



Tri County Canary

A supplement of the:
• Leader-Record • McIntosh Times • Grygla Eagle
• Red Lake County Herald (Oklee, Plummer - Brooks - Red Lake Falls)



RSVP Reading Buddy program where volunteers go into kindergarten and first grade to help children read and listen to them read.

(RSVP) of the Red River Valley connects seniors to their communities

Adria Peters, Senior Communications Intern at U of M Crookston

The Retired and Senior Volunteer Program (RSVP) of the Red River Valley connects volunteers ages 55 and over with impactful service opportunities in their communities that match their skills and availability. RSVP is funded by AmeriCorps Seniors, Minnesota Board on Aging, University of Minnesota Crookston, United Way of Crookston, and surrounding counties including Kittson, Marshall, Norman, Red Lake, Roseau, Pennington, and Polk. Combined, these seven counties have 640 active volunteers. RSVP has 121 active stations that house and welcome the volunteers to assist with seniors and communities. Jennifer Manole is the director of the Red River Valley RSVP.

"Being part of this wonderful program and helping the needs of the communities is unbelievable," Manole shared. "I can't believe there are all of these volunteers that are still active."

For over 45 years, RSVP of the Red River Valley has matched problems to be solved with people willing to help. Today, thousands of seniors participate in RSVP, making it one of the largest volunteer efforts in the nation. RSVP of the Red River Valley is looking to recruit new volunteers ages 55 and older in the seven counties they serve. They are partnering with more sites including senior centers, libraries, food shelves, etc.

The Grocery to Go program and the Handy Person program both refreshed after a break from the COVID-19 pandemic isolation period.

"Many seniors in our community need someone to pick up groceries for them as well as come into their home to do simple fixes," Manole expressed.

RSVP's largest program is Stay Active and Independent for Life (SAIL), formerly known as Bone Builders. SAIL has over 20 active sites in the seven counties that include exercising twice a week for one hour. This is a free class led by volunteers, and many doctors,

chiropractors, and therapists recommend SAIL.

Another popular RSVP program is the Reading Buddy program where volunteers go into kindergarten and first grade to help children read and listen to them read. This includes active volunteers in four different schools.

"Socialization is a big piece of RSVP," Manole stated. "It keeps our volunteers active and meeting new people."

As of recent, RSVP has recorded 40,915 volunteer hours served in Polk County, 8,089 hours in Red Lake County, 3,307 hours in Pennington County, 7,885 hours in Marshall County, 3,325 hours in Kittson County, 9,108 hours in Roseau County, and 7,839 hours in Norman County.

For more information, contact Jennifer Manole at 218-281-8289 or rsvprvr@crk.umn.edu. Often there is mileage reimbursement for volunteers who have to drive, especially when traveling to or from rural areas. The RSVP advisory board meets in Thief River Falls, Minn.

A Little Piece of Gully

A Little Piece of Gully
By Eric Mickelson

Every town has its beginnings and little bits of history that should not be forgotten. I came across an article about my neighboring town of Gully. When I was young my dad would play music with Vernon Wold and we would do a little business at the Elevator in Gully. When my wife and I were dating one of our first dates was to a wedding dance in Gully. Funny thing now those newly weds are our neighbors, Kim and Rhonda Vettleson! Later, one of my parents favorite things to do on a Saturday morning, after a week of work, was to head to the "Schoolhouse" and go to the Gully Cafe for breakfast. So you see Gully is not my hometown but when you live around the area you get to know a lot of people in a lot



of places. That is how it should be in our rural area!

Those of you who hail from Gully probably know this information, but to me it was interesting! First of all Gully was originally located about a

quarter mile or so northeast of its present location. Its beginnings go back to 1896. Mr. A. E. Engesether being the first

Gully...
Continued on page 6

What is Anaplasmosis?

By Patti Thorssen.
Gully, MN

Anaplasmosis, what is it? How deadly can it be? I felt compelled to write this article (my story), as I want everyone to be aware of this tick bite disease.

Anaplasmosis can be deadly, especially for the elderly. I was that elderly person that did succumb to Anaplasmosis. I woke up on July 9th, 2023 ill and mentally unable to realize I was in trouble and needing help. I am a nurse, but still my decreased mental state did not trigger the need to reach out for help. What follows are brief details of my story, as to what happened when I awakened on July 9th. I woke up, as I remember with a severe headache. I really do not remember much else of that day. I did not realize I was in a weakened state and mental decline. I vaguely remember the traumatic times of falling, and the frustration of trying to get up off the floor. I do not remember much more than the falls. July 10th and 11th were much the same I am thinking, as I have no recollection of how I spent those days. I feel I was in a deeper state mentally.

The evening of the 11th, one of my sons made a call to my home. When there was no answer, he checked videos of the house and garage via his phone. Noting the car was in the garage, he assumed I was home. He then checked his phone to view the history of the alarm system which showed there had been no movement in the house for 14 hours. He called my daughter in law and neighbors to go and check on me. I was found in bed. I was told initially it was thought I was dead, but when calling out my name, saw movement of my legs. I remember my daughter in law saying 911 has been called. She said it was hard to understand me, but I mouthed the word "no". I was taken to a local hospital by ambulance.

I briefly remember how painful it was to lay on a x-ray table. I was told later, x-rays were done to rule out fractures as there was bruising noted on my body from falling the previous two days. I do not have any memory of that night or morning in the hospital. I was told no diagnosis was made, and it was discussed I needed to be transferred to Fargo Sanford Hospital as I needed to be evaluated by a neurologist.

7/12, I have no recollection of the ambulance ride to Fargo or what happened to me when I arrived at the hospital. Note again I am repeating what I have been told. Blood work and scans were done. No diagnosis was made initially. I was infused with broad spectrum antibiotics and various cardiac meds due to my erratic heart. One of my sons was in the ICU room with me where 4 doctors and numerous nurses were monitoring and treating various problems to stabilize me as I was fighting for my life, having to be resuscitated twice that day with cardiac drugs to stabilize my heart. My blood work was totally abnormal. An example, my CK (Creative Kinase) was 8,393 with the normal range 29-188, signifying heart muscle and skeletal muscle damage. Early morning of 7/13, I did start to respond. I was struggling attempting to talk, incoherent and mumbling. I was able to move my arms and feet somewhat, restless and dazed, trying to figure out what was happening, not knowing where I was, having total loss of memory of the past days.

It was on 7/14 per a hematologist, the diagnosis was made I was positive for the tick born disease called Anaplasmosis. He said it was most likely the root of what caused this ordeal. Said a UTI, sepsis, severe dehydration, kidney failure, muscle deterioration and cardiac malfunction all piled on with the tick bite. I was treated with Doxycycline, which is the drug of choice for Anaplasmosis. I continued with minimal mobility, needing to be turned per staff (and sons). Laying awake at night, I would tell myself, if I close my eyes I would wake up in the morning back to my independent self. I was scared, not believing or knowing how this could happen. I do believe if I had not been found in my home on 7/11, I would not have survived another 24 hours.

On 7/17, I had a stroke. My platelet count was



elevated on admit. My Eliquis, which I take for Atrial Fib. was held when admitted 7/12 due to the potential for bleeding. The stroke further affected my speech, swallowing and mental acuity. On 7/19 still needing assist to sit up and with transfers, but with assist of 2 and a walker I was able to take steps. Later that afternoon (7/19) it was felt I was ready to transfer to Sanford Hospital Rehab in Bemidji where I had intense therapy (PT,OT, Speech) three hours each day. On 7/25 I was discharged to my home with the help of my sister. Physical and Occupational therapy came into my home for 4 weeks. I then went into Essentia Hospital in Fosston for therapy until Nov. 1. I then was given exercises to continue to work on by myself at home, which I continue to follow.

Where am I today? I have problems with balance, fine dexterity, and fingers being clumsy. Speech issues resulting in the tangling of words. Mentally, I try to figure out how I could, on 7/09, get so out of touch with reality. I ask questions of my family as to how I was found at home, my hospital stay and condition my home was found, etc. I still have questions, but I know I have to move on. I am still haunted each day by the unknown. I didn't wake up in the hospital my independent self, but I was given the ability to improve every day and given the gift of life.

My purpose for telling my story is for people to be aware of the possibility this could happen to anybody. This wood tick is common in the upper Midwestern states and North Eastern states. Anaplasmosis is spread to people primarily from a black legged tick. Early symptoms can be mild such as a fever, chills, severe headache, muscle aches, nausea and vomiting. Late illness can cause severe illness such as respiratory failure, bleeding problems, organ failure and death.

There is no vaccination for Anaplasmosis, but a blood test can be done to diagnose. There are suggested ways to protect ourselves from attracting wood ticks crawling and attaching to our body, such as with sprays for skin and clothing, checking and removing ticks promptly with a tweezer, not with our bare hands as can spread a disease, clean bite with an antiseptic or soap and water, minimize amount of skin exposed etc. Specific information can be found at the CDC (center for disease control) site, Mayo Clinic, along with other sources.

