



Tri County Canary

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



North West Minnesota artists Kyleigh Halvorson of Fosston with merit award-winning “Iris” and Dana Brown of Lancaster (Kittson Central School) with “Jesse and Walt” (People’s Choice in student category.)

Artwork by student artists from Northwest Minnesota

The Northwest Minnesota Arts Council (NWMAC) is excited to announce that five pieces of student art were chosen to be hung in the hallway of Senator Mark Johnson’s office in St. Paul for the next year. These works of art were entered into the annual NW Art Exhibit that took place in Lake Bronson earlier this spring.

The students and their work include:
Lydia Christianson of Fertile “Omaha Jellyfish,”
Kyleigh Halvorson of Fosston “Iris” (Merit Award),
Carter Lee Johnsrud of Goodridge “A Broken Heart,”
Melody Voeltz of Lancaster “Barred Owl,”
and Dana Brown of Lancaster (Kittson Central School) “Jesse

and Walt” (People’s Choice).
Kyleigh Halvorson of Fosston with merit award-winning “Iris”
Dana Brown of Lancaster (Kittson Central School) with “Jesse and Walt” (People’s Choice in student category)
Art Created by Student Artists from NW Minnesota in Senator Mark Johnson’s office.

The Hungry Horse Dam

By Eric Mickelson
My sister, her family, my wife, and I have been on a vacation to Glacier National Park. About fifteen miles from the West Entrance of Glacier National Park there is a unique structure. It is called the Hungry Horse Dam.
The first settlers entered this area, called the Flathead Valley, in about 1860. The Reclamation Act of 1902 established the Bureau of Reclamation to help develop the arid west. It was believed that a new dam could reduce flooding and harness the power of the river to produce electricity. Energy produced by reclamation projects could pay part of the construction and operation and maintenance costs. Montana’s citizens worked for over 30 years trying to bring this belief to life. Land was surveyed people worked towards Congressional approval to build this huge water project.
Eventually it was decided to build a 564 foot tall dam on the south fork of the Flathead River. Construction would begin

after WWII when materials could be spared and the workers needed could be found. Just when they were about to begin construction disastrous floods hit the area.
It was catastrophic as many lives were lost as well as communities got destroyed.
The Hungry Horse dam building started in 1948. Many of the workers were returning WWII veterans. Much rock had to be blasted and YARDS of concrete were poured as the huge dam started to take shape. The new reservoir would cause much flooding so many offices and government agencies would have to be moved.
In 1952, President Harry S Truman “threw the switch” to begin the generating of electricity at the Hungry Horse Dam Powerplant! It was completed in 1953 and the possibility of low cost electricity attracted new industries to the area!
Some facts include the structure’s height is 564 feet! 3,086,200 cubic yards of concrete were used in the dam’s

construction! At the time of its completion it was the third largest dam in the world! For comparison the Hoover Dam is 726 feet tall and the Washington Monument is 555 feet high! The Hungry Horse Reservoir is 34 miles long and has over 23,800 acres of water surface plus about 170 miles of shoreline. Wow! People visiting the area can enjoy boating, swimming, and fishing. The cool and clear water slides down the west side of the continental divide and flows into the reservoir.
How about that name, The Hungry Horse Dam? During the severe winter of 1900-01 two freight horses got lost and were starving in the Flathead River Area. A month later they were found skinny and malnourished. The owner nursed them back to good health. This area where the Reclamation Project was eventually part of this area which had been named “Hungry Horse!”
If your ever in the area of Hungry Horse, Montana, check out this marvel!



Free Magic Shows Scheduled at Local Libraries

Local libraries will host Magic Shows for youth featuring Minnesota performer Magic Bob, inviting youth to blast off on an amazing adventure and experience the art of magic. Attendees will learn how reading can take them on an incredible adventure and Magic Bob explores planets, meets outrageous aliens and helps youth discover how they can do extraordinary things.
The tour is sponsored by Lake Agassiz Regional Library and is offered free-of-charge, thanks in part to funding from the Minnesota Arts & Cultural Heritage Fund. Performances are scheduled at the following local libraries and LINK Sites, with a full list of tour stops at larl.org/lost-in-space-magic-shows:

Thursday, June 27 at 10:30 a.m. at the **McIntosh Public Library**
Thursday, June 27 at 2:00 p.m. at the **Mahnomen Public Library**
Friday, June 28 at 10:30 a.m. at the **Bagley Public Library**
Friday, June 28 at 2:00 p.m. at the **Fosston Public Library**
The Magic Shows are offered as part of Lake Agassiz Regional Library’s outer space-themed Summer Library Experience. More information about the program, which encourages youth to read to win prizes and attend fun programs is available at larl.org/explore.
The Summer Library Experience is a program of Lake Agassiz Regional Library

and will be offered from June 1-July 31 at libraries and LINK Sites in the following communities: Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnomen, McIntosh and Moorhead. LARL’s LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen. A number of fun programs will be held in connection with the reading challenge, including Magic Shows, theater productions, craft events and much more. All programs are offered free-of-charge. More information is available at larl.org and a full list of programs can be found at larl.org/explore.



