



Tri County Canary

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

Lake Agassiz Regional Library Presents "Operation D-Day" History Program

Libraries in Bagley and Fertile will host "Operation D-Day," inviting audiences to witness a profoundly important date in history come to life with a presentation by Minnesotan historian and educator Arn Kind. The programs will be held in honor of the 80th anniversary

of D-Day, the date when the Allied nations launched Operation Overlord, the surprise invasion of France. In these living history performances, Kind will bring history alive with a realistic portrayal of the invasion, which was accomplished by thousands of intrepid young American,

British and Canadian soldiers parachuting out of the sky behind enemy lines and wading through heavy surf onto the beaches of Normandy.

"Operation D-Day" will be held on Friday, June 7 at 2 p.m. at the Fertile Public Library, 101 Mill St. S., and on Saturday, June 8 at 11 a.m. at the Bagley American Legion, 112 Main Ave. N., in partnership with Northern Exposure to Lifelong Learning (NELL). Admission is free thanks in part to funding from the Minnesota Arts & Cultural Heritage Legacy fund and the programs are sponsored by Lake Agassiz Regional Library.

About Lake Agassiz Regional Library

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.



Investigation found nearly 79,000 pieces of delayed mail, serious management failures

BEMIDJI, MN – Following a request from U.S. Senators Tina Smith and Amy Klobuchar (both D-Minn.), the United States Postal Service Inspector General launched an audit and released a comprehensive report on mail delivery issues in Northern Minnesota. The report's findings underscored the need for serious changes at the Postal Service, including reforms included in the Senators' bipartisan Postal Delivery Accountability Act.

"When the mail is unreliable, it hurts Minnesotans, especially those who rely on the Postal Service to pay bills and receive paychecks and prescriptions. Yet when I ask the Postal Service for information on these disruptions, they insist everything is fine. This report confirmed what I've heard from Minnesotans and postal workers across the state for years: the Postal Service management is failing Minnesotans," said Senator Smith. "This isn't the end of this story. The Inspector General's district-wide report will be released soon, and I look forward to getting a full picture so we can hold the Postal Service accountable for real solutions."

"Families in Bemidji and the surrounding communities

rely on the Postal Service every day for everything from their prescriptions to paychecks, but I received troubling reports about significant delays and issues with local mail delivery. That is why I called for an investigation and for solutions," said Senator Klobuchar. "The results of this audit are very concerning and the Postal Service must work to implement the Inspector General's recommendations to improve operations and provide Northern Minnesota post offices with the resources they need to serve their customers. Minnesotans deserve to have a reliable and responsive Postal Service."

In November 2023, the Bemidji Post Office became the subject of national attention over a sudden influx of thousands of Amazon packages to the facility. In response, Senators Smith and Klobuchar asked the USPS Inspector General (IG) to investigate. The IG found that USPS headquarters management failed to adequately plan for, staff, resource, and even inform the facility about the sudden increase in package volume, in nearly 79,000 delayed mailpieces in the facility just from December 12 – 14, 2024. The IG also found that facility management failed to accurately report the delayed mail. The IG report

states, "This occurred because headquarters management did not have a program in place to provide Bemidji Post Office management with training on mail processing operations."

The report also makes it clear that management failures, not the failures of postal workers, are responsible for the problems.

The IG findings directly contradict the Postal Service's response to Senators Smith's letter dated November 28, 2023, which stated that the Postal Service "has well-established procedures and guidance to help every facility in the country prepare for the busiest time of year." It is clear from the IG's findings that those procedures and guidance failed to adequately address the situation in Bemidji.

Smith and Klobuchar have long worked to ensure Minnesotans can rely on the Postal Service to deliver on time. The Senators introduced the Postal Delivery Accountability Act, which would address USPS' failure to accurately track when mail routes do not receive deliveries. Smith and Klobuchar both sent letters to Postmaster DeJoy regarding the disruptions caused by increased Amazon package delivery. They also pressed USPS for answers about a payroll error that led to 53,000 rural letter carriers missing or receiving only a partial paycheck. Smith and Klobuchar have also asked USPS for answers to widespread missing and delayed mail deliveries across Minnesota.

May 2024 Itasca State Park Nature Programs

Nature of Science: Ticks and Mosquitoes of Minnesota- Don't Let Them Bug You!

Friday, May 24, 2024, from 2–3 p.m.

Meet at Lake Itasca Amphitheater in the picnic grounds. If raining, meet at the Biome Center, University of Minnesota Itasca Biological Station (along Main Park Drive)

Are you curious about how nature functions? Tag along with a scientist! Today's guest is Jordan Mandli, vectorborne disease expert with the Minnesota Department of Health. Learn how to protect yourself from tick and mosquito bites while enjoying the great outdoors!

This program is coordinated by the University of Minnesota's Itasca Biological Station and Itasca State Park.

Wildflower Walk
Saturday, May 25, 2024, from 10:30-11:30 a.m.

Meet outside Forest Inn (across from Douglas Lodge)

Enjoy a short walk through Itasca's forest in search of spring wildflowers! We will search for large flowered trillium, yellow lady slipper orchids, large flowered bellwort and much more.

Itasca Park...
Continued on page 2



Work by Samuel Zimmerman.

"When They Come to Visit"

Bemidji, MN - Ojibwe artist Samuel Zimmerman opens his exhibit Bi-Mawadishiwewaad – "When They Come to Visit" at Watermark Art Center's Miikanan Gallery on Friday May 17 with a reception to be held next month on June 28 from 5 - 7pm.

Zimmerman's work explores his Ojibwe heritage, his experiences in nature, shared oral histories, and the re-imagining of clan animal symbolism while incorporating the natural landscape of Lake Superior's North Shore.

After twenty years working in public education, Zimmer-

man returned home to Minnesota and rededicated himself to painting with ferocity as he continues his pursuit of Anishinaabe storytelling traditions by embedding themes of environmental stewardship and conservation in his work.

Watermark's galleries, classroom and gift shop are accessible, free and open to the public Mondays - Saturdays from 10 to 5pm. Visit WatermarkArtCenter.org for detailed exhibit, event, and class information. 505 Bemidji Avenue N., Bemidji, Minnesota or call 218-444-7570.



Ann Newman took these pictures of the Northern Lights. She thought that this picture was of an the angel looking down! This was over her house in Clearbrook near midnight.

Did you see the Northern Lights?

By Eric Mickelson
Last Friday night my wife and I were sitting on the couch watching a show and thinking it is time for bed. Patty happened to look at her phone and a message appeared saying, "If you're not outside-you should be!" We looked at each other and headed for the porch. It wasn't even quite dark yet but in the northern sky you could see a few streaks of white flashing in the sky. I suggested we jump in the pickup and head north out in the country away from the yard light and see what we could see.

We got in the pickup and got about a half mile north of the house and stopped and pulled into a field crossing, shut off the truck, and took a look! Yes, it was a good decision. Whites, pinks, and greens flashed across the sky!

The northern lights, or the aurora borealis, are beautiful

dancing lights in the sky that have caused people to witness in awe for many years! These beautiful patterns of brilliant lights can appear as curtains, rays, spirals, or simply flickering lights covering the entire sky. I am sure we can agree, they are beautiful!

We have probably heard the auroras are caused by sunlight reflecting off of the polar ice cap. But actually they are caused by moonlight reflecting off of ice crystals in the atmosphere. Ancient tribes had their own ideas of what caused this light show. Often influenced by religion, one belief was that the light was a pathway souls traveled to reach heaven (this was believed by some Eskimo tribes). Another belief was that the light was an eternal battle of dead warriors (This came from Europe). In 1619, Galileo Galilei named the lights the aurora borealis after Aurora, the Roman

goddess of morning. He after concluded they were a product of sunlight reflecting in the atmosphere. Today, scientists have come to the general agreement that the lights are caused by the collision of electrically charged solar particles and atoms from our atmosphere. The energy from the collisions is released as light, and the reason it happens around the poles is because that's where the Earth's magnetic field is the strongest. Did you know it is not just the North Pole that puts on a show—there are also Southern Lights, too. They are called aurora australis. There are even aurora borealis on other planets—including Mars.

