicopter on an imaginary ball.

The next step was to then fly the helicopter forward and up, level off, and then come back down again to the same place that I had left. I eventually got to the point that I could do this without help from the instructor.

But, then they decided I needed to know how to fly the helicopter when the engine quit running! A helicopter doesn't glide like an airplane. When the engine stops the helicopter immediately falls from the sky. Your only hope of survival is to immediately push the collective stick all the way down so the wind of the falling helicopter will keep the rotor turning until you get close to the ground. About fifty feet from the ground you are supposed to then pull back on the cyclic to stop all forward speed; then you have one chance to pull the collective up and make a nice, soft landing. Pulling too much on the collective, or too soon, you will fall to the ground. If you don't pull enough, or pull to late, you hit the ground. With practice, you can get this down to the point that you don't wreck the helicopter.

Later, they wanted us to do this at night in a small clearing in the woods. They would make a private E-0 stand in the clearing with a government issued flashlight, using the beam as a marker, so you could see where to land. Now, the only thing that was nuttier than trying to do a night-time autorotation to the ground in a small opening in the woods, was the guy who is standing on the ground with the flashlight as a student pilot comes falling out of the sky in a helicopter, with the engine shut off, hopping he can land in front of him.

Next, the training proceeded on to instrument flying. It was just what it was called. We were now supposed to fly the helicopter strictly by looking at the instruments. This was a task we couldn't do while looking out the window a few months ago. The idea was to keep us from crashing if we inadvertently flew into a cloud or if a cloud should suddenly drop down on us.

The last phase of training was tactical flying. Here we learned some ways to fly so we wouldn't be as apt to get shot down. This made it necessary to navigate while flying just above tree tops and following the nap of the earth. We also learned how to fly in formation at night, have troops repel out of the helicopter and fly with a loaded helicopter.

After nearly a year of flight and ground school it was pay-back time, and my next association with the helicopter was to fly in Viet Nam. We first flew as what was known as a peter-pilot, meaning you flew with an experienced pilot until you learned what they hadn't taught you in flight school. I was stationed in the mountains and jungle area of Viet Nam. That meant flying into small landing zones (LZ's) that had been cut out in the jungle. The troops were loaded into the helicopter and we flew them out to a remote location. Later, we would resupply them and eventually go back to get them out. Usually, the troops wanted to come out when they were being overrun by the enemy. This made for an exciting day but also a rewarding day. I felt sorry for the troops when we put them in an area, especially for the new ones who didn't know what to expect when they landed. I could see the fear and anticipation on their faces as they didn't know if they would come back out. What made it rewarding was to go back and get them. They were some happy little troopers, and it was satisfying for me to be able to bring them back to a safe place.

Flying in Viet Nam was like playing with a sharp stick. It is fun until someone got hurt. As long as we could keep from getting hurt we could have fun. Here we were, twenty-one or twenty-two-years-old, not just playing a video game; we were in the video game. We barely got to drive the family car at home, and here we had a nice big helicopter to fly around in, guns hanging on the sides, we could shoot out of the doors and pretend we were heroes! It was like driving the stage coach with the crew chief and door-gunner riding shotgun, only we didn't have a strong-box filled with gold. What we did have was some mother's kid in the back that she valued more than gold.

We would fly low, clipping the tops of trees with our skids, or along the beach, or in the mountains and above the jun-

Editors note:
Joel Erickson was born and raised in Fosston. A 1965 Fosston High School graduate, he served in the Army from November 1967 to February of 1971. He was in Viet Nam from November of 1968 to November 1969 with the 119 assault helicopter company. Stationed in the central highlands (II Corp area) near Pleiku. About halfway through the tour the whole unit was transferred to An Khe. He currently lives in Salinas, CA.



Remember the kids
Who came home in a bag.
They all had a name
It was there on their tag.
A lot more was packed
In that bag than a boy
His plans and his dreams
And his Mom's pride and joy.
The cost of the war
No where can be found
Cause the talent they had
Now lay on the ground.
They weren't really soldiers
But kids trained to be,

And told to go fight
To keep us all free.
They gave it their best,
They tried to survive,
There were those who lived
But some tragically died.
The parents who raised them
Those first forming years
Now got back the news
That brought them to tears.
They were told that the war
They fought in was just,
But the boy they got back
Was now turned to dust.

gle. The country was beautiful from up in the air. This was heaven for someone who enjoyed flying, but it was hell if you got shot down in an LZ and were surrounded by the enemy. Some of the guys enjoyed the danger and excitement of war while it would leave a scar forever on others.

I think everyone enjoyed the camaraderie of the guys you were with. In our company we all had call-signs such as: Thunder, Waldo, Pigpen, Obnoxious, Penis, Bozo, Bon-Bon and Couth. My call-sign was officially Leif, but I was also known as Twilight.