Mentor Farmers Market is back in full swing! We are excited to introduce 6 new vendors. Michael Jobe with Jobe's Iron Art, Fallon Solie with Solie Specialties, Niya Bionoff with Baked From Scratch, Meds Shear with Bear Park Gardens, Rick Berg with Golden Valley Pepper Company, Brittany Nephew with Midnight Bakery are fantastic additions to this year's market! (Pictured above are Michael Jobe, Breelee Jobe, Brittany Nephew, Niya Bionoff, and Meds Shear. Not Pictured are Fallon Solie and Rick Berg.)

D-Day presentation at Bagley Legion

By Pamela French
On Saturday, June 8th 2024, the Bagley American Legion was the venue for a special presentation of the 80th Anniversary of D-Day. Historian Arn Kind, dressed in military uniform, presented an intriguing, intense, interactive, immersive, poignant, moving, emotional, light hearted, and in-depth look at this very pivotal day in history, D-Day: Operation Overlord, June 6, 1944. On this day allied forces landed on the beaches of Normandy by land, sea and air that turned the tide of this historic war.
Over 90 guest attended the WWII anniversary program, which was a collaboration between Lake Agassiz Regional Library-Bagley and Northern



LARL-Bagley Librarian Heidi Moore and Northern Exposure to Lifelong Learning(NELL) Coordinator Pamela French pose with Historian/Presenter Arn Kind at WWII 80th Anniversary of D-Day: Operation Overlord presentation.



The front row attendees (15) found themselves a part of a simulation where paratroopers were preparing to parachute out of a C47 into the battle. (Guests could have opted out!) The immersive-ness added another dimension to this multidimensional program.



D-Day.. Continued from front

Exposure to Lifelong Learning(NELL), and was funded by the MN Arts and Heritage Fund. The same program was presented at LARL-Fertile on Friday June 7th, 2024 to nearly 90 guests. Mark your calendar, for April 19, 2025. This is the 250th Anniversary of the Revolutionary War presented by Arn Kind. Though not set in stone, yet wheels are turning for this historic program. Shown above... Program attendees Jack and Elijah get a hands on lesson from Arn Kind with a M-9 Rocket Launcher, aka Bazooka, used by the troops. The pair then simulated the use of the M9 that required two soldiers to operate.

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College News

Local student earned Spring 2024 dean's list honors at Bemidji State University

BEMIDJI, Minn. (June 6, 2024) - **Lauren Jones**, a Bemidji State University student who is originally from Oklee (56742), has earned dean's list honors at BSU for the Spring 2024 semester. To be eligible for BSU's dean's list, students must enroll in at least 12 credits and earn a grade-point average of 3.5 or higher for the semester. Jones was one of 559 students who earned Spring 2024 dean's list honors at BSU.

Local student named to Spring 2024 President's Honor Roll at Bemidji State University

BEMIDJI, Minn. (June 6, 2024) - **Leah Peterson**, a Bemidji State University student originally from Oklee (56742), has earned BSU President's Honor Roll honors for the Spring 2024 semester. To be eligible for the BSU President's Honor Roll, students must earn a grade-point average of 4.0 for the semester and be enrolled in at least 12 credits of coursework. Peterson was one of 390 students who earned Spring 2024 president's list honors at BSU. An additional 559 BSU students made the spring dean's list, for qualifying students with GPAs between 3.25 and 3.99.

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ANTIQUES

By John Eggers



Did you ever wonder how much those old irons are worth?

Do you know why those old stove irons were called "sad irons?" You would be sad, too, if you stood next to a hot, too-burning stove all day and had to iron basket loads of damp, wrinkled garments. This is what women did in the good ol' days. I don't think they complained too much. There weren't many options other than wearing wrinkled clothes.

If my mother didn't like what we were wearing or what my father was wearing, she would say, "What will the neighbors think?" I suppose this is why she and millions of other women ironed clothes. When I came on the scene, my mother used an electric steam iron, making ironing less painful. Believe it or not, my wife still enjoys ironing.

Sad irons or flat irons are triangular-shaped pieces of iron. The name comes from old English for "solid." Many sad irons are a solid one piece of iron, but some can be more than one piece. Unfortunately, most of the heavy relics from our past have lost their value. The flat iron pictured is a two-piece miniature iron worth about 15 dollars. The handle comes off and can be switched to another hot iron.