Whatever the explanation they are beautiful and next time you hear someone say that you should go out and see the "Northern Lights", I would go for it! My guess is you won't be disappointed that you did!



NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

May is National Mental Health Month

Connecting with yourself
How do you connect with yourself? You know yourself. You live with yourself. But we need to connect with our inner feelings. It takes times to do this but the reward of self-reflection is peace.

• Dedicate time to getting to know yourself daily. Pick a time when you can be alone in a quiet place and journal your thoughts and feelings.

• Ask yourself some tough questions. ...

• Reflect on your answers. ...

• Practice self-love. ...

• Tune out the noise of daily life

What are the benefits of connecting to yourself?

If you are not sure why you should start the journey of self-care, here are some of the benefits of connecting with yourself:

• Your inner instincts and intuition get stronger and support decision making.

• More comfort and ease spending time on the things that matter.

Connecting with others

Social support can provide you with comfort even when the stress feels completely unbearable. Perhaps you're feeling physically exhausted or emotionally numb from long hours at a high-stress job, caring for an ailing loved one, or coming to terms with a traumatic event. Having the love and support

of people around you can help mediate even the negative health effects of burnout or ease the psychological distress that comes with post-traumatic stress disorder (PTSD). So, whether you're dealing with chronic stress or day-to-day frustrations, reaching out to others can be a go-to strategy for managing stress.

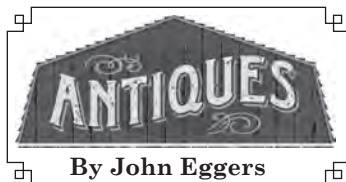
Some kind words or validation from a friendly coworker can help you relax and emotionally recover from the incident. If you're grieving the sudden loss of a loved one or coping with a distressing diagnosis, for example, your friends can't make the problem go away. However, they can make you feel heard, loved, and ease the stress of the challenges you're facing.

For more information on Social Support for Stress Relief go to:

<https://www.helpguide.org/articles/stress/social-support-for-stress-relief.htm>

Submitted by: North Country Community Health Services- www.ncchb.org

(Clearwater, Hubbard and Lake of the Woods Public Health)



"Is this worth anything?"

Oh! Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one-horse open sleigh,

hey

Jingle bells, jingle bells.

Many years ago, dear readers, in a time when paved roads and automobiles were yet to be, people relied on the charm of horse-drawn sleighs to visit neighbors, attend church, or fetch provisions from the store. These sleighs, adorned with enchanting bells, were a common sight and sound in those days.

Sleigh bells were used for good luck, to ward off evil spirits, and to announce the coming of a horse and sleigh. Since there were no horns, bells served as a warning to oncoming pedestrians.

Sleigh bells are considered primitives in the antique world. Most sets of bells are over a hundred years old and are still sought after. The set of bells pictured was used on a sleigh. The brass bells are attached to a metal bar with several metal balls attached to the inside of each bell. These bells are graduated, which makes them more unique. The metallic sound is beautiful and just the kind of sound you would want to hear on a cold night, dashing through the snow in a one-horse open sleigh.

The bells you see here, steeped in history and charm, are worth \$75 to \$125. Even single bells, attached to a leather strap, can fetch a value of \$5 to \$15 each.

Oh, what fun it is to ride when you can hear sleigh bells at night. How much is your strap of bells worth? It just depends.

Itasca Park...Continued from front

What we find will depend on the weather. Bring your camera!

Jr. Naturalist: Senses in Nature

Saturday, May 25, 2024, from 2-2:45 p.m.

Meet at the council ring outside the Lakeside Museum in the picnic grounds

Kids, come learn about the 5 senses animals, including humans, use to survive. Discover how these senses are used in the natural world. Participants will have a chance to challenge their own senses.

NOTES: Kids must be accompanied by adults. Program will be inside the Lakeside Museum if

It's Spring!

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RSC



Oak Lake Golf Course Men's League Schedule

May - Week 1

14 - Fore Horsemen vs. Hamrecreation14Garden Valleyvs. FarmChek

14 - Schimanski Appliance Service vs. First National Bank
16 - Sannes Law Offices. The Deuce

16 - E & L Electric vs. Lucken's

16 - The Hazards vs. Lakeside Building

16 - Northern Lights Fiber vs. New Kids 2

May - Week 2

21 - Fore Horsemen vs. The Hazards

21 - Hamrecreation vs. E & L Electric

21 - Schimanski Appliance Service vs. Lakeside Building

23 - Lucken's vs. New Kids 2

23 - The Deuce vs. FarmChek

23 - First National Bank vs. Sannes Law

23 - Northern Lights Fiber vs. Garden Valley

weather conditions are poor.

Campfire Basics

Saturday, May 25, 2024, from 7-7:45 p.m.

Meet at the council ring outside the Lakeside Museum in the picnic grounds

Families, come to the council ring and learn how to make and enjoy a campfire. Practice campfire construction, explore fun ways to boost the campfire experience, and take in the campfire prepared for the program.

NOTES: Bench seating is provided around the council ring.

Outdoor Kids—Frogs and Toads

Sunday, May 26, 2024, from 1:30-3 p.m. (come and go at your leisure)

Meet by the Swim Beach/Playground (at the south end of the picnic grounds on Lake Itasca)

Old Timer's Cabin and the Civilian Conservation Corps

Sunday, May 26, 2024, from 3-4 p.m. (come and go at your leisure)

Held at the Old Timer's Cabin, located along the boardwalk of Dr. Roberts Trail, below Douglas Lodge

Only 4 (massive) logs tall, learn more about this Civilian Conservation Corps (CCC) constructed building as well as what life was like in the CCC. Feel free to stop by at your leisure.

Family Fishing Fun

Sunday, May 26, 2024, from 6:30-8 p.m.

Meet at the Lake Itasca Fishing Pier, below Douglas Lodge

Kids and adults, are you a 'first time' fisher person wanting to try the new skill of fishing? Learn to identify common fish species in Minnesota, do a craft, and have the chance to catch some fish. Suitable for ages 6-12.

NOTES: An adult must accompany children. Bring your own fishing pole or use one provided (limited number). Poles are available on first come first serve basis. Bait provided. Non-Minnesota residents will need a fishing license.

Nature of Science: All about Bats! Learning About the Bats of Minnesota and How Scientists Study Them

Thursday, May 30, 2024, from 7:30 - 8:30 p.m.

Meet at the Forest Inn (across from Douglas Lodge)

Are you curious about how nature functions? Tag along with a scientist! In this presentation, we will talk about bats, a fascinating group of mammals (and the only ones that can fly!). You will also learn how biologists study bats and about the many threats to bats, including those here in Minnesota. Today's guest is Dr. Erin Gillam, Professor of Biological Sciences, North Dakota State University.

DINING & entertainment

BINGO

Starting at 60#s
Progressive Blackout 6pm,
Saturday, May 18th, 2024

License: #3290-00

WING NIGHT WEDNESDAY

Fri. & Sat., May 17th & 18th - Ribeye

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COMING SOON
John Vincent & the Hillbilly Boys
Saturday, May 25th
7:00-11:00 p.m.
Honky Tonk Troubadours
Saturday, June 8th
7:00-11:00 p.m.

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

SYTTENDE MAI
May 17th at LITTLE BOBBY'S
Noon until gone. \$10
Celebrate with Scandinavian Foods
Rommegrot - Lefsa - Salmon cakes
Head Cheese & Special Breads
Desserts:
• Spritz cookies • Sandbakkels • Pies
Sloppy Joes and potato salad will be available.

Representative Knudsen Celebrates Victory for Religious Liberty

Saint Paul, MN — State Representative Krista Knudsen (R – Lake Shore) and House Republicans took a major step toward restoring religious freedom which Minnesota Democrats had stripped from faith-based organizations last year. The Minnesota House on Tuesday approved a variation of House Republicans legislation, amending the Minnesota Human Rights Act (MHRA) to re-establish protections for religious entities against discrimination claims. The bill (H.F. 4109) unanimously passed the Senate earlier in the day and, with the House also providing unopposed approval, it is now on Gov. Tim Walz's desk for enactment.