We escaped death in the day and went to the club at night. At the club, we sometimes had a live show or a movie. I tried to watch The Green Beret a couple of times, but mortars came in and we had to run to the bunkers before the end of the movie. It was years later before I finally saw the end where John Wayne talks to a boy as the sun sets over the ocean. The only problem was that the ocean is on the east coast of Viet Nam. Only John Wayne and Hollywood could make the sun set in the east.

Flying in Viet Nam was a good experience: you learned to fly or you crashed. Sometimes you crashed, and then went back and learned some more. You learned to make instant decisions which had to be right. When you loaded the helicopter with troops you had to know if you could make it out of the LZ and over the trees with the weight you had on board. A decision had to be made so you could make it into an area and get close enough to the ground to pick up a person. We learned how big a tree branch we could cut with the rotor, and still keep the helicopter flying good enough to pick up a person on the ground. We worked with a sling load under the helicopter to move cargo from one area to another. We hauled everything inside from Miss America contestants, to pigs and chickens.

There were occasions when I hauled beer into a hot LZ using gun cover. A hot LZ was one where you got shot at going in, or there was a good possibility of it. Gun cover usually consisted of a pair of gunships who would fly alongside as you made your approach and landed. A gunship pilot likes to shoot his guns like a singer likes to sing his songs. They just need an invitation. A flash from a rifle in the trees, or a line of tracers, would be just the invitation they were looking for. If we got shot at the gunship pilot would unleash his rockets or mini guns. It may have seemed to not be worth the risk to deliver such a nonessential cargo, but the guys on the ground thought it was great. It not only boosted their morale, but it made them feel like they weren't left all alone way out there in the jungle. I felt we were there to support and help the guys on the ground. We were all in this together. I didn't drive a car much the year I was in flight school and I didn't drive a car at all the year I was in Viet Nam. By the time I left Viet Nam I was more comfortable flying a helicopter than I was driving a car.

After I left Viet Nam I was still in the army and was sent to Alabama and trained to be an instructor-pilot. My particular phase of instruction

gunship pilot might be working for the mafia.

I checked around and finally found a company that would teach me to do ag work (crop dusting) with a helicopter. To do this job I had to throw out all I had learned about safe flight. All flying would be in what is called the dead-man's curve on a graph of safe flying conditions. In addition to that, I would now be flying under any wires that I determined I could fly under. After a few mistakes, like flying through a wire and knocking the boom off on fence posts, I started to catch on. The nice thing about spraying in Minnesota, it only happens in the summer so I could finish college in the winter months. Once I finished college I realized that flying was still the only thing I knew how to do, so I moved to California where I could fly year around. I have now managed to make it to retirement without a bullet hole or a black and blue mark on me. For this I thank the angle on my shoulder, but I think she is getting tired now and I should give her a little lighter duty.

It is now, without regret that I hang up my helmet. I was given the opportunity to enter the world of the eagles and angels. There is no closer feeling to flying than that of flying in a helicopter. You have the ability to move about in the sky with the agility of a bird. It is an exceptional feeling of freedom where you can cast off the shackles that bind you to the earth. I was able to go above the rest of mankind and look down on the earth. This is something man has wanted to do for thousands of years, and I have been one of the lucky ones to have done it for most of my life. However, flying is not natural for man and will only continue as long as one follows certain rules of flight. If you should try to break any of those rules God will quickly put you back on the ground, one way or another. I was lucky to have made a soft landing; I can now look back on my flying experiences with fond memories.

When I was in the army I flew the Huey helicopter. This was called a slick ship which was used mainly for hauling people and things around. I volunteered to fly the Huey because it seemed to me that I might be able to use this experience later if I wanted to get a job. My other choice would have been to fly a gunship. Flying a slick ship would be more versatile in getting experience if I wanted to fly in civilian life. The only job opportunity for a

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**The Goodridge Centennial Committee
is looking for the following entries
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**Kiddie Parade ~ July 4 at noon
& Big Parade ~ July 5 at 1 pm**
Contact Deanna Coan (218) 378-4270
or Jennifer Kotrba (218) 689-6971

Talent Show ~ July 4 at 2 pm
Contact Jennifer Kotrba (218) 689-6971

Sand Volleyball Tournament ~ July 4 at 11 am
Contact Jennifer Jacobson (218) 689-0098

Horse Shoe Tournament ~ July 4 at 11 am
Contact Adam Sjulestad (218) 280-5787

Car n' Tractor Show ~ July 4 at noon
Contact Jon Wilson (218) 681-5738

Food Vendors for all days
Contact Faye Wold (218) 684-5663

RiverView Foundation’s 11th Annual Golf Classic

It’s almost time to tee-it-up for the annual RiverView Health Foundation Golf Classic! This year marks the eleventh year of the popular event that has financially made so many projects reality at RiverView Health over the years. Proceeds this year to go to Pump, Analyzer Projects.