Various interventions can be followed, but of most importance is to be aware that tick bites can cause serious illness or worse. I had a severe case of Anaplasmosis. Some when bitten might have no symptoms, others may have a mild case. If you have a unexplained illness, do not rule out a possible tick bite disease. Plan would be than to seek medical attention.



Bagley Senior Center welcomes players from the area to come for an afternoon of fun.

Bagley Senior Center welcomes area players for games every Tuesday

By Pamela French

Great weather and what seem to go well together!!! 20 players showed up Tuesday to the Bagley Senior Center at 12:30!!! Or maybe it was to eat cake that was brought for (Pa-

mela French's Birthday) from the new bake/coffee/dessert shop in Bagley. Either way it's was loads of fun!!!

Each player puts in \$1.50 w/ \$1.00 going to the Senior Center. Then everyone vies for

the remaining pot of \$10, split between top two players!!! It's high stakes! Uh, no! but it is a lot of fun!!!

Two weeks in a row Veronica Reynolds takes top score. The first week of April, Sue

Willette took the second highest score. And on April 9th the second highest scorer was John Grover!!!

There is no limit on the number, age, skill level, location or amount of laugh-

ter! Everyone plays! Players come from all over our "viewing" area: Bemidji, Black Buck, Trail, Clearbrook, Gonvick, Fosston, Shevlin, Solway, and, of course Bagley! Veronica Reynolds' just

learned how to play within the last month or so!!

Come on in to the Senior Center on Tuesdays at

Players...
Continued on next page



Imagine tiny little curled pieces of paper, yes paper, placed together to create a masterpiece! Northern Exposure to Lifelong Learning is thrilled to have Nikki Besser from Nifty Nikki Art, present an art form from the 1700's, brought to our area in the last few years, thanks in large part it Nikki Besser. Nikki is quite accomplished in Oils, Pastels, and Airbrushing, but Paper Quilling is where her heart is today. Topic: Quilling W/Nikki: Art of Paper Quilling on April 24, 2024 from 9:30-11:00 w/Questions. Doors open at 9:00am, program at 9:30am. It will be held at the Embassy Center, 603 3rd St. NE, Fosston, MN 56542

No cost to attend, refreshments will be served (Free will).



May is Mental Health Awareness Month

May is Mental Health Awareness month and we are getting a head start! We want to spread the word about mental health and raise awareness of those living with mental health issues to help reduce the stigma so many experience.

Stress and anxiety are two common issues that can affect our mental health. Stress can be a normal response to what's going on around us. The feelings of anxiety come, sometimes with physical symptoms, and at times will just go away once the stressor is removed.

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it could affect your mental and physical health. Learn more at:

<https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic>

Help is a phone call away if you need to speak to someone urgently.

In life-threatening situations, call 911 or go to the nearest emergency room.

If you are suicidal or in emotional distress, consider using the 988 Suicide & Crisis Lifeline.

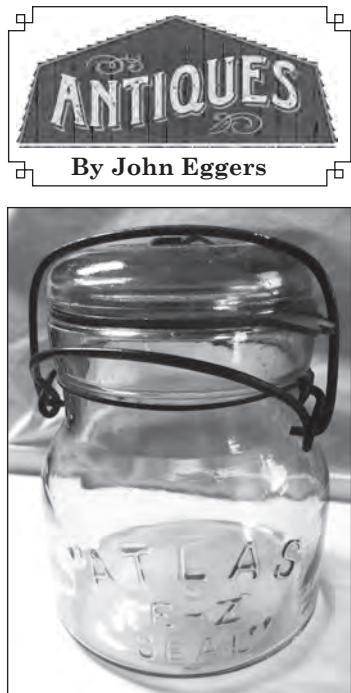
Call or text 988 or chat online: <https://988lifeline.org/chat/> to connect with a trained crisis counselor. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress.

"Is it worth anything?"

When I go out to buy antiques, I ask, "Do you have any old fruit or canning jars?" Invariably, people do. The jars may contain food from decades ago. Some may be blue jars, and some may be clear. If I am lucky, I may find an amber jar. If all jars could talk, they would have some interesting stories to tell.

The glass company Hazel-Atlas, also known for making Depression glass, began production around 1902. Those blue mason jars were mass-produced until 1937 when the company switched to clear glass. The sand they used to make the glass was from around Lake Michigan, giving it a blue hue.

The Atlas Mason jars were among some of their most important products. Why? A poll in January 1944 found that 75 percent of housewives canned, and those women canned an average of 165 jars per year. They used glass jars to do it. That's a lot of pickles and beans.



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DINING & entertainment

BINGO Starting at 57¢s Progressive Blackout 6pm, Saturday, April 20th, 2024

WING NIGHT WEDNESDAY
Fri. & Sat., April 19th & 20th, 2024 - WALLEYE & BLUE GILL

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April 19, 20 & 21, 2024
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Friday ONLY - Walleye

Thursday, April 18th
Potato Klub Dinner
(Last time until Fall)

New selection of hoodies for sale!

Kitchen Hours 8am-9pm Mon.-Sat. & 11am-9pm SUN.

COMING SOON
FRIDAY, APRIL 19TH
John Vincent & The Hillbilly Boys
7:00 p.m. to 11:00 p.m.

SUNDAY, APRIL 20TH
Jake Bastyr Band
3:00 to 7:00 p.m.

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From Gonvick take Pine Lake Rd. (Hwy 7) South 2 mi. to 486th St. then West 3/4 mi. to Boardwalk Dr.
WATCH FOR SIGNS

Brown Bag History: A Musical Marching Journey with Terry Bradley

Bemidji, MN - April 14, 2024 – Beltrami County Historical Society is proud to announce its upcoming Brown Bag History program featuring renowned music educator Terry Bradley. The event will take place on Thursday, April 18th, at noon, hosted at the Beltrami County History Center located at 130 Minnesota Ave. SW, downtown Bemidji.

Terry Bradley, a distinguished retired music educator residing in Bemidji with his wife, Linda, boasts an illustrious career spanning 35 years in education and 20 years as a National Guard Bandsman. With degrees in music education from Minot State University and Bemidji State University, supplemented by additional graduate studies at UW-Madison, Terry has honed his expertise to become a prominent figure in music education.

His dedication to his craft is evident through his extensive training under luminaries such as Frederick Fennell, H. Robert Reynolds, Allan McMurray, Eugene Corporon, Frank Dubuy, and James Smith. With over 45 years of experience as a band adjudicator and having conducted bands in 14 states and 4 countries, Terry Bradley brings a wealth of knowledge and passion to the discussion.

During the event, Terry will delve into his rich experiences, focusing on his life in the military and school marching bands. This promises to be an engaging journey through the music world, filled with anecdotes, insights, and fond memories. Brown Bag History extends a warm invitation to all, especially Terry's former students, bandmates, and enthusiasts of marching bands, to join us for this special occasion.

Take advantage of this opportunity to celebrate the legacy of Terry Bradley and explore the vibrant tapestry of marching band culture. Please mark your calendars for Wednesday, April 18th, at noon.

Players...continued from Canary front

12:30pm and enjoy the afternoon with friends! Remember to park in back! Snacks and coffee provided.

Note: Tuesday Whist is NOT a club! It is a random group of fun loving people who show up to play whist and laugh! There is no limit on the number of players or amount of FUN required to play! Come play WHIST! Every Tuesday at 12:30 p.m.-Bagley Senior Center.



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CLASSIFIED ADS

RLCC COACHING POSITIONS AVAILABLE 2024-25: Volleyball Head Coach & Assistant Volleyball Coach

*Positions open until filled. Letter of Application and Resume to: Kate Moll, Activities Director, RLCC High School, PO Box 100, Oklee, MN 56742. (List prior volleyball coaching experience in resume)

HOME OF THE MUSTANGS REBELS

HIRING FULL-TIME SCIENCE TEACHER 2024-25

Clearbrook-Gonvick School District has an opening for a full-time Science Teacher for the 2024-2025 school year. The Clearbrook-Gonvick Science Department is a two person department with one instructor teaching the following courses for the 2024-2025 school year: Physical Science 8 & 9, Advanced Physical Science, and Chemistry. The other instructor would teach Life Science 7, Biology 10, Environmental Science, and STEAM 7. Teaching assignment would be based on candidates' licensure area(s) and experience. A Minnesota Teaching License in conjunction with the Science courses listed above is required for the position. Individuals who are interested in extra-curricular or coaching activities are also encouraged to apply. Position is open until filled. Please submit letter of interest, resume, credentials, and three references to: Clearbrook-Gonvick School, 16770 Clearwater Lake Rd, Clearbrook, MN 56634. Attn: Melissa Weems, HR. Phone: 218-776-3112 Ext. 105. Or email the materials to: mweems@clearbrook-gonvick.k12.mn.us. Clearbrook-Gonvick School District ISD #2311 is an equal opportunity employer.

ENERGY AUDITOR

Inter-County Community Council is accepting applications for an opening in our Weatherization Department: Energy Auditor: Responsible for assessing energy efficiency and health and safety conditions in client's homes, prescribing cost effective remedies and providing clients with energy conservation and health and safety education. Experience in carpentry, home rehabilitation, heating systems or related fields. Full time/40 Hours per week working out of our Oklee office. Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountyycc.org. Send completed application and resume to ICCCC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountyycc.org. Applications must be received by 4:30PM on Monday, April 22. Call 218-796-5144 x1016 for more information about the position. ICCCC is an equal opportunity employer and program provider.