"What a great day for religious freedom in Minnesota!" said Rep. Knudsen. "It took time to resolve this issue, but in the end, the legislature did the right thing. This legislation puts an end to the misguided notion that the state can prioritize anything above individual religious liberty."

This move was necessary due

to MHRA legislation Democrats enacted in 2023, stripping religious protections that had been in place since 1993. Before last year, when gender identity was included (or subsumed) within the MHRA definition of sexual orientation, the still-existing religious exemption for sexual orientation covered gender identity claims as well. When a new, separate definition of gender identity was created last year, there was no corresponding religious exemption added.

"We've witnessed the harm that reckless legislating can cause," Knudsen emphasized. "Thankfully, we addressed this issue before it did any more damage to our religious communities. I extend my heartfelt thanks to our faith community members. Their dedication and commitment to justice have resulted in a just outcome."

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R9C



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)



OS1m

RED LAKE COUNTY LEGAL ASSISTANT

Position is responsible for providing clerical and paralegal support to the County Attorney in the administrative and support functions of the office. Position is full-time, 35 hrs./wk.; wage DOE, benefit package is available.

Applicants must have a high school diploma or equivalent; a minimum of an AA degree as Paralegal, Legal Secretary, Legal Assistant or closely related area AND a minimum of 1-3 years related experience in a legal setting and/or evidence of equivalent education and experience necessary to perform the requirement of the work. Computer experience and Microsoft Office is required. Must be proficient in computer skills and willing to learn various software applications.

Applications and more information are available at www.co.red-lake.mn.us/employment. Questions call the HR office at 218-253-2590 or email hr@co.red-lake.mn.us. Position is open until filled. EOE

R8-12C

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III – Public Health

\$19.20 - \$24.33/hr. Position

Closes May 22, 2024, at 4:30 p.m.

Assistant County Attorney I – Attorney's Office:

\$40.18 – \$50.90/hr. Position Is Open Until Filled

Deputy Sheriff Patrol I - II – Sheriff's Office:

\$30.03 – \$40.32/hr. Position Is Open Until Filled

Environmental Technician – Environmental Services:

\$25.69 – \$32.55/hr. Position Is Open Until Filled

GIS Specialist – Highway:

\$28.60 – \$36.23/hr. Position Is Open Until Filled

Mechanical Maintenance Technician I – Fosston:

\$26.49 – \$32.55/hr. Position Is Open Until Filled

Sort Line Operator I - II – Fosston:

\$19.99 - \$24.33/hr. Position Is Open Until Filled

Transfer Station Operator – Environmental Services:

\$23.09 – \$29.24/hr. Position Is Open Until Filled

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

R49HC

EARLY CHILDHOOD POSITIONS OPEN



Would you like an opportunity to work with our youngest learners? Are you passionate about making a difference in your community? Would you like to work in a family friendly environment? Are you looking for a career with great benefits? Inter-County Community Council is accepting applications for openings in our Head Start program to begin mid-August 2024.

Home Visitor: Position works with one-on-one with families of children, providing in home child & parent education visits on a weekly basis. Office location TBD – potentially Oklee, Bagley, or McIntosh, based on the caseload. Must be able to pass a background check. Position requires minimum of Child Development Associate or willingness to obtain within the first year of employment. Experience with children preferred, additional training will be provided.

2 openings in our Head Start program – 10 months a year with a summer layoff. Works primarily with families ages 3-5 years.

1 opening in our Early Head Start program – year round position. Works primarily with families of children ages birth-3 years.

Classroom Assistant Teacher: 40 hours a week, 10 month position – with a summer layoff, classroom located in Bagley, MN. Work with a team to provide care and education to 3-4 years olds in a classroom setting; primary duties include assisting the teacher in the classroom with group activities, cleaning, assisting children with handwashing/toothbrushing, and transporting meals. Must be able to pass a background check. Position requires Child Development Associate or willingness to obtain within the first year of employment. Experience with children preferred, additional training will be provided.

For much more information on the position duties, qualifications and benefits visit our website at www.intercountycouncil.org/careers/

Application is available on the website. **Application deadline: Thursday, May 30 at 4:00 pm.** Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycouncil.org. Call 218-796-5144 x. 1028 for more information about the positions and information on salary.

ICCC is an equal opportunity employer and program provider.

R9-11C



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

R2-9C

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

R5-9C

TECH SPECIALIST OPENING

The Clearbrook-Gonvick School has an immediate opening for a Technology Specialist. Requirements for the position include: Experience with a wide range of software, hardware, operations systems, network management (both wired and wireless), servers, internet filtering, light technology device repair, and storage and backup systems. Must have a professional presence, strong work ethic, good communication skills, and be able to pass a background check. Pay is dependent on qualifications and experience. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions.



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

R3-12C

IMMEDIATE OPENING FOR ART TEACHER

Clearbrook-Gonvick School District has an immediate open position for an Art Teacher. This is a full-time, grades 7-12 position and would be available for the remainder of the 2023-2024 school year, as well as for the 2024-2025 school year.

A MN Teaching License in Visual Arts is required for this position. Individuals with other licensure in lieu of Visual Arts, and those who are interested in extra-curricular or coaching activities are 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.

R8-12C

EARLY CHILDHOOD COORDINATOR

The Clearbrook-Gonvick School District has a School Readiness/ Early Childhood Education Coordinator position open for the 2024-2025 school year. Applicants must hold, or be eligible to acquire a Minnesota Early Childhood Education license. Applicants with additional or alternate licensure are encouraged to apply. Individuals interested in extra-curricular 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.

R8-12C

SCIENCE TEACHER

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.

R7-11C

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#4695 - Size does Matter! Whether you are "upsizing" into your first home, or downsizing to just the "right size", either way this tastefully renovated 2 bedroom home is a "perfect size fit"! Complete with detached garage and private backyard setting. Call today for complete details and to set up a showing!

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MISCELLANEOUS

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only \$279 per week!
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truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 844/220-9501

WANTED

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Chad Dyrdaal
218-280-1015

R3-26w

New Twin Mattress And Boxspring \$199, Full Size Set \$249, Queen Size Set \$299, Camper Queen Size Mattresses Now Available. Celebrating 12 Years of Business. Many Mattresses, Platform Frames, Adjustable Bases, Sofas, Dressers and Much More! BROTHERS FURNITURE & MATTRESSES-A Family Business, BEMIDJI, MN. Call 218-766-0064 -We Deliver up to 100 Miles, And Haul Away Too. brothersdiscountfurniture.com

R39HC

Household

FLOORING SALE: In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as \$1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171

M316-C



Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: We have a new driver in the house.

I was trying to explain to my child what to do if you have a tire blowout or experience steering failure. It might mean a bit more coming from a State Trooper. Could you please explain? Thank you for all you do.

Answer: A "blowout" is a burst tire that can throw your vehicle out of control. Before a blowout occurs, you may hear a thumping sound or notice the steering wheel pulling to the right or left. If you experience

a blowout, hold the steering wheel tightly, steer straight ahead, and slowly ease your foot off the accelerator. Do not brake until the vehicle is back under your control. Pull the vehicle completely off the road at the nearest safe location.

When it comes to steering failure, if the front wheels of your vehicle do not respond when you turn the steering wheel, ease up on the accelerator. Do not brake unless it is necessary to avoid a crash. Your vehicle may balance on its own and travel in a straight path as you reduce speed. If you must apply the brake, do so

gently. If you brake suddenly, or try to shift gears, the change in speed may throw the vehicle off balance and out of control.

A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow - Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO_NW or reach him at, jesse.grabow@state.mn.us).



Submit Your Hunting Pictures!

Email: richards@gvtel.com

Include: Name of hunter, size of doe/buck and date when you got your deer!



A Special 1155 Massey Ferguson

By Auctioneer Eric W. Mickelson



This past week was I guess you could kind of say a bad week for me, I attended 3 funerals. Not the exact way I usually like to spend my week, but at the same time honoring the lives of people who are your friends or family is special.