The Golf Classic will be held Monday, June 8th at Minakwa Golf Club, Crookston. To register, go to www.riverviewhealth.org and find the registration form on the events page or call Foundation Director Kent Bruun at 218-281-9249.

“RiverView Foundation counts on our friends and business partners to help insure that we can continue to provide necessary access to quality health care services in our community and region,” said Bruun. “With past stakeholder support, the Foundation has raised over \$228,500 in the short ten-year history of this event which has effectively supported priority initiatives focused on providing exceptional patient care, always.”

RLF-F/B BOYS VARSITY INVITE 2015

Team (low 4)	TOTAL	PLACE
Crookston	315	1
Mahnomen/Waubun	318	2
EGF	323	3
Fosston	336	4
TRF	337	5
Roseau	349	6
KCC	350	7
Park Christian	360	8
F/B Blue	366	9
Bagley	372	10
BGMR	381	11
LPA	388	12
Norman County	389	13
F/B Red	424	14
RLC	453	15
Win-E-Mac	INC.	
Cimax/Fisher	INC.	

Medalist was Isaac Westlake from Crookston with a score of 75. Runner-up was Nathaniel Kahlbaugh from Mahnomen with a score of 75. Third place was Casey Swanson from East Grand Forks with a score of 76. Fourth place was Michael Johson from Thief River Falls with a score of 78 and fifth place was Doug Larson from Crookston with a score of 79.

2015 Northwest Diamond Conference standings					
TEAM	Win	Loss	Points	Overall	8A
BGMR	10	0	15	11-4	13
Red Lake County	7	1	12	9-7	10
Northern Freeze	4	3	8	5-7	**
Norman County	7	5	8	11-5	8
Fosston	5	5	6	8-6	6
Win-E-Mac	5	6	5	9-7	5
Sacred Heart	3	4	4	7-4	4
NCE/UH	4	7	4	5-10	4
Kittson CoCentral	1	6	1	1-7	1
Fertile-Beltrami	0	8	0	0-11	0

2015 NW Diamond Conference Stats							
NAME	Team	AVG	R	2B	3B	HRR	BBI
Matt Lee	NCE/UH	.488	15	4	1	2	9
Mason Pearce	FB	.470	1	3	3	0	9
Aaron Arneson	Foss	.455	-	3	0	0	20
D.Nelson	NCE/UH	.438	13	7	0	0	10
Ryan Holte	SH	.419	7	1	1	0	7
Alex Erickson	RLC	.414	21	7	3	1	15
Taylor Kenfield	RLC	.405	15	3	0	0	9
Brady Brandon	NF	.395	9	0	0	0	4
Kory Jacobson	Foss	.386	-	2	0	0	8
Tristan Knott	RLC	.385	12	1	1	0	6
Nick Bergum	SH	.381	9	0	0	1	6
Eli Neufeld	FB	.379	3	0	0	0	2
Justin Yutrzecka	NF	.378	7	3	1	0	6
W.Neuschwander	NF	.371	8	3	0	0	3
Hunter Kroening	Foss	.362	-	5	1	0	15
Skyler Forst	BGMR	.353	10	5	1	0	4
Isaac Mills	NF	.350	8	0	0	0	5
Dalton Klegstad	KCC	.348	-	1	0	0	0
Dalton Agnes	Foss	.346	-	3	0	0	12
Zac Bethke	SH	.343	8	2	0	0	7
Chase Anderson	BGMR	.333	4	2	0	0	5
Alex Strege	KCC	.333	-	1	1	0	0
Dustin Beliles	NC	.326	9	2	0	0	7
Zac Tradewell	WEM	.325	-	2	1	2	16
Eddie LeFrooth	NF	.325	7	4	1	1	13
Brady Steffes	FB	.321	3	0	0	0	5
Chris Koehmstedt	BGMR.	.318	12	4	1	0	13
Josh Casavan	RLC	.318	12	0	1	0	10
Maverick Gunufson	FB	.310	8	2	0	0	4