CUSTODIAL HELP WANTED

The Clearbrook-Gonvick School has openings for 2 full-time custodial cleaners or part-time custodial cleaners. Job requirements include the ability to thoroughly clean while paying attention to detail with some lifting and bending required. These are 12 month positions which include the following benefits: PERA retirement plan, paid holidays, sick time, personal time, and vacation time after 1 year. Wage range is \$15.27-\$17.36 per hour dependent on years of previous experience. Must be able to pass a background check. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions or to have an application emailed to you. Please submit application, resume, and letter of interest to: Melissa Weems, HR, 16770 Clearwater Lake Rd, Clearbrook, MN 56634. mweems@clearbrook-gonvick.k12.mn.us

GUNVALSON FARMS FARM OPERATOR/MECHANIC POSITION

Gunvalson Farms, Inc. has an open position for a full-time Farm Operator/Mechanic at our wild rice farming operation 10 miles north of Gully, MN. Must be physically fit, have machinery repair experience and be able to competently operate farm machinery. Must be willing to work long hours during the fall harvest season however we have flexible winter hours. Maintaining a healthy work-life balance for the team is very important to us. We offer competitive pay depending on experience. Benefits include PTO, 401k and Health Insurance. Address: 18345 390th Ave SE, Trail, MN 56684. Phone: 218-556-0736

CLEARWATER COUNTY ASSISTANT ASSESSOR

Applications are being accepted for an Assistant Assessor position, under the general supervision of the County Assessor. This position performs a variety of property appraisal tasks including: viewing, inspection, valuation, and classification of property for tax purposes, updating department records pertaining to current assessments and property data and responding to information requests regarding property value, classification, and taxes. This position is also responsible for responding to concerns regarding assessments and interpreting regulations and statutes to seek and resolve disagreements and disputes, reviewing and analyzing Clearwater County property sales data as a resource for determining assessments and utilizing maps and other technologies to complete assessment work. Position is a full-time, 40 hours a week position. Applicant must have a minimum of 5 years appraisal experience; be a Senior Accredited Minnesota Assessor (SAMA) and have a valid driver's license. Experience using a computer and Microsoft Office is required. Must be proficient in computer skills and willing to learn various software applications. Applications may be obtained from the Clearwater County Service Center located on the 2nd floor of the Courthouse or on the website at www.co.clearwater.mn.us. Starting salary is \$28.88-\$37.50 an hour with full time benefits. Applications must be submitted to Allen Paulson, Clearwater County Auditor-Treasurer no later than April 19, 2024.

CURRENT JOB OPENINGS OPEN POSITIONS

Director of Indian Education position opening immediately. Applicants must have a four-year Bachelor of Science Degree as well as a valid driver's license. Experience in Indian Education is preferred but not required. Elementary Special Ed. Teacher position opening immediately. Proper Minnesota licensure is required and experience is preferred. High School Math Teacher position opening fall of 2024. Proper Minnesota licensure is required. Athletic Director .5 FTE position opening fall of 2024. Preference given to a Four-year college degree and experience in the field of education. Elementary Art Teacher position opening fall of 2024. Proper Minnesota licensure is required. High School Spanish Teacher position opening fall of 2024. Proper Minnesota licensure is required and experience is preferred. Secondary Physical Science and Physics Teacher position opening fall of 2024. Proper Minnesota licensure is required and experience is preferred. *Interested applicants should send a resume, letter of interest, three letters of recommendation and a copy of college transcripts to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us. Successful candidates must pass a criminal background check. Positions will remain open until filled. * Substitute Teacher opportunities are available. Applicants should submit their teaching license (or substitute licensure with a 4-year degree) and resume. Successful candidates must pass a criminal background check. Native American Home School Liaison position openings. Candidates must be highly qualified, which includes either two or more years of college, an AA Degree, or the ability to pass the ParaPro Exam. Paraeducator position openings. Candidates must be highly qualified, which includes a High School Diploma or equivalent and either 2 or more years of college/an AA Degree, or the ability to pass the ParaPro Exam. Substitute Para opportunities are available. Applicants must have a high school diploma or equivalent. *Application forms may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Nichole Ekre at 218-694-6184. Successful candidates must pass a criminal background check. Positions will remain open until filled. * Food Service Cook opening immediately - a high school diploma or GED is preferred but not required. This is a 6.5-hour position. Food Service Support Staff - a high school diploma or GED is preferred but not required. This is a 3-hour position. Substitute Food Service Support Staff - a high school diploma or GED is preferred but not required. Food Service Cook opening fall of 2024 - a high school diploma or GED is preferred but not required. This is a 5.5-hour position. *Application forms may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Jennifer Hecht at 218-694-6184. Successful candidates must pass a criminal background check. Positions will remain open until filled. * Full-Time Route Bus Driver and Substitute Bus Driver positions. Applicants must have or be able to obtain a school bus driver's license endorsement. The District is willing to help applicants obtain their school bus endorsement. New drivers will receive a \$200 stipend after six months of driving to help defray the cost of certification. For more information, please call Stuart Dukek at 218-694-6122. Successful candidates must pass a criminal background check. Positions will remain open until filled.

COACHING

Currently accepting applications for Co-Head Varsity Dance Coach. *Interested candidates should send a letter of interest, resume of coaching and playing experiences and three references to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us. Successful candidates must pass a criminal background check. Positions will remain open until filled. *Bagley Public Schools is an Equal Opportunity Employer/Educator.*

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WANTED

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RUMMAGE SALE

RUMMAGE SALE-Embassy basement 3rd/Eaton, Fosston. Friday, April 19th (some items 50 cents) Saturday, April 20th (\$5 bag day, bags supplied) 9 am-noon both days.

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For a full job description, application, and general job openings information go to www.co.polk.mn.us and click on "Careers" or call 218-281-5408 Polk County Administrator's Office. EOE

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CED	BW	WW	YW	SC	HP	MARB	RE	\$M	\$C
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R5C

Anhydrous Safety Should be Top Concern This Spring

The MDA offers safety tips for those maintaining equipment and applying and transporting NH3

St. Paul, MN: Many farmers and applicators will soon apply anhydrous ammonia (NH3) prior to planting or sidedress after planting. Even with a rush against time and the weather, safety should never be compromised. Accidents involving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

The Minnesota Department of Agriculture (MDA) is providing the following tips to farmers and applicators so they can safely apply anhydrous ammonia.

- Always wear appropriate goggles and gloves. Never wear contact lenses.

- Be sure to have a clean, adequate emergency water supply of at least 5 gallons.

- Exercise caution when making connections and disconnections as if lines contain anhydrous ammonia.

- Stand upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle the hose end valve by the valve body.

- Position equipment away and downwind from homes, people, and livestock.

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **an APRIL 1 Bd opening** for all elderly and all handicapped/disabled persons. Rent is based on 30% of your monthly adjusted gross income. Laundry room facilities available & off-street parking. **Resident Manager** onsite. Locked Entry system. Active Community Room. Applications and qualifications, contact Nicole at 218-751-6881 or Laura at 218-407-7681. Applications online @ bemidjimanagementinc.com AN EQUAL HOUSING OPPORTUNITY.

R2-5C

Safety is also key to those maintaining anhydrous ammonia equipment. Never assume NH3 lines are empty, always wear proper protective equipment, and have access to safety water.

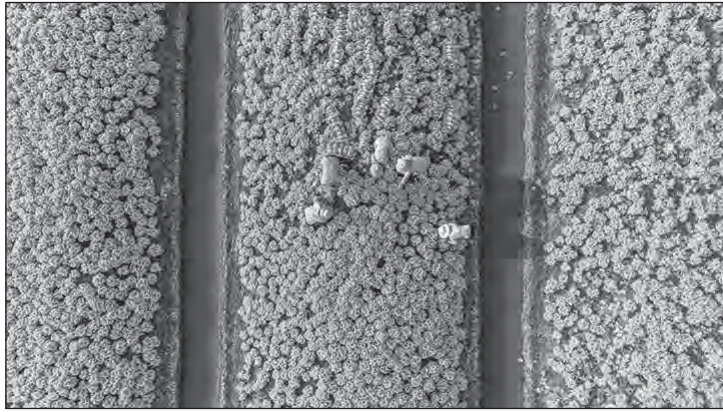
When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-moving vehicle (SVM) emblem visible from the rear, and be

sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, immediately call 911 and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website at www.mda.state.mn.us/nh3.

How labor shortages are affecting agriculture



The agricultural workforce is shrinking, and has been for some time. The American Farm Bureau Federation estimates there are roughly 2.4 million farm jobs that need to be filled annually, but there has been a drastic decline in workers each year.

There are a number of reasons for the shortages. The AFBF says more than 73 percent of farm workers are immigrants from South America and Mexico. While the United States' H2-A visa program, which allows employers who meet specific requirements to bring foreign laborers in for temporary work, has increased the number of accepted applications for immigrants to 250,000, this number is still just a drop in the bucket in terms of labor needs.