On Wednesday, May 8, 2024 at Ekelund Lutheran Church rural Goodridge, MN, services were held for Edward "Sonny" Sjulestad. Over the past 20 or 30 years I got the chance to meet Sonny and many community activities. I was one of the Auctioneers at the Goodridge Lions Community Consignment Sale. The sale is a big one and it is put on in conjunction with the Lions Smelt Fry.

This is the place I probably first met Sonny. As the Smelt Fry continues several Lions members walk around with slabs of bacon, hams, or side pork selling raffle tickets for a drawing for the meat. Sonny was a Lions Club member and a champion meat raffle seller that gained him the name the "bacon guy." As Sonny approached you would hear his gravelly voice requesting you should dig out some money and buy some tickets.....and that is what you did!

Well, in 1977 Sonny, the farmer, purchased a new 1155 Massey Ferguson Tractor from Nelson Implement in Thief River Falls, MN. After a while he traded it off to Cecil Anderson at Anderson Power and Equipment for an 875 Versatile. After that Sonny's brother, David, bought the tractor. In 2023 David and his son, Adam, had the 1155 restored and it looks pretty nice. The 1155 was nice enough to lead the line of cars from the church to the cemetery. I joined in line and followed the procession day dreaming a bit of what it would have been like to spend a day in the field with a new 1155 Massey back in the day.....Sonny knew....I wish I could turn back the clock and take a round with him!

How about a little Tractor Trivia!

- The 1155 was tested at _____ PTO hp.
A) 129hp B) 135hp C) 140hp D) 150hp
- In 1978 the 1155 Massey sold for \$_____.
A) \$15,000 B) \$20,000 C) \$25,000 D) \$30,000
- The 1155 was equipped with a 540 cu in _____ engine.
A) Cummings B) Perkins C) Waukesha D) Cat



Adam, Sully, and David Sjulestad in front of the 1155. Sully is holding his toy model!



Adam and Sully leading the procession!

- You could get an 8 speed gears shift transmission or a _____ speed powershift.
A) 12 speed B) 14 speed C) 16 speed D) 24 speed
- Although the cabs were sourced from a Canadian Fac-

tory, the 1155 tractor was built in what city?

A) Chicago B) Detroit C) Columbus D) Dallas

Answers: 1. C. 140hp 2. C. \$25,000 3. B. Perkins 4. A. 12 speed 5. B. Detroit

HAVE A STORY TO SHARE?

RICHARDS@GVTel.COM

100 Years Ago This Month: Historical events from May 2024

The month of May has been home to many historical events over the years. Here's a look at some that helped to shape the world in May 1924.

· Iodized salt is introduced in the United States on May 1. Iodized salt is now used in table salt across the globe, and its introduction to the U.S. is credited to Canadian-born pediatrician David Murray Cowie, who ultimately persuaded various salt retailers to utilize iodized salt to combat health problems, including goiters, that were linked to existing salts.

· Russian aviator and school-teacher Zinaida Kokorina makes her first solo flight on May 3. Kokorina is the first woman pilot in military history.

· Erich Ludendorff is elected to the Reichstag in Germany on May 4. Ludendorff ran under the banner of the National Socialist Freedom Movement, which was standing in for the banned Nazi Party.

· Sophie Lyons is murdered in Detroit on May 8 at age 75. Lyons was a notorious criminal in the post-American Civil War era, but abandoned her criminal life and spent her later years supporting causes related to the rehabilitation of juvenile delinquents. On the day of her death, Lyons allowed three men into her home, likely hoping to rehabilitate them. However, the men refused her help, ransacked her home and killed her.

· George Buchanan introduces a home rule bill for Scotland in the British House of Commons on May 9. The ensuing debate becomes a shouting match, and the session is ultimately adjourned.

· On May 10, 29-year-old lawyer J. Edgar Hoover becomes Acting Director of the Bureau of Investigation, which would eventually become the Federal Bureau of Investigation (FBI). Hoover would remain in the post until his death from a heart attack in 1972.

· Prohibition ends in Alberta, Canada, on May 12 when two government-owned liquor stores open in the province.

· Former Ontario treasurer Peter Smith and financier Aemilius Jarvis are arrested on May 13. Each man is charged with theft and conspiracy to defraud the provincial government in what became known as the Ontario Bond Scandal. Smith and Jarvis are ultimately acquitted of theft and fraud, but both are found guilty of conspiracy.

· On May 14, a committee of the Methodist church recommends that the church never again participate in any type of warfare. The committee, convened in Massachusetts, votes 76 to 37 in favor of the church never engaging in warfare un-



Edible Explosion

By Travis Peterson

Kimchi is a spicy Korean sauerkraut and my go-to snack for quick energy. Like most, when I hear the word sauerkraut, I immediately visualize the traditional German side dish. Kimchi is nothing like that. German sauerkraut, for example, is made from thinly sliced green cabbage. Kimchi is made from napa cabbage cut into chunks. They are both fermented, but the ingredients are drastically different.

I decided I was going to make my very first batch of kimchi but I had no idea what I was about to do or where to even begin. So, I dove into the internet and found ten thousand different

ways to make it. There is a salting, brining, and fermentation process that must be followed precisely so the good bacteria ferments and the bad bacteria does not.

I took what I thought were the best ingredients from a handful of different recipes and opted to use the salting and brining methods that seemed to be the quickest and easiest. I also wanted to make enough to last for a while, so I quadrupled the recommended quantities.

Following my refined recipe, I mix up the spice paste of garlic, ginger, Korean chili powder, scorpion pepper powder, and fish sauce. I introduce the brined cabbage to the potent paste and mix in some green onions and shredded carrots.

I cram my concoction into a 128-ounce jumbo mason jar, filling it up to the top. I tighten the lid as tight as I can get it and leave the gigantic glass container on the counter so its contents can ferment.

After a few days, I notice that the lid on the jar is bulged up, a serious symptom of the off-gassing from the fermentation bacteria. Acknowledging its destructive potential, I slowly approach the jar and reluctantly reach towards the lid hoping to unscrew it. Before my fingers make contact, the jar makes an eerie squeak and I hit the deck. BAM! The twelve-pound pressurized stink bomb detonates right above my head.

I am showered with shards of spicy glass shrapnel and doused in rank fermentation juice. Stinky jagged splinters of that beautiful jar are embedded into the cupboards and fridge. Shreds of splattered cabbage and globs of green onions dangle off the ceiling. The blast was so catastrophic and the smell of fish sauce so nasty and nauseating that the resale value of the house instantly plummeted to zero.

Most of the kimchi is encrusted in glass and unfit for consumption. But, in the heart of the blast zone, at Ground Zero, I find a clump of my creation that wasn't scattered by the explosion. I scrape away an outer layer to where I hope the glass hasn't penetrated. I take a bite... Man, this batch turned out great!

DEADLINE NOON FRIDAYS

Canada.

· A munitions depot explodes in Bucharest on May 29. The explosion shakes the city, causes damage to the royal palace and claims the lives of many.

· Italian politician Giacomo Matteotti is shouted down as he protests the outcome of the previous month's election during a speech at the Chamber of Deputies on May 30. Matteotti claims the Fascist Party employed intimidation tactics to win the election. The 39-year-old socialist leader is kidnapped and murdered by the Fascists' secret police 11 days after delivering his speech.