PITCHING STATISTICS					
NAME	Team	W-L	SO	ERA	Save
Zac Tradewell	WEM	3-2	46	0.75	0
Simon Nelson	NCE/UH	1-1	5	0.89	0
Ryan Olson	NC	3-1	57	0.91	1
Ben Lieberg	BGMR	3-0	15	1.24	0
Lucas Lindell	NC	3-2	33	1.56	0
Hunter Gullikson	BGMR	2-1	10	1.56	0
Matt Howell	BGMR	3-1	20	1.84	0
Blake Abeldgaard	Foss	3-1	40	1.91	0
Devin Evavold	SH	4-0	36	2.14	0
Tristan Knott	RLC	4-1	48	2.19	0
Jesse Sather	Foss	2-1	21	2.22	0
Justin Yutrzecka	NF	2-2	50	2.41	0
Mason Hanson	RLC	2-0	10	2.72	0
Sam Eken	NCE/UH	0-0	15	2.73	0
Peyton Mills	NF	1-3	22	2.76	0
Dustin Beliles	NC	5-0	24	2.77	0
Matt Lee	NCE/UH	2-4	30	3.00	0
Aaron Arneson	Foss	0-3	31	3.01	0
Jonah Sather	NCE/UH	0-3	12	3.42	0
Eddie Lefrooth	NF	2-1	22	3.50	0
Travis Kaster	WEM	3-1	31	3.58	1
Ryan Holte	SH	2-3	17	4.20	0
Josh Casavan	RLC	2-2	25	4.45	0
Jake Knutson	WEM	2-3	33	4.51	0
Zac Bethke	SH	1-1	6	5.04	0



Clearbrook-Gonvick Junior High track team conference champions. Team members from left to right: Danae Stenzel, Rachel Lavin, Kayla Ehlers, Savannah Rankin, Jennifer Lavin, Jackie Lynn Taffin, Tamara Skinaway, Arabella Corey, Madalynn Faldet, Meosha Hammer and Savannah Bakke.

Bears are Conference Champions

On Thursday, May 7, in Walker MN, the junior high girls from Clearbrook-Gonvick dominated the competition at the conference track meet to win the Junior High Division and be crowned Conference Champions. Their score of 210 points was far ahead of the second place team from Nevis who had a total of 58 points. All the girls ran fantastic and should be very proud of their efforts.

Meosha Hammer won the 400, 200, and the Long Jump. Jackie Lynn Taffin won the 1600 and 800. Savannah Bakke won the 100, was 2nd in the 200 and 2nd in the Long Jump. Tamara Skinaway won the Shot Put and was 2nd in the Discus. Danae Stenzel won the Discus and was 2nd in the Shot Put and 3rd in the 400.

Jennifer Lavin won the High Jump, was 2nd in the 400 and 3rd in the 200. Arabella Corey was 2nd in the 100 hurdles and 3rd in the Long Jump. Rachel Lavin was 2nd in the 1600 and 2nd in the 800. Madalynn Faldet was 5th in the Discus. Kayla Ehlers was 3rd in the 1600 and 3rd in the 800. The team of Arabella Corey, Savannah Bakke, Jennifer Lavin and Meosha Hammer took first in the 4 x 200 and the team of Jackie Lynn Taffin, Tamara Skinaway, Madalynn Faldet and Rachel Lavin took first in the 4 x 400.

All the girls have been working very hard this year and their efforts were rewarded with a big victory. Great Job Lady Bears

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Itasca State Park to begin watercraft inspections May 22

All watercraft entering Itasca State Park will be inspected starting May 22, as part of a new plan to prevent the spread of aquatic invasive species in park waters, according to the Minnesota Department of Natural Resources.

Watercraft will be inspected at the north entrance and hours will vary. During inspection hours, all watercraft arriving at the south or east park entrances will be routed to the north entrance.

Inspectors will check to ensure boaters follow clean, drain, dispose laws and may deny access if necessary. Information will be available to visitors about what they need to do to protect Minnesota waters.

“The lakes and waters of Itasca State Park are precious resources,” said Chris Gronewold, Itasca State Park resource specialist. “Our visitors have a stake in preventing the spread of aquatic invasive species in park waters, as well as all waters in the state.”

The law requires boaters to clean weeds and debris from their boats, remove drain plugs and keep them out while traveling, and dispose of unused bait in the trash.

Zebra mussels, Eurasian watermilfoil and spiny waterfleas can be easily carried from one lake to another if aquatic plants or water are left on a boat or trailer.

Some invasive species are small and difficult to see at the access. To remove or kill them before moving to another body of water, especially after leaving zebra mussel or spiny waterflea infested waters, the DNR recommends that boaters either:

- Spray boat with high-pressure water;
- Rinse boat with hot water (120 degrees for two minutes, or 140 degrees for 10 seconds); or
- Dry boat and equipment for at least five days.

Watercraft inspections at Itasca State Park are a cooperative effort by the DNR Parks and Trails Division and Clearwater County, which funded the watercraft inspector positions.

More information, including a 30-second public service announcement about stopping the spread of aquatic invasive species, is available at www.mndnr.gov/AIS.

The Motor Vehicle Office in Fosston

will be **CLOSED** on

Monday, May 25th

~ and ~

Friday, May 29th.

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Saturday 9-6
Sunday 12-6
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Monday - Friday 10-6
Saturday 10-4
Closed Sunday
CLOSED MEMORIAL DAY