Another factor is a career in agriculture isn't always easy or lucrative. According to the U.S. Department of Agriculture, for every dollar spent on food, a farmer receives only 7.6 cents. Farmers were predicted to lose 9.7 percent of total net income in 2021.

Declining interest in the field has also affected the number of farm workers. As more farm operators reach retirement age, fewer young farmers are replacing them due to volatile pricing, high real estate and land costs, steep initial machinery investment costs, and other factors. The physical demand of the industry also takes its toll. So what does this mean for the agricultural industry?

Many with knowledge of the industry indicate sweeping changes are warranted. Ellen

Poeschi, the project director for the National Association of Agricultural Educators Teach Ag campaign, has said that a lack of agricultural education is contributing to the problem. Increasing availability of ag education courses across the country could build interest in the industry. Connecting students to internships or mentors may help, too.

Another option is to rally for greater economic opportunities in agriculture. The ag industry in general needs to find ways to make the economic benefits more competitive to other industries, and improve the working conditions and job flexibility. Agricultural industries currently average only 60 percent of what other industries offer in salaries. Farm wages have been rising due to the H-2A program, which requires farm worker pay to be higher than the state/federal minimum wage. More change is needed, but this may have to come at the federal level or be sparked by efforts on the part of agricultural advocacy groups.

Additional strategies farm operators can employ to combat shortages are: scaling back farm operations; integrating ag technology to reduce labor burdens; pivoting to crops that require fewer laborers; leasing portions of land to have extra money; employing temporary guest workers; and moving operations abroad.

Worker shortages continue to be problematic for the agricultural industry. A greater focus on remedying the issue is needed on a grand scale.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

**Q u e s -
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bought a
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dock; do I
need a permit
to get it to my
lake house?

Answer: You can move a boat dock on Minnesota roads without a permit if the dock is no wider than 8'6", no higher than 13'6" and no longer than

110'. The move must be done during day time hours. The rear corners must be flagged with 18" squared red or orange flags. The dock sides will have to be flagged as well every 20'. If your dock is larger, then you need to contact MN permit at 651-296-3000.

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 @MSPPPIO_NW or reach him at, jesse.grabow@state.mn.us).



Theology in the Trenches

By Kathleen Kjolhaug

How to Cast an Animal Track

As I made my way through the freshly fallen snow, there was evidence I wasn't the first one who'd taken this path today. Animal tracks of various critters were all over the place, and as my fascination with them began years ago—it resurrected anew.

How did my fascination begin? In grade school we were required to have a Science Fair project.

Little did I know the topic chosen would impact me for the rest of my life. It's been subtle, but it's there none-the-less.

What did I choose for my project? The title of the project was, "How to Cast an Animal Track."

No doubt I found it in the pages of a Science Fair idea book somewhere, so I followed the directions. First up I had to purchase some Plaster of Paris that needed mixing. Next, I found an animal print or two around the neighborhood, put the cement like stuff right into

the imprint and let it harden. Once removed, I could see the molded print within the plaster and lo and behold—I had cast an animal track.

Today, as I noted the various tracks in the snow, it brought back memories of this science project. The difference was that the tracks today were not only numerous, but the species of them varied. Before me were tracks of deer, turkey, and squirrel. Once home, the traffic jam of animal tracks upon the deck caught my attention and just as I was admiring them, a little gray squirrel put its tiny paws upon the window leaving its prints upon it.

There's calm in the out-of-doors. There's a stillness ebbing and flowing within nature. Whether it's taking an intentional walk, hike, or bike in the landscapes—it offers escape and gives us not only perspective, but a deeper appreciation of life nearer to us than we are often aware.

My farmer has always known this. In fact, every farmer I know takes care of

that which has been entrusted to them whether it's animals or land. I have respect for farmers because they have respect for what they tend. The animals they track is done with reverence and ultimately for others—always the other.

Me? I walk and appreciate the animal tracks as I listen to surround sounds in the woods and admire the up and down the driveway. As I enjoyed all this in my neck of the woods, I was reminded of how God tracks and how He asks us to cast.

- "Cast all your cares on him because he cares for you" (1 Peter 5:7).

- "Perfect love casts out fear" (1 John 4:18).

- "Row out to the deep and cast your nets. You will have a great catch" (Luke 5:4-11).

Tracking is one thing, casting another. Yet, when put together, it makes possible what will happen. "You will have a great catch." Why? "He cares for you." Why? "His love is perfect." Amen.

Growing Asian Greens

With spring in the air, many people are getting anxious to start planting. While it is still too early to plant anything outdoors, tomatoes, peppers, eggplants and many flowers can now be started indoors. Soon the early spring sowing will happen with onions, peas, carrots, spinach and other cool season vegetables. Some new plants I am going to experiment with this spring are Asian greens.

I enjoy early spring greens; the usual spinach is quite prolific. This year I am trying tatsoi, an ancient Asian green that is gaining in popularity in the United States due to its nutritional value. Tatsoi is high in vitamin C, A and folate and glucosinolates, a nutrient that has been researched and found to have protective benefits against heart disease, cancer and more. Adding tatsoi to you other salad greens will greatly boost its nutritional value.

Now that you know why you may want to grow tatsoi (also called mustard spinach) or other Asian greens, how do you grow them? The seeds are planted in early spring or early fall and can be enjoyed in as little as twenty days. Avoid planting in the hottest part of the summer. Plant tatsoi in an area that gets three to four hours of sun each day in soil that drains well and is amended with organic matter/compost. Greens should be watered regularly. The ideal growing temperature for tatsoi is between 60 and 70 degrees.



Master Gardener Joyce Rairdon.

Tatsoi produces leafy greens in a rosette form, so you can harvest the leaves by clipping them off when they are about 4 inches long. If you choose to take the whole head, if you cut it off at least an inch above the ground it will resprout and produce another crop of leaves or another head of tatsoi.

Now that you have picked your tatsoi or bought it at a farmer's market, how do you use it? As mentioned above, adding it to salad provides an additional kick of nutrition. With its mild earthy flavor with a slight peppery taste, it also pairs well with apples and citrus in salads. The greens can be sautéed and eaten as a side dish or can be added to stir-fries. The following link also suggests using tatsoi as a pesto.

Tatsoi Recipe: How to Cook Chinese Mustard Greens - 2024 - MasterClass

Another Asian green to try is Bok choy, or baby bok choy. I have grown both varieties and have enjoyed using them

in stir-fries and soups. Growing Bok choy is very similar to tatsoi, in that it needs well drained, fertile soil with at least 4 hours of sunlight to produce well.

10 Ways To Use Bok Choy That's Not A Stir Fry (rural-sprout.com)

While researching this topic, the University of Minnesota extension suggests fall planting. You can read more about that at the following link.

Growing Chinese cabbage and bok choy in home gardens | UMN Extension

You can follow their advice and plant in the fall, or you can experiment and see how bok choy, tatsoi and other Asian greens work for you with early spring sowing, or try both. I hope to write a follow up article to give you an update on my spring planting of Asian greens.

Try a new vegetable today! Try Asian greens!

The Beltrami County Master Gardeners operate a "Hotline" for gardeners who have questions from April 1 through October 31. Please call 218-444-7916 and leave a message with your name, phone number and a short description of your question or problem. Your call will be returned as soon as possible.

Joyce Rairdon works as an Administrative Operations Specialist and enjoys growing vegetables, especially peppers, squash, and tomatoes. She also plants many flowers around her garden to help attract pollinators.

Class Tractor Top Ten

By Auctioneer Eric W. Mickelson

A few years ago I was watching a youtube video where a Farmall man ranked the Top Ten Farmalls of all time. It was interesting to see his opinion and the opinions of his subscribers. He went a little later into the International tractor line than I would have but it was an interesting watch.

Here is the list: #1 The Farmall Regular-The reason was it was the beginning of the Farmall line and it was the first row crop tractor.

#2 The International 5488 which was built from 1981-1985. It is considered the last of the Farmalls.

#3 The Farmall H. It was built from 1939 to 1953. This was the largest selling IH tractor and was one of the most popular tractors produced by the company!

#4 The 1066. It was produced from 1971-1976.

#5 The F-20. It was a highly popular, had 20hp, and replaced the Farmall Regular.

#6 The Farmall 560. It was available with a gas, LP, or Diesel engine.

#7 The Farmall Cub. The Cub was rated at 10 hp was one of the most produced tractors by Farmall.

#8 The Super M. It was produced from 1952-1954. The Super series added some horsepower and a few other features over their predecessors.

#9 The Farmall A. The A was made from 1939-1947. They were very popular tractors for the small farms or to help on larger farms.

#10 The Farmall F 12. Early F 12s have a Waukesha L head engine and later they were replaced by an International overhead valve engine.