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MEDITATION WORD SEARCH

E	E	U	K	T	M	Z	Y	S	M	S	I	H	D	D	U	B	M	D	I
T	S	E	R	Q	S	D	G	O	P	M	R	E	I	K	Q	Y	F	N	A
C	P	L	A	T	N	E	M	P	T	G	A	W	U	H	I	O	P	R	H
K	N	Q	A	M	R	A	H	D	H	H	L	R	N	I	R	V	A	N	A
Y	I	Y	T	I	L	I	U	Q	N	A	R	T	H	O	P	E	N	N	R
G	E	V	I	T	A	E	R	C	L	E	Y	Z	N	S	H	V	R	Z	K
R	W	T	A	I	Y	Z	H	P	V	R	M	R	E	S	A	Z	E	R	A
E	A	G	E	N	L	I	G	H	T	E	N	M	E	N	T	N	W	G	H
N	W	B	R	W	Q	V	I	S	U	A	L	I	Z	A	T	I	O	N	C
E	Y	S	Q	L	H	Q	V	W	Y	Z	L	Z	D	Z	K	Z	F	I	A
C	A	R	T	N	A	M	D	K	N	C	P	S	K	F	I	B	V	D	D
W	I	C	M	S	H	S	G	Z	N	O	M	U	Q	A	Y	D	W	N	M
T	N	A	H	C	U	S	T	O	U	B	O	D	H	I	T	P	M	U	S
O	M	D	Y	O	A	D	E	D	D	T	I	R	K	S	N	A	S	O	I
K	S	P	G	R	N	S	E	N	L	U	F	D	N	I	M	S	R	G	U
C	R	A	W	A	R	E	N	E	S	S	I	H	W	P	N	G	R	G	D
M	E	D	I	T	A	T	I	O	N	Z	P	N	Z	V	H	N	Z	T	N
C	V	S	I	E	V	N	V	A	M	R	A	K	P	I	O	E	Q	C	I
Y	G	Q	M	P	S	K	P	E	A	C	E	F	U	L	M	B	V	D	H
V	R	G	Y	M	C	W	D	B	F	B	T	Z	H	W	D	P	M	E	O

MEDITATION WORD SEARCH Answers on page 6

ASHRAM
AWARENESS
BODHI
BUDDHISM
CHAKRA
CHANT

CREATIVE
DHARMA
ENERGY
ENLIGHTENMENT
GROUNDING
HINDUISM

KARMA
MANTRA
MEDITATION
MENTAL
MINDFULNESS
NIRVANA

PEACEFUL
REST
SANSKRIT
TRANQUILITY
VISUALIZATION
ZEN

LEGAL NOTICE

County Highway Project
BIDS CLOSE: May 24, 2024 at
10:00 AM CDT
Polk County, Minnesota
ADVERTISEMENT FOR BIDS-
NOTICE is hereby given that
SEALED ELECTRONIC BIDS will be
received at until 10:00 AM on Friday,
May 24, 2024 , by Sam Melbye, Polk
County Director of Property Records
at Crookston, MN, on behalf of the
Board of County Commissioners of
Polk County for the construction of the
County Project listed below. Sealed
electronic bids will be OPENED and
READ publicly at 10:00 AM, by the
Board of County Commissioners at the
Polk County Highway Department in
Crookston, MN. Bids received after
10:00 AM will not be considered.
Bids must be submitted electronically
through BidVAULT.
STATE PROJECT NO. S.P. 060-
070-020
MINNESOTA PROJECT NO.
HSIP 6024 (222)
LOCATION: JCT. TH 75 & CSAH
21, POLK COUNTY
TYPE OF WORK: Roundabout
– Grading, Bituminous Pavement,
Concrete Pavement, Lighting, and
Structural Snow Fence
Major Items: Excavation –
Common 19,660 Cu Yd
Aggregate Base 1,756 Cu Yd
Concrete Pavement 7.0" 5,867
Sq Yd
Type SP 12.5 Wearing 1,592 Ton
Concrete Walk 11,599 Sq Ft
Lighting
Structural Snow Fence
Traffic Control
Seeding
Minimum wage rates to be paid by the Contractors have been
predetermined and are subject to the
Work Hours Act of 1962, P.L. 87-581
and implementing regulations.
READ CAREFULLY THE WAGE
SCALES AND DIVISION A OF THE
SPECIAL
PROVISIONS AS THEY AFFECT
THIS/THESE PROJECT/PROJECTS
The Minnesota Department of
Transportation hereby notifies all
bidders:
in accordance with Title VI of
the Civil Rights Act of 1964 (Act),
as amended and Title 49, Code of
Federal Regulations, Subtitle A Part

21, Non-discrimination in Federally-
assisted programs of the Department
of Transportation, it will affirmatively
assure that in any contract entered
into pursuant to this advertisement,
disadvantaged business enterprises
will be afforded maximum opportunity
to participate and/or to submit bids
in response to this invitation, and
will not be discriminated against on
the grounds of race, color, disability,
age, religion, sex or national origin in
consideration for an award;
in accordance with Title VI of
the Civil Rights Act of 1964 as
amended, and Title 23, Code of
Federal Regulations, Part 230 Subpart
A-Equal Employment Opportunity on
Federal and Federal-Aid Construction
Contracts (including supportive
services), it will affirmatively assure
increased participation of minority
groups and disadvantaged persons
and women in all phases of the
highway construction industry, and that
on any project constructed pursuant to
this advertisement equal employment
opportunity will be provided to all
persons without regard to their race,
color, disability, age, religion, sex or
national origin;
in accordance with the Minnesota
Human Rights Act, Minnesota Statute
363A.08 Unfair discriminatory
Practices, it will affirmatively assure
that on any project constructed
pursuant to this advertisement equal
employment opportunity will be offered
to all persons without regard to race,
color, creed, religion, national origin,
sex, marital status, status with regard
to public assistance, membership
or activity in a local commission,
disability, sexual orientation, or age;
in accordance with the Minnesota
Human Rights Act, Minnesota Statute
363A.36 Certificates of Compliance
for Public Contracts, and 363A.37
Rules for Certificates of Compliance,
it will assure that appropriate parties
to any contract entered into pursuant
to this advertisement possess valid
Certificates of Compliance.
If you have employed more than
40 full-time employees in any state,
on any single working day during
the previous 12 months, you must
have a compliance certificate issued
by the Minnesota Department of
Human Rights to big on any job in

this advertisement. Please contact
the Department of Human Rights
immediately if you need assistance in
obtaining a certificate.
The following notice from the
Minnesota Department of Human
Rights applies to all contractors:
"It is hereby agreed between
the parties that Minnesota Statute,
section 363A.36 and Minnesota
Rules, parts 5000.3400 to 5000.3600
are incorporated into any contract
between these parties based on this
specification or any modification of it.
A copy of Minnesota Statute 363A.36
and Minnesota Rules, parts 5000.3400
to 5000.3600 is available upon request
from the contracting agency."
"It is hereby agreed between the
parties that this agency will require
affirmative action requirements be met
by contractors in relation to Minnesota
Statute 363A.36 and Minnesota Rules
5000.3600. Failure by a contractor to
implement an affirmative action plan or
make a good faith effort shall result in
revocation of its certificate or revocation
of the contract (Minnesota Statute
363A.36, Subd. 2 and 3)."
This Project has a Disadvantaged
Business Enterprises (DBE) goal.
See the DBE Special Provisions for
requirements.
To obtain plans and proposal and
to submit an electronic bid (including
electronic bid form) go to the Polk
County egram website: https://egram.
co.polk.mn.us
All bidders will be required to submit
an electronic bid and provide payment
of \$100.00 to the Polk County Highway
Department.
Proposals, plans, and specifications
are available at the Office of the
Polk County Highway Engineer; Polk
County Highway Department, 820 Old
Highway 75 S, Crookston, MN, 56716.
Cost - \$100.00 (non-refundable
incl. tax)
Electronic bids must be
accompanied by a certified check or
corporate surety bond in favor of the
Treasurer of Polk County for at least
5% of the total amount bid.
The right is reserved to reject any or
all bids and to waive any informalities
or technicalities therein.
Sam Melbye
Polk County Director of Property
Records M7-9C

Signs kids may have allergies



Welcoming a child into the world is an exciting time for parents. However, new parents often lament that there is no guidebook to caring for and raising children. This becomes even more apparent when parents must confront illnesses that affect their children. It can be disconcerting when a child is affected by illness and parents feel helpless. Such feelings may arise when children's allergies first present.

Just like adults, children can be sensitive to allergens in their foods or their environments. Cedars-Sinai says allergies affect the immune system. Allergic reactions occur when the immune system reacts to something generally harmless and thinks it is a danger. So the body then attacks the allergen with antibodies, causing a number of reactions in the body.