What do you think? I agreed with many of the choices but everyone has their own preferences! I would have changed #1 to the Farmall H. How can a person disagree with that. We had one when I was young. There were over 300,000 produced....they must have had something right! #2 for me would be the Farmall M. The M was the big brother to the H and model Hs and Ms are often considered to be tractors that fed the world during WWII. #3 is a tractor I never had or have really ever been around, but I always liked, the F 20. I know

the Regular really got Farmall into the tractor market and competed with the Fordson. But the F 20 to me was the perfected version of the Regular. #4 on my list is the 560. In the video I watched he put the 560 on his list at number 6. My neighbor had a 560 when I was growing and although I never drove it I always liked that tractor. He did too and would sometimes give my family grief about having John Deeres! #5 on my list is a tie between the Model A and the Cub. The cultivation was a great little invention. The off-set design allowed the operator to look down on the crop being cultivated. The Cub was built from 1947-1975 with many different versions. My favorite is the older "red" versions that paralleled the manufacture of the Hs and Ms. That is my top 5. If you want to hear my top ten I would need another hour or two of research and couple pages in the paper. I would love to hear from you if have an opinion of your own. You can shoot me an email at mickelsonauctions@gmail.com or send me a letter....I still get

the old fashion mail at 20555 340th Ave. SE in Oklee. The warm weather has me day dreaming of summer, working on old tractors, and tractor shows.....can't wait!

How about a little tractor trivia!

1. A Farmall Regular has _____ forward speeds.
A) 2 B) 3 C) 4 D) 5

2. A Farmall F 20 has _____ forward speeds.
A) 2 B) 3 C) 4 D) 5

3. A Farmall H has _____ forward speeds.
A) 2 B) 3 C) 4 D) 5

4. True or False The model F 12 was built in a diesel version in Germany.

5. True or False The 560 Farmall was also built in a standard tread version.

AnswerS: 1. B. 3 speeds 2. C. 4 speeds 3. D. 5 speeds 4. True 5. True



Listen Louder

By Travis Peterson

In the cozy confines of a local record store, I am thrilled to find a Classics IV album in great shape. Their timeless hit "Spooky" sounds extra groovy on vinyl.

Before I make my way to the register, I make a quick whip through the 45s to see if I can find my favorite song as it was originally released. The spine-tingling single "Be My Baby."

I go straight to The Ronettes place holder. Nothing. Empty as usual. I have become desensitized to the harshness of this reality over the twenty-plus years of collecting. Yes, I can find it on an online auction site, but it's The Hunt, you see. The Search. The Discovery. The fulfilling payoff of archaeological toil. Anyway, just for kicks, I decide to flip through the tiny 'New Arrivals' selection.

Halfheartedly flipping through the last couple records in the stack, I am about to get on my way when, wait a minute. What is this? Is that? No. Is it? With it now in my hands, my heart begins to noticeably beat faster as my pupils focus on my prey. It's mine. It's finally mine!

When I make it home, I polish up the beautiful 45 and gently place it onto my turntable. I

carefully lift the tonearm off its perch and delicately drop the needle on 'The Ronettes' "Be My Baby." I simultaneously twist the volume knob three quarters of the way up and brace for impact. The unmistakable drum intro pounds through my soul and then it hits; Phil Spector's wall of sound. Goose bumps race across my skin. Up, down and all around. Squirrels scramble for shelter as I stand at my patio door singing along at the top of my lungs.

The violin solo ends and the song unfolds its sledge. I crank the volume all the way up to MAX. Any and all pent-up emotions have been vaporized by this pulsating, swirling vortex of sensational sound. I have been let loose and I am, at this moment, untouchable. I am free. I am... What is that?!

One of the floor speakers undoubtedly blew. Thermal failure. Torched the voice coil. Internal components: Melted. 15-Inch, 8 Ohm subwoofer: Thrashed. I quickly power down the system and remove the record from the turntable and slide it back into its sleeve. I place the record on the shelf and a smile crosses my face. Until next time...

42nd Annual Goodridge Lions Club Consignment Auction & Smelt Fry

Saturday, April 20, 2024, 9:00 AM

Located in the City of Goodridge

Lunch will be served by the Goodridge Lion Tamers Club

Smelt Fry Starts Approximately at 4:30 PM

Farm & Miscellaneous: 1983 Volvo Semi-truck single axle 9 speed~~JD 148 loader w/ 8' silage bucket & 4 tine grapple fork~~JD 7' 3 pt. garden harrow~~5' 3 pt. mower~~4x2 fuel service tank w/ pump~~pickup box trailer~~rock puller~~slip scraper~~300 gal. fuel tank w/ elec. pump~~4 12x16.5 Skid-Steer tires
Livestock: 42' gooseneck trailer w/ 4 compartments tandem duals~~3 ton creep feeder~~cattle squeeze chute-manual head gate~~12'x20' 2 stall HiQual calving pen-self catching head gate~~bale spear fork~~450 5' & 6' T-posts~~200 round posts~~8'-12'-14' steel gates~~12 sucker rod panels~~Johnson panels~~calf scale~~new head catch~~new Ritchie sheep waterer~~cattle waterer
Sporting Goods: 2012 800 Ranger w/ cab-heater 800 miles on new motor~~fishing rods~~tackle boxes w/ tackle~~battery fillet knife
Tools: Hand tools~~monkey wrenches~~yard sprayer for 4-wheeler~~Hvy. duty log splitter w/ univ. quick attach~~industrial shop fans at 42"-36"-28"
Toys: 30 1/16 toy tractors all new some w/boxes JD-IH-AC-Case-MF
Miscellaneous: 32" heavy duty ext. door w/ window~~6' kids picnic table
.....and much, much, more!

Consignment items may be brought to Lions Hall between Noon and 7:00 pm on Friday, April 19, or prior to the start of the sale.

The Goodridge Lions Club is not responsible for items left overnight. Many other items will be available on the day of the sale. We will not consign non-working appliances or televisions. All items must be removed within 10 days.

Vendor-Craft Market Sponsored by Goodridge Lion Tamers
Contact Marie at 378-4360 for More Information

ITEMS WILL BE ACCEPTED ON THE DAY OF THE SALE UNTIL THE SALE BEGINS. FOR MORE INFORMATION CALL

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LOTS OF LAUGHS WORD SEARCH Answers on page 6

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Wednesday, April 17, 2024

Free entrance to Minnesota state parks on April 27

Minnesotans are encouraged to explore outdoors with friends and family

The Minnesota Department of Natural Resources is waiving vehicle permit fees at all 74 state parks and recreation areas on Saturday, April 27.

This "Free Park Day" is one of four days each year on which the DNR waives the requirement for a vehicle permit at state parks and recreation areas. The four fee-free days are spread out over the year, giving folks an opportunity to visit a state park for free in each season of the year.

"Minnesota state parks and recreation areas are great places to make memories with loved ones," said Ann Pierce, director of the DNR Parks and Trails Division. "Spring is an ideal time to reconnect with the natural world and enjoy the beauty of Minnesota's state parks and recreation areas. I encourage visitors to look for signs of spring like early-blooming wildflowers, migrating birds, and the opening of green leaves on trees. Our goal is for those who visit on Free Park Day to be inspired to come back again soon."

Each spring, Free Park Day is held on the Saturday after Earth Day. Earth Day is a great time to remind visitors to always recreate responsibly to protect natural resources. For example:

- Spring is a time of increased wildlife activity; respect wildlife by observing from a distance.

- Please stay on trails when hiking or biking to avoid erosion and damage to sensitive plants and wildlife habitat.

- Love the blooming spring wildflowers? Resist the urge to pick – take a photo instead. Leave flowers, rocks and other natural objects as they were found.

Interpretive naturalists at some park locations have planned programming for the Free Park Day. There is no cost to participate in these events. Find more details about these highlighted events or see the full state park events calendar online (mndnr.gov/ptcalendar).

- EarthFest 2024: Wild River State Park, 7:30 a.m. to 5 p.m.

- o Join in a day of nature walks, speakers, live music and service projects centered around the theme of prairies and why we care about them. The event will highlight the almost 500 acres of restored prairie at Wild River State Park. A variety of experts will lead sessions, including naturalists, cultural teachers and musicians. All ages are welcome, though this event is geared toward ages eight and up. Pick and choose from activities or come for the full day.

- Invasive Naturalist Tent: Fort Snelling State Park, 10 a.m. to 11 a.m.

- o Visit a park naturalist at the tent to see non-native species of plants and animals in the park and learn how these invasive species are changing native landscapes and habitats. Drop by for a few minutes or stay for the hour.

- Signs of Spring Hike: Itasca State Park, 10:30 a.m. to 11:30 a.m.

- o Explore signs of spring. Put on walking shoes and head down the trail with a naturalist looking for interesting plants and animals that are starting to make their spring appearance. The hike will be 1 to 2 miles in length.

- Spring Awakening: EpheMERal Wildflower Hike: Minneopa State Park, 2 p.m. to 3:30 p.m.

- o Join a park naturalist to explore the exciting wildflowers that are some of the first signs of spring and how they reveal a landscape that awakens with life each year. The hike will be approximately 2.7 miles long and follow the Minnesota River Bluff Trail, which consists of mostly flat gravel trails.

Visitors looking for specific recreational opportunities or amenities can use the Park-Finder tool (mndnr.gov/park-finder) to find the best parks for them.