The U.S. Centers for Disease Control and Prevention says nearly one in five children has a seasonal allergy, more than 10 percent have eczema, and

nearly 6 percent have a food allergy. Food Allergy Canada says almost 600,000 Canadian children under age 18 have food allergies.

Children may experience allergies differently than adults. The American College of Allergy, Asthma and Immunology says some of the more common allergy symptoms in children include:

- Skin rashes or hives (atopic dermatitis or eczema)
- Difficulty breathing
- Sneezing, coughing, a runny nose or itchy eyes
- Stomach upset
- Chronic nasal congestion
- Ear infections, since allergies can lead to inflammation in the ear and may cause fluid accumulation
- Itching in ears or the roof of the mouth
- Red, itchy, watery eyes
- A severe, life-threatening allergic reaction known as anaphylaxis

Allergies can be caused by a number of things. The most common triggers are tree, grass and weed pollens, according to Cedars-Sinai. Mold, dust mites, animal dander, bee stings, pests like roaches and mice, and foods also cause allergies. Children also may be allergic to medicines, which can be scary, since parents may not have any prior warning of an allergic reaction to a new medication.

Allergies can affect anyone, and parents who suffer from their own allergies may have children who also have allergies. Doctors are not sure why allergies tend to run in families. Also, allergic symptoms can happen slowly over time. Parents who suspect their children may have allergies should discuss their concerns with a doctor for an accurate and complete diagnosis. Allergists typically use skin testing to confirm allergies. Liquid-form extracts of allergens are placed on the top layer of the skin through a pricking device, says Childrens Hospital. The skin will turn red where the test was applied if an allergen causes a reaction. Skin testing is usually faster than blood tests.

Treatment for allergies tends to involve avoiding common triggers. Immunotherapy and certain medications also may be advised. Always consult with the child's pediatrician before administering any over-the-counter allergy medications.

Word Search Answers for this week

E	E	U	K	T	M	Z	Y	S	M	S	I	H	D	D	U	B	M	D	I
T	S	E	R	Q	S	D	G	O	P	M	R	E	I	K	Q	Y	F	N	A
C	P	L	A	T	N	E	M	P	T	G	A	W	U	H	I	O	P	R	H
K	N	Q	A	M	R	A	H	D	H	H	L	R	N	I	R	O	V	A	N
Y	I	Y	T	I	L	I	U	Q	N	A	R	T	H	O	P	E	N	N	R
G	E	V	I	T	A	E	R	C	L	E	Y	Z	N	S	H	V	R	Z	K
R	W	T	A	I	Y	Z	H	P	V	R	M	R	E	S	A	Z	E	R	A
E	A	G	E	N	L	I	G	H	T	E	N	M	E	N	T	N	W	G	H
N	W	B	R	W	Q	V	I	S	U	A	L	I	Z	A	T	I	O	N	C
E	Y	S	Q	L	H	Q	V	W	Y	Z	L	Z	D	Z	K	Z	F	I	A
C	A	R	T	N	A	M	D	K	N	C	P	S	K	F	I	B	V	D	D
W	I	C	M	S	H	S	G	Z	N	O	M	U	Q	A	Y	D	W	N	M
T	N	A	H	C	U	S	T	O	U	B	O	D	H	I	T	P	M	U	S
O	M	D	Y	O	A	D	E	D	D	T	I	R	K	S	N	A	S	O	I
K	S	P	G	R	N	S	S	E	N	L	U	F	D	N	I	M	S	R	U
C	R	A	W	A	R	E	N	E	S	S	I	H	W	P	N	G	R	G	D
M	E	D	I	T	A	T	I	O	N	Z	P	N	Z	V	H	N	Z	T	N
C	V	S	I	E	V	N	V	A	M	R	A	K	P	I	O	E	Q	C	I
Y	G	Q	M	P	S	K	P	E	A	C	E	F	U	L	M	B	V	D	H
V	R	G	Y	M	C	W	D	B	F	B	T	Z	H	W	D	P	M	E	O

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LEGAL NOTICE

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Polk County, Minnesota

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Crookston, MN. Bids received after
10:00 AM will not be considered.
Bids must be submitted electronically
through BidVAULT.
STATE AID PROJECT NO. SAP
060-599-281
LOCATION: ON COLUMBIA
TOWNSHIP ROAD 1 MILE NW OF
LENGBY, MN
TYPE OF WORK: Bridge
Construction and Approach Grading
LENGTH: 0.256 Miles
Major Items:
BRIDGE SLAB CONCRETE
(3Y42-M) 6,529 SQ FT
PRESTRESSED CONCRETE
BEAMS 30MH 835 LF
C-I-P CONCRETE PILING
1,800 LF
COMMON EMBANKMENT (CV)
18,218 CU YD
TRAFFIC CONTROL LS
TURF ESTABLISHMENT LS
To obtain plans and proposal and
to submit an electronic bid (including
electronic bid form) go to the Polk
County egram website: https://egram.
co.polk.mn.us
All bidders will be required to
submit an electronic bid and provide
payment of \$100.00 to the Polk County
Highway Department.
Proposals, plans, and specifications
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R32-31C

OBITUARIES

Obituary for George F. Gardiner

June 23, 1936 — April 30, 2024

George Fred Gardiner, 87, Grand Forks, ND, passed away Tuesday, April 30, 2024 at Altru Hospital of Grand Forks.

George was born June 23, 1936 in Winnipeg, Manitoba, the son of Elsie (Gaetz) Gardiner. He attended schools in Orleans, MN and Lancaster, MN, then served in the U.S. Army.

George married Verona Nelson in 1960 at Oklee, MN. They made their home in Grand Forks, ND.

George worked at various jobs before working for years for Fred Nordenstrom Plastering and Elwood Braaten.

George enjoyed fishing, hunting, building things, gardening, paint by numbers and spending time with fam-

ily and friends.

George is survived by his wife, Verona; children, Randy (Susan), Wayne, and Rhonda; six grandchildren; one great grandchild; sisters, Doris Roy, and Marian (Gordon) Engen.

George was preceded in death by his mother, Elsie; step-father, Jack; sister, Joyce Milliman, his mother-in-law and father-in-law, Edna and Thome Nelson; brother-in-law, Robert Roy.

Visitation was held on Monday, May 6, 2024 from 5:00 PM to 7:00 PM with a 6:30 PM prayer service at University Lutheran Church, Grand Forks. Visitation was held on Tuesday from 10:00 AM to 11:00 Am followed by a memorial service at University Lutheran Church.



Obituary for Frankie Cyr

The youngest and last of the Cyr boys, Frankie Joseph, passed away on April 29, 2024 at the McIntosh Senior Living Center. He was born June 16, 1932 in Crookston, MN to parents Frank and Lotie (Beaudin) Cyr. Frankie's older brothers were Harold, Bradford, and Lloyd. He lived most of his life in Oklee except for the 15 months when he was in the Army stationed at Fort Knox, Kentucky.

Frankie's love for trucking began as a little boy. He would play with trucks in a gravel pile behind his parents' hardware store. Art Melby saw him playing and declared to Frankie, "you are going to be a truck driver one day!" He began Cyr Truck Line in the summer of 1949 between his junior and senior years of high school hauling gravel for farmers in his dump truck. Frankie even drove the school bus while he was still a student. He took pride in having the longest route for the Oklee School District, heading all the way up to the Red Lake Indian Reservation. In 1950, he graduated from Oklee High School. After that, he purchased a semi tractor and trailer and started hauling livestock to the stockyards in West Fargo. While he was in the Army from 1951-1953, his brother, Harold, kept the business running for him. In 1955, he started hauling livestock to South St. Paul, always returning with a load of lumber and freight. He even hauled the wine for the Catholic Church in Oklee! Frankie loved being a member of the cattle haulers' Shipper's Club where he met and spent time with fellow truckers who became lifelong friends. Frankie always looked forward to visiting with his fellow cattle haulers at the annual truckers reunion in Park Rapids each spring.

Frankie met Shirley (Edwards) Lee at square dance lessons held at the (old) Oklee

Hall in the winter of 1962-1963. Frankie didn't have a partner, and Shirley was there helping her friends who were the callers. Guess who became Frankie's partner? They were married June 6, 1964! Shirley had lost her husband in 1961 and had two very small boys that Frankie immediately took under his wing. They then had a son together, Brian, in 1967 and a daughter, Jennifer, in 1969.

In 1987, Frankie sold his livestock trailer and changed to a dry van, hauling a variety of cargo including Old Dutch potato chips and American Crystal sugar, always returning with freight for local businesses. During this time, Frankie and Shirley visited many of their snowbird friends in Las Vegas and Apache Junction. His final load was hauling bottled water to Minot, ND at 81 years old. Some of his most memorable trips during his career were moving a herd of 12 buffalo from Crookston to Bemidji and hauling show cattle to the Minnesota State Fair each year.

Sundays were always a day of rest for Frankie. After Mass, he and Shirley would travel near and far to find a lutefisk church dinner (which is kind of funny being that Frankie was 100% French Canadian). Sometimes they would spend the afternoon on a little drive through the country with a stop in Trail for some music. The night never ended without a drive by the truck garage to make sure everything was okay.

Blessed be the memory of Frankie Cyr and remember to "Keep on Truckin'!"

Frankie is survived by his wife of nearly 60 years, Shirley Cyr; his children Brian (& Trini) Cyr, Jennifer Cyr Revering, Jerry (& Loretta) Lee, and Ernie (& Nancy) Lee; his nine grandchildren: Jedre (& Kaitlyn) Cyr, Jaret Cyr, Joclyn Cyr, Jaeger Cyr, Gretchen Revering (fiance David Morrow), Paige Revering, Meghan Lee, Lance (& Maddie) Lee, and Jackie Lee.

Mass of Christian Burial was held at 11:00 AM on May 11, 2024 at St. Francis Xavier Church in Oklee, MN with Father Bryan Kujawa officiating. Visitation was held one hour prior to the church on Saturday. Burial at St. Francis Xavier Catholic Cemetery near Oklee. Military honors provided by the Oklee American Legion Post 159, Veterans of Foreign Wars Post 2793 and Minnesota Army National Guard Honor Guard.

Condolences may be sent at www.johnsonfuneralservice.com



Obituary for Eileen A. Nelson

September 29, 1942 — March 5, 2024

Eileen Nelson passed away on March 5, 2024, at the age of 81.

With heavy hearts, we bid farewell to our beloved Eileen A. Nelson, who passed away unexpectedly on Tuesday, March 5, 2024. She was a devoted wife, a loving mother, grandmother, and a cherished friend to many.

Eileen Ann Aakhus was born September 29, 1942, in McIntosh, MN, to Andy and Tracy Aakhus. She grew up on a farm near McIntosh and graduated from McIntosh High School in 1960. On December 31, 1965, she was united in marriage to Sidney Nelson. For a short period, they lived at Fort Meade in Maryland while Sidney completed his military service. They then returned to Minnesota and made their home in East Grand Forks, MN, and welcomed six children. In 1985, the family moved to Moorhead, MN.

Eileen was a talented and skilled seamstress and used her talents both professionally as well as personally. Eileen and Sidney worked side by side operating Nelson Draperies & Blinds for nearly 50 years. Her work is likely in countless homes and businesses. If you have

something that Eileen sewed, you know that her seams were meticulous and sewn to last a lifetime. Her attention to detail and passion for her craft earned her admiration and respect within the community.

Beyond her talents with a needle and thread, Eileen was well known for her ability to remember the names and details of all that she came in contact with. She always had a story to share or was the one that so many sought to tell the memories of yesteryear.

Above all, Eileen will be remembered for her kindness, her warmth, her unwavering love and never-ending pride for her family. She was a beacon of strength and support, always ready with a comforting embrace or a listening ear. Her legacy of love and compassion will continue to live on in the hearts of all who knew her.

Eileen is survived by her husband, Sidney Nelson; children, Del (Linda), Jerry (Debbie), Tom (Shelly), Andy (Lisa), Jolene (Robbie) Grande, and Mary Nelson; grandchildren, Matthew (Emily) Johnson, Josh (Melissa) Johnson, Zacariah Nelson, Katie Nelson, Brenner Nelson, Emily Gulland-Nelson, Ethan Gulland-Nelson; as well as four great-grandchildren; brothers, Duwain (Bonnie) Aakhus and Paul Aakhus; sister, Barb (Bill) Marshall; brothers and sisters-in-law, Norman (Ione) Nelson, Ordean Nelson, Verona (George) Gardiner, Russell (Marilyn) Nelson, and Judy Lundeen. In addition, she is survived by countless dear cousins, nieces, and nephews.

As we mourn the loss of Eileen, let us also celebrate the beautiful life she lived and the countless lives she touched. May her memory be a blessing, and may she rest in eternal peace. Forever in our hearts, Eileen will be deeply missed but never forgotten.

Submit obituaries to richards@gvtel.com



Obituary for Ione Halvorson

Ione Halvorson, age 94, of Erskine, MN, passed away peacefully on Tuesday, May 7th, at McIntosh Senior Living with her family by her side. Funeral services were held at 2:00 p.m. on Saturday, May 11th, at Grace Lutheran Church in Erskine with the Rev. Pam Thorson officiating. Interment in Fairview Cemetery, rural Erskine. Visitation was held from 12:30 p.m. until the time of the service on Saturday afternoon at the church. Arrangements with Carlin Family Funeral Service of Erskine and messages of condolence may be shared at www.carlinfuneral.com.

Mary Ione VanDuyn was born on April 10, 1930, in Bagley, Minnesota, one of nine children, to parents Forrest and Clara (Hillstad) VanDuyn. She lived in Bagley until 1943 when the family moved to Grand Forks, North Dakota. After completing school, Ione worked at Griffith's Department Store in downtown Grand Forks where she met her future husband, Daniel.

Ione was united in marriage to Daniel Halvorson on July 25, 1948, in Grand Forks. After their marriage, they began their life and started their family in East Grand Forks, Minnesota. They moved to Larimore, North Dakota for several years and then, in the Summer of 1963, to Erskine. The family located to Fosston in 1968 and then to Red Lake Falls, Minnesota, where they lived for many years. In addition to raising her children, both Danny and Ione worked at American Crystal Sugar until their retirement.

Danny passed away in 1990. After his death, she continued to live on the farm in Red Lake Falls. In 2011, she moved back to Erskine, then to Poplar Meadows in

McIntosh and, for the past 11 months, McIntosh Senior Living.

Ione has always loved nature and was an avid wildflower and bird enthusiast. She volunteered at the Rydell Refuge near Erskine for many years and received the "Volunteer of the Year" award several of those years. In honor of her volunteering at Rydell, an observation area was dedicated in her name. Ione also enjoyed going hiking at Itasca State Park with her siblings.

In addition to volunteering, Ione was always an active person. She liked golfing, bowling, wood carving, and traveling to Arizona for one month during the winter.

Most of all, Ione loved her family. Known to her children and grandchildren as "Mother Bear", "Gramma Bamma", "G-Bear", and "Gramma Onie". Ione's family was the most important part of her life. She spent countless hours with her grandchildren playing games (like Dominos, hide and seek, and eye spy). She also enjoyed following her kids and grandchildren in their sports. She was well-known for sharing her talents and giving her love through her embroidery. She made numerous personalized embroidered dish towels for everyone in her family.

Ione passed away peacefully early Tuesday morning, May 7, 2024, with her family by her side, at the age of 94 years.

Survivors include her children, Steven (special friend, Lois) of Tucson, AZ, Daryl (Yvonne) of Erskine, Vicki (Tom) Ledding of Erskine, Trudy (Bob) Carlson of Erskine, Diane (Bradley) Anderson of Lengby, MN, Dave (Jean) of Erskine, Brent (Terrie) of Thompson, ND, Bonnie (Bill) Daniel of Bismarck, ND, and Darel (Cindy) Gustafson of Deephaven, MN; 24 grandchildren; 49 great grandchildren; and one great grandchild; two sisters, Marion Jonson and Janice Gransberg, both of Grand Forks, ND; sister-in-law, Marian VanDuyn of Perham, MN; and several nieces nephews and cousins.