The DNR recommends visitors wear clothing appropriate for the weather and bring water and snacks. Spring brings a variety of weather conditions, and trails could be muddy. Check for updates in the visitor alerts on park websites (mndnr.gov/parks).

While a vehicle permit is not needed for park admission on Free Park Days, additional fees for things like camping reservations and equipment rentals still apply.

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Confronting a workforce shortage

Along with two new scholarship opportunities, the paramedic program's new hybrid option aims to boost enrollment.



April 15, 2024 –Last year, classrooms were at capacity inside Northland Community and Technical College's paramedic program. Next year, Northland hopes to keep the seats mostly empty, while simultaneously increasing enrollment.

How? With a new "Hyflex" hybrid model, students enrolling this coming fall 2024 will be able to complete much of their coursework online, coming to campus only for required hands-on skills training, clinicals, and testing.

"Paramedics play a critical role in our healthcare system and in community health," said Dr. Sandy Kiddoo, President of Northland. "During my first year as we were developing the strategic plan, we met with various industry sectors, and I heard loud and clear the need to have a more flexible format for students pursuing this program, as many were working or traveling and needed the flexibility to make it work."

New Director

The program also has a new leader in Nichole Sullivan, a 2006 graduate of Northland's program who's beginning her first year as program director. Sullivan expressed excitement about being back at Northland and playing a crucial role in establishing the program's new format.

"We recognize that many potential students are busy with work and family," Sullivan said. "These commitments make it hard to be on campus, so our goal is to make the program accessible to more people. While skills labs and clinicals still require on-campus time, we moved our lecture portion online and condensed our labs into a couple of days every other week."

Sullivan explains that students have a range of options to choose from according to their career goals. The program offers a one-year diploma, but students can also opt for an Associate's degree. According to Sullivan, both learning paths equip students with the necessary skills and knowledge for highly sought-after job opportunities.

"Once a student has completed all the required testing and clinical hours," Sullivan said, "they are eligible to take the National Registry Exam to become a licensed paramedic."

Most of our current students already have jobs waiting for them when they graduate and are easily able to transition into the workforce. Plus, many states recognize this license, giving graduates a variety of options. In this area, the average pay is around \$50,000 a year according to the U.S. Department of Labor."

New Scholarships

While the cost of attending Northland continues to be among the lowest in the region, a new scholarship open to Minnesota residents sweetens this economic incentive even more. It's called the Minnesota Paramedic Scholarship and was approved during the 2023 Minnesota Legislative session.

According to the Minnesota Ambulance Association, 800 ambulances with Emergency Medical Services (EMS) workers respond to almost 715,000 service calls across the state each year. Recognizing this statewide need, the legislature's goal is to increase the number of licensed paramedics in Minnesota by offering up to 600 scholarships of \$5000 each starting Fall 2024. A total of \$3 million has been set aside for the scholarship. To apply for the Minnesota Paramedic Scholarship and learn more about its requirements, interested students can visit www.northlandcollege.edu/scholarships.

In addition to the Minnesota Paramedic Scholarship, another scholarship opportunity has been announced by the North Dakota EMS Foundation. For the first time ever, students either living or working in North Dakota are eligible to apply for the Foundation's annual \$1,000 scholarship. Previously, the scholarship was only available to students attending schools in North Dakota. Those interested in applying can learn more about the scholarship and its requirements by visiting www.ndemsf.org.

Earth Day April 22

Word Search Answers for this week

P	P	M	P	S	L	O	L	R	G	F	C	O	M	E	D	Y	U	Y	J
R	M	O	F	C	H	E	N	G	M	P	S	A	V	C	J	G	S	D	H
V	F	D	T	E	U	V	I	B	E	B	S	I	N	A	B	L	K	L	H
G	S	F	C	N	I	Y	R	L	L	F	E	H	F	O	Y	S	B	O	E
E	U	Y	A	T	R	H	I	B	K	J	L	L	N	L	R	A	D	O	M
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P	O	G	A	O	C	O	A	P	C	A	I	E	C	G	U	O	O	I	U
P	I	E	S	I	O	C	P	G	T	I	G	C	U	U	N	E	M	R	J
E	J	F	B	A	N	V	O	D	M	H	U	R	Y	R	C	I	T	P	J
M	H	F	U	J	T	C	F	M	R	B	G	T	G	R	D	S	C	A	I
T	Y	I	T	O	A	K	H	E	E	K	I	G	P	E	B	Y	M	E	
O	M	B	P	K	I	J	L	U	A	D	K	A	R	K	I	L	F	K	C
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A	E	N	V	N	O	I	P	F	N	K	B	A	I	O	T	N	O	E	T
R	L	U	E	G	U	Y	G	D	L	U	L	M	N	N	A	R	Y	O	F
B	L	F	S	G	S	D	A	T	N	D	I	E	S	K	S	F	O	O	D
T	Y	S	H	C	H	E	E	K	S	L	J	Y	J	P	C	N	J	O	I
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Sports physical for 2024-25 school year

Essentia Health encourages scheduling a sports physical for 2024-25 school year

Essentia Health is proud to start offering sports physicals for student-athletes, from middle school to college, across North Dakota and Minnesota that will be valid for next school year and beyond.

In Minnesota, sports physicals are good for three years. A sports physical, also known as a pre-participation physical evaluation (PPE), helps determine whether it's safe for your child to participate in a certain sport. Most states, including North Dakota and Minnesota, require that student athletes have a sports physical before they can start a new sport (including any practices) or begin a new competitive season.

A sports physical can be completed on its own or as part of a well-child/teen visit. It is recommended that your child have their physical at least six weeks before their sports season begins so there is enough time to follow up on something if necessary.

During a sports physical, you will learn:

- Whether it is safe for your child to participate in a sport.
- How to protect your child from injuries.

- How to play safely with a medical condition or chronic illness.

"You don't have to play an organized sport to be an athlete," said Dr. Tanya Diegel, division chair of primary care at Essentia. "Many children participate in physically demanding activities like snowboarding, skiing, jogging, climbing and hiking, while others aren't as physically active. Regardless, all children should receive a physical from their care provider."

In addition to getting the physical completed, a well-child/teen visit is one of the best ways to ensure your child is healthy and thriving. Well-child/teen visits are a great time to review your child's health in all areas – growth, cognitive and social development, illness prevention, mental health and more.

You can schedule these visits directly through your pediatrician or family medicine provider. You can also schedule by calling (844) 663-1068, online through EssentiaHealth.org or through your Essentia MyChart patient portal

Forms are available online at ndhsaa.com (North Dakota) and mshs.org (Minnesota).

Gully...

Continued from pg 1

settler in the townsie. Richard Ohm next bought the land from Mr. Engesether and "proved it up!"

Next in 1899 Mr. Ohm built a flour mill. When the mill was up and running it operated 24 hours per day. It had a capacity of 125 barrels(equal to 250-100 pound bags)of flour per day! The mill was a bustling place with several teams of horses and oxen in the yard at most times!

Besides the mill a hotel, blacksmith shop, printing office, 2 stores, a church, and a livery stable, bank, post office, hardware store, saw mill, and a doctor were added to the "new" community.

One building housed the hotel, store, post office, and the first hardware store was run out of a tent! Dr. Jens Onstad was the first doctor, coming to Gully in 1905. The First State Bank of Gully was incorporated in 1910. In 1926 the Farmers State Bank of Gonvick took over the bank.

As with many small towns a Saturday night dance was often big entertainment for the week! But in 1909 big events were beginning for Gully's history. Like many towns like Trail, Gonvick, Oklee, and Clearbrook construction of the railroad got underway! Near Gully there were a couple of camps of men working on the railroad. Of course much of the work was done by hand!

Until the depot was built in 1911, a box car was actually used as the depot building! Because of the railroad 2 stores, a blacksmith shop as well as several homes were moved to

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the present day site of Gully. This was just the beginning! Gully once boasted a hospital, doctor, jewelry store, drug store, butcher shop, millinery shop, 3 stores, a feed mill, 2 pool rooms, 2 hardware stores, 2 cafes, 2 barber shops, 2 livery stables, a creamery.....and even more!

I love the history of small

towns and the history behind them! Gully is no exception! I am afraid the days of bustling Gully are behind us but I am glad to drive down the street and maybe stop at Shorty's for a burger and a beer, or top off the tank! I like to stop in Gully and I wish I could have strolled down its streets in its early days!

Highway 34 Akeley construction resumes early-May

Motorists will detour utilizing Hubbard CR 25 and Highway 64

BEMIDJI, Minn. – The Minnesota Department of Transportation announced today, construction on Highway 34 in Akeley will resume in early May. The remaining project elements include resurfacing and sidewalk upgrades on Highway 34 from the Hulet Avenue to Hillside Avenue. Motorists will detour utilizing Hubbard CR 25 and Highway 64.