She was preceded in death by her husband, Daniel; her parents; two grandchildren, Brenna Neeland and Benjamin Halvorson; sister, Betty Moen; and brothers, Forrest, Wesley, Edward, Vernon, and Wayne.

Blessed be her memory

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R4-11C



5 perks to enjoying raw, local honey

Whether one places a dollop in tea or drizzles some in a yogurt smoothie, honey is the sweet finish that can make various foods and beverages taste that much better. In fact, honey is perhaps Mother Nature's most natural sweetener.

While honey in any form can provide its share of healthy offerings, raw honey - which is unprocessed and taken straight from a honeycomb - may be even healthier than the alternatives. According to a 2019 report in Medical News Today, some people believe that processing honey, which often involves pasteurization, removes many of its natural beneficial elements. But honey taken straight from the beehive contains bee pollen, bee propolis and scores of antioxidants.

Individuals interested in trying raw, local honey should consider buying it from a trusted local producer. For those who need more convincing, the following are five beneficial properties of raw honey.

1. Antioxidants: Raw honey contains plant chemicals that act as antioxidants. Healthline says some types of honey have as many antioxidants as fruits and vegetables, which can protect the body from free radicals that damage cells.
2. Antimicrobial/antifungal properties: Raw honey has antimicrobial properties that could kill certain bacteria, says the Carolina Farm Stewardship Association. That is perhaps why honey long has been used as a natural salve for wounds. Honey can soothe a sore throat, and it also can attack bacteria in the throat responsible for certain illnesses. Healthline says raw honey also has been studied for its use against certain Candida-related infections.
3. Allergy relief: Raw, local honey is made from local flowers and flowering plants. By ingesting raw, local honey regularly, a person is taking in small, manageable doses of allergens from their area, which can help build up an immunity to these allergens over time.
4. Digestive relief: Raw honey has been studied for use in treatment for H. pylori bacteria, a common cause of stomach ulcers. Raw honey also may help people overcome diarrhea. Honey contains prebiotics, which nourish good bacteria that live in the gut.
5. Brain health: A 2017 study published in the journal Pharmacognosy Research found ingredients of honey have anti-inflammatory properties that may help fight inflammation in an area of the brain called the hippocampus, which is responsible for memory.

Raw, local honey can help protect the environment because the public has a vested interest in maintaining natural spaces and healthy bee populations. Raw, local honey is available from various vendors, notably small operations at farmers markets who take quality control seriously.

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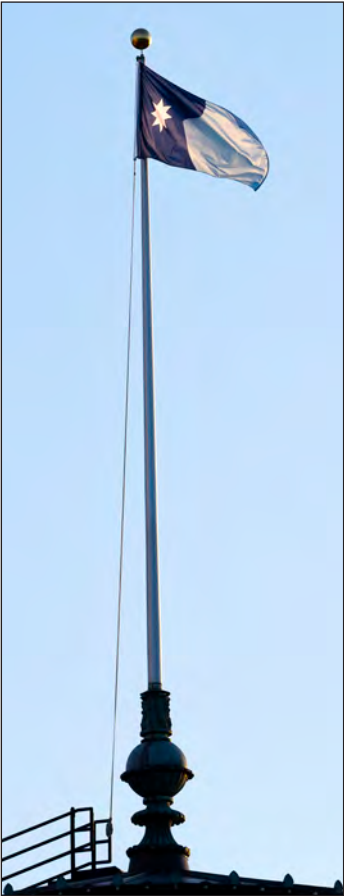
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Wednesday, May 15, 2024

TRI COUNTY CANARY 7

New Official Minnesota State Seal and Flag



SAINT PAUL – On May 11, 2024, the new Great Seal of the State of Minnesota and State Flag of Minnesota approved by the State Emblems Redesign Commission in 2023 became the official state emblems. (Minnesota Statutes 1.135 and 1.141) The flag and seal reflect Minnesota's best-known traits - the North Star and our many lakes and rivers – and were based on original designs submitted by Minnesotans.

“The new flag and seal reflect all Minnesotans and showcase the features of our state that we can all recognize – the water, the land, the North Star, and of course - the loon,” said Minnesota Secretary of State Steve Simon. “We can all unite around these common images that help our state stand apart from the rest.”

The new state flag was raised for the first time over the Minnesota State Capitol at sunrise on May 11, shortly after the outgoing state flag was retired by the Minnesota National Guard and preserved by the Minnesota Historical Society.



Luis Fitch, Chair of the State Emblems Redesign Commission; Andrew Prekker, original flag designer; Secretary Steve Simon; Ross Bruggink, original seal designer; Dr. Anita Gaul, Vice-Chair of the State Emblems Redesign Commission. Photo by Amanda Scheid, Office of the Minnesota Secretary of State

The new state seal was unveiled for the first time officially on May 11 at an afternoon event honoring State Emblems Redesign Commission Chair Luis Fitch and Vice-Chair Anita Gaul, flag designer Andrew Prekker, and seal designer Ross Bruggink with the National Association of Secretaries of State Medallion Award – the highest honor that a Secretary of State can bestow.

The Minnesota Secretary of State is the official keeper of the Great Seal of the State of Minnesota and the official photo of the state flag. An official photo of the new state flag has not yet been selected.

Secretary Simon served as a voting member of the State Emblems Redesign Commission and was an advocate for bringing Minnesotans into the process through design submissions and repeated rounds of public comment. Additional information about the new state flag and seal are available on the Office of the Minnesota Secretary of State's website.



Minnesota Secretary of State Steve Simon unveils the new Great Seal of the State of Minnesota.

Theology in the Trenches
By Kathleen Kjolhaug



The Geranium on the Window Sill

The dried red petals upon the floor held their color and a whole lot more—they held memories. The geranium petals reminded me of mom. They were her favorite and wherever she planted them, they blossomed.

A few years ago, I decided to bring my geranium indoors when summer was over. Why? Well—while growing up, a neighbor lady always did this with her plants. I thought it odd as the messiness and upkeep seemed to be more trouble than it was worth. Often, remnants of dried plant leaves left their mark helter-skelter around her home—much like the dried red petals now upon my floor.

Truth-be-told, I didn't think the mess looked all that great back then, but what does a little girl know about these things. The pots held smudges of soil as down the side of her porch steps she would strategically place them once the weather warmed. Shadowy they appeared as I narrowly escaped knocking them over each time I visited.

Apparently, the imagery of it has embedded within—enough to teach me that it is possible to hold on to plants for more than one season. Figuring I had nothing to lose, I took one plant into the house when the outdoor season was done. Its green leaves appeared to wave as if in appreciation. As I kept watch, about mid-winter the red buds appeared and the geranium began to bloom.

By now you know, the plant continues to serve as a reminder of mom and the splashes of red geranium blossoms mid-winter in the northland is always pure gift. In fact, it is the only plant I continue to drag into the house each fall and back out onto the porch each spring.

As we moved to a new house mere months ago, my trusty potted plant came along for the ride and it did not disappoint. The red geranium continued to blossom, until one day, it didn't. No doubt it needed a season of rest after showing its bright colors for so long.

I suppose it's much like us. We all need respite now and again. It is good to rest when we are weary—to replenish in order to be rejuvenated. Trouble is, sometimes we're not good at recognizing when we need refreshing. Perhaps, if we had a big colorful flower growing out of our head it might help serve as a sign. When it waned, it would be a signal grace of sorts to not only us, but to those around that a time of refreshment is needed.

Collecting the dried petals upon the floor became routine in our new house on the hill.

However, today I noted a tiny red bud upon the potted geranium. It reminded me of the One who refreshes.

“For I am about to do something new...I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.” (Is. 43:19). And again in Zeph. 3:17, “He celebrates and sings because of you, and he will refresh your life with his love.” And it is so, because He said so. Amen.



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