The project is expected to be complete in mid-June, weather permitting. For more information as well as staging and detour maps, visit the project website: www.mndot.gov/d2/projects/hwy34-akeley

Stay connected

- View detour maps and traffic impacts on the project website www.mndot.gov/d2/projects/hwy34-akeley
- Join project staff at weekly construction update meetings. They will take place Tuesdays at 10:00 a.m. at Ake-

ley City Hall

- Sign up for weekly construction update emails on the project website
- Join the Northwest Minnesota Facebook group for news, events and updates
- Follow us on Twitter @mndotnorthwest for news, events and updates
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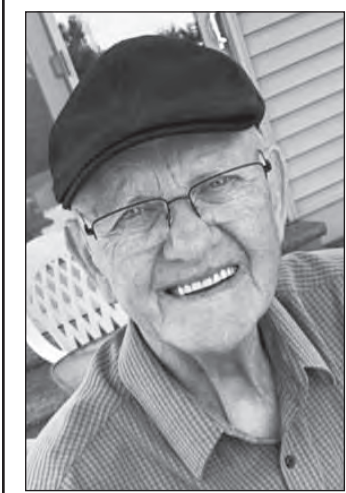
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OBITUARIES



Obituary for Vincent Austad

Vincent Clark Austad, 82, of Nashwauk, MN, passed away after a courageous three month-long battle with colon cancer. He was at home and died peacefully with family by his side on Thursday, April 4, 2024.

He was born in Oklee, MN, on June 26, 1941, to Grunde and Evelyn (Logdahl) Austad. Vincent grew up in the area and graduated from Oklee High School in 1959. After school, he went on to serve his country for two years in the US Army as Military Police. Not long after serving, he married the love of his life, Ruthella Westlake, in Plummer, MN, on July 16, 1966. Vincent worked for Bechtel Corporation early in his career traveling all over the midwest from Minnesota to Iowa and Michigan. In 1975, they settled just north of Nashwauk, MN, where Vincent and

Ruthella built their beautiful home from the ground up. He had a great career for twenty-five years as the facility supervisor at the St. Louis County Courthouse in Hibbing and retired from there. Vincent was extraordinarily handy as he could build or fix anything. He started conversation and made fast friends with everyone he met. Vincent had a great sense of humor and was the life of the party as he was also a little mischievous. He enjoyed working on his land, tinkering in his garage, going to his family's Wildwood farm and ATVing and snowmobiling, specifically Arctic Cat. Above all, he loved his family and was the most proud grandpa "bapa" around as he traveled all over the place with his adored granddaughter, Faith, to an endless number of horse sporting events. She was his pride and joy.

Vincent is survived by his wife of 57 years Ruthella Austad, loving daughters Jodi Austad and Gwendolin (Chad) Yancey, cherished granddaughter Faith Evelyn Olson, siblings Frances Hudson and David (Joyce) Austad and many in-laws, cousins, nieces and nephews.

He is preceded in death by his parents, and Terry Olson--the fiancée of Jodi and Faith's dad.

The family would like to give a special thanks to Fairview Range Hospice and especially nurse Zach.

A celebration of Vincent's life will be held at 1:00 PM on Friday, April 26, 2024, at the Timberlake Lodge in Grand Rapids, MN.



Obituary for Theresa Sorenson

Theresa "Terri" Sorenson, 65, of Williston, passed away late Thursday evening, April 4, 2024, at CHI Saint Alexus Medical Center in Williston.

The service for Terri was held on Saturday, April 13, 2024, at 11:00 am at St. Joseph's Catholic Church in Williston, ND. Officiating the service will be Father Paul Eberle.

A visitation was held at the Everson Coughlin Funeral Home on Friday, April 12, from 9:00 AM - 6:00 PM.

Theresa Ann (Terri) Morrissey was born April 27, 1958, at St. Mary's Hospital in Minneapolis, and soon after baptized at St. Timothy's in Blaine. In the mid 1960's the family moved to Gatzke, MN where she attended elementary school and then went to high school in Newfolden and Grygla with two years at Mt. St. Benedict boarding school in Crookston. She also studied at UND in Grand Forks, ND for a couple of years.

Her parents recognized her gift of music and creative ability at a very early age and bought her a piano when she was seven years old. They worked hard to ensure she could study music and she also easily excelled at all academics and art in school. She was instrumental in helping run the family farm in her youth and kept her four siblings in line the best she could as her parents also worked off the farm. She did chores, cooked, cleaned, babysat, and gardened when she wasn't reading, riding horse, or practicing piano.

In 1977 she met the one and only love of her life and married Kevin Sorenson in Grand Forks, ND on June 16, 1978. They left north-

west Minnesota shortly after to move out west and begin their new life together. They worked various jobs and soon purchased a home in Williston, ND where they have since lived. To this marriage they were blessed with three sons, Raef, Adam, and David. All of whom she loved and provided and supported with her whole being.

Terri lived her life simply and humbly and touched many hearts with her missionary spirit and kind heart. Faith, family, and friends were more than a sign you hang on your wall. She truly lived life in that order. Terri was grateful for her job at Kotana for the past 27 years where she was employed till the very end.

She was a part of the Thursday Musical Club, and Catholic Daughters at the St. Josephs Church. Terri enjoyed serving others, painting, calligraphy, embroidering, gardening, music, quilting, cooking, and visiting family and friends.

Teri was diagnosed with colon cancer in Easter season 2023. She passed away April 4, 2024, at age 65 at the St. Alexis Hospital in Williston surrounded by her loving family.

She is survived by her beloved husband, Kevin Sorenson; sons, Raef (Fargo, ND), Adam and his girlfriend Drake (Williston, ND); David (Bismarck, ND); mother Ann Morrissey (Gatzke, MN); brothers, Bruce (Sherrie) Morrissey (Green Bay, WI) Thomas Morrissey (Gatzke, MN), James (Michelle) Morrissey (Glenwood, MN); sister Jayne (Jack) Miller (Goodridge, MN); brother-in-law Lee Sorenson (Barbados) along with many nieces and nephews, aunts, uncles, and cousins all of whom she loved.

She is preceded in death by her dad Raymond Morrissey; father-in-law Ray Sorenson; mother-in-law Pat Sorenson; brother Raymond Junior; brother-in-law Gary Sorenson; grandparents Stanley and Pauline Cwikla, and Maynard and Marville Morrissey.

May her memory be blessed.

Friends are welcome to visit www.eversoncoughlin.com to share memories of Terri or leave condolences for her family.

Obituary for Lois Alvina Ambuehl

Lois Alvina (Taylor) Ambuehl was born on September 22, 1930 in Shevlin Minnesota to John and Alvina Taylor. She attended school in Shevlin and graduated from Bagley High School. She worked in the Mercantile in Bagley after graduation. She married Donald Ambuehl on September 18, 1953. They had two children together Larry Ambuehl and

Debbie Bowman (deceased). She was preceded in death by her parents, siblings and daughter. She is survived by her husband, Donald Ambuehl, her son, Larry Ambuehl (Debbie), her grandchildren, Jennifer Ambuehl, Benjamin Bowman, great grandson Gage Ryun, her sister-in-law, Polly (Ambuehl) Holm and her nieces and nephews.



Obituary for Terri Churness

Terri Churness (Erickson), 60, died on April 13, 2024 at her home at Clearbrook, Minnesota after a long battle with cancer.

Funeral services will be held on Friday, April 19, 2024 at the Clearwater Lutheran Church in Shevlin, at 11:00 with the Pastor Troy Churness officiating. Visitation will be on Thursday, April 18, 2024, at the Cease Family Funeral Home Chapel in Bagley from 5:00 pm - 7:00 pm with at prayer service at 6:30 pm. Visitation will also be one hour prior to the services at the church. Interment will be held at the Clearwater Lutheran Cemetery in Shevlin, MN.

Terri was born January 16, 1964 in Fosston, Minnesota, the daughter of Fred and Emma Halverson. She was raised in a loving home with her three sisters and one perfect brother. Terri went to school for her first five years in Shevlin, then went to Bagley Public Schools where she met the love of her life, Mike Erickson. They were wed February 6th, 1982. They added three boys to their humble life. Mathew came first, then Kory, and finally sweet Brandon. Their family was complete. Terri worked as a lunch lady for the Bagley Schools, her boys loved being able to see their mom every day at school. She made lifelong friends while mixing together homemade meals for the students. Terri always enjoyed going to all of her son's sports events, demo derbies, and any other activities they were involved in.

She retired from the school in 2020. Terri loved to crochet, go fishing, shopping, and she knew how to make the most amazing chocolate chip oatmeal cookies. Everything a good northern Minnesota woman should know. Terri was enamored with her grandchildren. They brought her so much joy, her heart was at its fullest when she was surrounded by her grandchildren. She never missed a sporting event, or dance or skating show, the kids all knew they could count on Grandma to be there. Terri has had her share of heartbreak in her life. Losing her husband Mike was one of the hardest, but Terri went through this phase of life with grace and dignity. When her heart was ready, she met David, they were drawn to each other instantly. Terri and David found love, and vowed themselves to one another on March 2, 2019. They have been living the happy, snowbird life ever since! There is never enough time, or a good reason, we are just all thankful we had the chance to be a part of Terri's story.

Survived by her Husband- David Churness of Clearbrook, Minnesota; Son - Mat (Kaylia) Erickson of Bagley, with their children Mason, Carson and Libby; Son- Kory (Sarah) Erickson of Shevlin; Son-Brandon (Desiree) Erickson of Bagley, with their children Denzlee, Danika, and Michael; her Sister -Kay (Karl) Petersen of Bagley; Brother- Bradley (Deanna) Halverson of Shevlin; Sister -Tammy (Chad) Steindl of Bagley; Sister - Kathy (Mike) Broman of Willmar. Troy (Michele) Churness of Clearbrook with their children Hunter, Adrianna, Amara, and Ashlyn; Tara (Tony) Preston of Gonvick with their children Dillan, Tristan, Brianna, and Tommy; Travis (Dani) Churness of Clearbrook with their children Aiden, Alex, and Ashten. Also, many nieces and nephews.

She was proceeded in death by her parents, and her husband Mike.

Messages of condolence may be sent to ceasefuneral-home.com

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Obituary for Henry Linder

Henry Linder, Oklee, MN, 82 passed away on Friday January 5, 2024 at Thief River Care Center, Thief River Falls, MN.

The service to celebrate Henry's life will be on Saturday, April 27, 2024 at Johnson Funeral Service in Oklee, MN at 11:00 AM and will be led by Henry's friend, Ronald E. Skallet. Burial will follow at Salem Cemetery, Oklee, MN with military honors provided by the Oklee Honor Guard and Minnesota Army National Guard Honor Guard.

Henry Gordon Linder was born on October 24, 1941 son of Louis and Gladys (Knutson) Linder on the family farm in Red Lake County close to Oklee, MN. He was baptized and confirmed at Salem Lutheran Church, Oklee, MN. He graduated from Oklee High School in 1960.

Henry served in the United States Army while stationed in Hawaii from 1962 until 1965. He received awards as a Sharpshooter and an Expert Rifle's Man.

He worked for area farmers and started his own business "Henry's Signs", painting on many trucks, trailers, and billboards around Thief River Falls and surrounding towns. His 1st painting job for Oklee, MN was the window of Curly's bar in 1965 and his 1st painting for Thief River Falls, MN was the window of Meds Barber Shop. He used Bulletin One Shot Sign Lettering Enamel on these windows. One of his favorite paintings was for the D & R Grocery Store in Oklee, MN. He continued serving his communities for over 40 years.

Henry retired from his painting career in 1991 and used his free time to draw cartoon characters. It didn't take long for the Oklee Herald to catch wind of his drawings and soon Henry was drawing for the paper. If he had to send out anything in the mail or give a piece of paper to any one he always drew a little something on it for them to know who it was coming from. He will be remembered for all his creative drawings and paintings.

He is survived by many nieces, nephews, and cousins.

Henry is preceded in death by his parents; sister, Beverly Linder; and brother, Harold.

Condolences may be sent to www.johnsonfuneralservice.com

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Obituary for Terry Cleven

Terry Cleven, 65, of Grygla, MN, passed away on Wednesday, April 10, 2024, at the Grain Bin Café while working alongside of his dear wife, Kim and several of their beloved employees and customers.

The service to celebrate Terry's life will be held at 1:00 PM on Saturday, April 20, 2024 at Grace Lutheran Church in Grygla, MN. Burial will follow at Bethesda Cemetery, Lee Township, Beltrami County, MN.

Visitation will be held from 5:00 PM until 7:00 PM with a 6:30 PM Prayer Service on Friday, April 19, 2024 at Grace Lutheran Church and one hour prior to the service on Saturday.

Terry Lynn Cleven was born November 11, 1958 in Thief River Falls, the son of Albert Carlton and Gloria Joyce Ardith (Nelson) Cleven. Terry was baptized as an infant and rebaptized in 1992 at the Gravel Pit near Grygla. He attended school in Grygla, MN through the 8th grade and graduated from Goodridge High School with the class of 1976. Terry attended Northland Community College in Thief River Falls focusing his studies on Auto Body and Carpentry. It was at this time that Terry enjoyed working for Stanley Farms.

In 1980, Terry took a two week vacation to Oklahoma and stayed nine years. He lived with his sister, Susan and grandma, Hilda. He worked for Ken's Pizza where he perfected making delicious pizza.

Upon returning to Grygla in 1989, Terry dedicated his life to the Lord Jesus Christ.

He began farming with his Dad and Brother on the Cleven Family Farm in Lee Township, Beltrami County and also managed the Co-op Store in Grygla. Terry also worked for a short time at Machinewell.

In the third week of June in 1992, Terry met the love of his life, Kimberly Towle through Kim's Aunt Dixie's relentless matchmaking. They were married six months later on January 2, 1993 at the Quamba Baptist Church in Quamba, MN, Kimberly's home community. The couple made their home in Grygla for a year and a half before settling on the Cleven Family Farm. It was September of 2004 that the couple purchased the Grygla Café and rebranded it the "Grain Bin Café." Following Terry's mother, Gloria's death, Terry joined Kim in the daily operation of their family business. He continued to raise beef cattle and manage his number one priority, food plots.

He enjoyed hunting, fishing, making pizzas, smoking meat, and visiting with family and friends like a true Cleven. He was in Facebook Jail more than he was out of Facebook Jail.

He was diagnosed with Parkinson's Disease in April of 2004. Despite the diagnosis, Terry never used it as an excuse to slow down. He was always looking for a "cure" as long as he didn't have to go to the doctor. Terry served his Lord, family and community until his dying breath.

Terry was a founding member of the Community Bible Church in Grygla and held numerous leadership roles. He was awarded his 30 year plaque last week for serving as a Minnesota Fire Warden and served on the Lee Township Board for several years.

Survivors include his loving wife of 31 years, Kim; sons, Joshua, Carlton (Marissa) and Cory; one grandson; siblings, Rena (Steve) Doebler, Susan Cleven and Gary (Deb) Cleven; nephews, Joe and Jon (Mae) Doebler; niece, Jennifer (Eric) Erickson, their son, Zack (Madeleine) and their son, Emmett; brothers and sisters-in-law, Bev (Bert) Welton, Randy (Jovita) Towle, Terri Calahan, Kay (John) Abbott, Christel Halstensgard; and many other relatives and friends.

Terry is preceded in death by his parents, Albert and Gloria; infant sister; great-nephew, Anthony Erickson; father and mother-in-law, Elwood and Janet Towle; and numerous aunts, uncles, and life-long friends, Mark Brobst and Carter Torger-son.

Condolences may be sent at www.johnsonfuneralservice.com



Lady Rebels Spring volleyball 16s team recently competed in the Pequot Lakes Spring Tournament and came home the 1st place champions!
Pictured (back) Emma Hendrickson, Ava Arlt, Mckaelyn Frizzle, Coach Kelly Melin, McKayla Erlandson and Alexa Chervestad
(Front) Graceyn Kvasager, Natalee Hendrickson, & Kassidy Torgerson

Minnesota fishing facts

The following information can be used for stories in preparation for the 2024 fishing opener, which is Saturday, May 11. Some information is from the 2022 National Survey of Fishing, Hunting and Wildlife-Associated Recreation conducted by the U.S. Fish & Wildlife Service and others. A report summarizing the survey results for Minnesota is available on the Minnesota DNR license dollars at work webpage (mndnr.gov/licensedollarsatwork).

Anglers and waters

- 1.7 million anglers fished in Minnesota in 2022. Of these, 1.2 million were Minnesota residents while 508,000 were nonresidents, according to the USFWS survey.
- About 500,000 people are expected to fish on Saturday, May 11, Minnesota's opening day of the walleye, northern pike, bass and trout-in-lakes season in 2024.
- Minnesota has 11,842 lakes that are 10 or more acres in size, 4,500 of which are considered fishing lakes. There are more than 16,000 miles of fishable rivers and streams, including 3,800 miles of trout

streams.

- Although not every kind of fish lives everywhere, 162 species of fish can be found in Minnesota waters.

Participation and the economy

- Minnesota anglers spent \$5.9 billion dollars on angling related expenses (for example, angling trips, equipment and licenses) in 2022, according to the USFWS survey.
- Average annual expenditures per angler in Minnesota in 2022 were \$3,600, according to the USFWS survey.
- Fishing supports 28,000 Minnesota jobs, according to the American Sportfishing Association (asafishing.org/wp-content/uploads/2021/11/Sportfishing-in-America-Economic-Report-March-2021.pdf).

Who goes fishing?

- According to the survey led by the USFWS, an estimated 26% of Minnesota residents aged 16 and older went fishing in 2022. A closer look at participation by race and ethnicity found that 21% of Black, 26% of Hispanic, and 27% of white Minnesotans aged 16 and older fished in 2022.



- An estimated 38% of male and 14% of female Minnesota residents fished in 2022.

- Among Minnesotans who did not possess a fishing license in 2022, 36% expressed an interest in fishing in Minnesota in the future.

- The most frequently reported barrier to fishing — for Minnesotans interested in fishing — is lacking friends and family to fish with.

The purchase price of every fishing license goes into the Game and Fish Fund, a dedicated account that can only be used for fish, wildlife, law enforcement and certain other outdoor-related activities. More information on fishing in Minnesota is available on the Minnesota DNR fishing webpage (mndnr.gov/fishing).

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