There are hundreds of different styles of irons, some more valuable than the next. Wouldn't it be interesting if those old irons could talk? The more rare the model, the more valuable it is. There still is a market for unusual ones, and they can bring upwards of fifty to several hundred dollars.

Need a bookend, or a door-stop? Sad irons are an excellent substitute.

Agassiz ELC Summerfest

Summerfest Sunday, June 23rd, 2024, noon to 4pm
Agassiz Environmental Learning Center

The Agassiz Environmental Learning Center is celebrating summer outdoor activities by hosting an open house event free of charge to the public thanks to sponsors who promote educational family outdoor activities.

The event runs from noon to 4pm. Free lunch, keg root beer, guided hikes, educational stations, site tours and door prizes will happen throughout the day while supplies last. North Country Fiddle and Dance of East Grand Forks will be providing live music at various locations as they wander to a tune starting at 1:30. Visitors can relax with a yoga class outside. Mountain bike enthusiasts are welcome to join the fun with a guided ride. Children must be accompanied by an adult and all riders must wear helmets. Thank you to a partnership with Polk County Public Health and Safe Kids Grand Forks, there will be helmets available for purchase at a reduced price. Bike helmets for \$12 or multi-sport helmets for \$16.

The AELC board and staff welcome everyone to Summerfest! The Agassiz Environmen-

DINING & entertainment

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ELVIS IS BACK!

Saturday, June 15th at 5:00 p.m.
SLICK BACK YOUR HAIR + BE READY TO ROCK AND ROLL.
Enjoy A Hamburger, Fries, and Soda
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Father's Day Buffet

Sunday, June 16th, 2024
11:00 a.m. to 1:00 p.m.
Serving BBQ Ribs, Stuffed Pork Chops, Mashed Potatoes and Gravy, Scalloped Potatoes, Vegetable, Full Salad Bar and Dessert.
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Fri. & Sat., June 14th & 15th • Prime Rib
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Sunday, June 16th, 2024
11 a.m. - 2 p.m.
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tal Learning Center hosts two open house events during the year to invite the community and guests to sample a few of the activities and trails and programs that it has to offer to the public during their respective seasons. Summerfest highlights the fair weather activities while Winterfest focuses on the cold weather experiences.

The Agassiz Environmental Learning Center operates educational, recreational and preservation activities on over 600 acres of land in Fertile, Minnesota in order to foster a greater awareness of the inter-relationships between humans and nature. Bur oak savanna, dry sand prairie, oak/aspen woods, sand dunes plus the Sand Hill River flowing through

the site and its riverine forest provide unique natural recreation experiences. The site is open to the public year-round. For more information contact:
Stacy Erickson
agassizelfc@fertile@gmail.com
218-945-3129



CLASSIFIED ADS

Fulltime Brushman

Clearwater-Polk Electric Corporative (CPEC) is seeking a Fulltime Brushman. Qualifying applicants must have an existing CDL and current medical examiners card. Chosen candidate is subject to pass pre-employment physical, and drug screening.

Applications must be picked up in person or downloaded from our website. Applications can be dropped off at the office, left in our outside overnight box or mailed. Salary range is \$26.67-\$29.63 with potential room for advancement. Applications will be accepted until Friday, June 28th, 2024.

Must have experience in the operation of skid steers, chain saws, and good mechanical abilities. Candidate should also be self-motivated, team oriented, and exhibit good interpersonal skills. Must be able to maintain a safe working environment. Report hazardous conditions immediately to supervisor and/or co-workers on jobsite. Follow instructions, adhere to Clearwater-Polk Electric's policies, procedures, and be respectful with co-workers and our membership.

Workdays are Monday through Friday, 40 hours per week with some possible overtime. Applicant will have the ability to report for work at the scheduled starting time. Must be able to work independently, schedule and organize time efficiently to complete tasks.

Some of the benefits offered include: Medical, HSA, Vision, Life insurance, Paid Vacation, Sick Leave and 401K and a Retirement Security Plan.

About Clearwater-Polk Electric Cooperative

Clearwater-Polk Electric Cooperative, is a member-owned electric cooperative headquartered in Bagley, Minnesota with 1,500 miles of distribution line serving 4,400 members in Clearwater County and portions of Polk, Beltrami, Red Lake and Hubbard Counties in Northwestern Minnesota.

Clearwater-Polk Electric Cooperative is an Equal Opportunity Employer.

R13-15C

K-12 PRINCIPAL OPENING

Win-E-Mac School has an opening for a Full-time K-12 Principal. A Minnesota license is needed for the position. Experience is preferred but not a requirement. Salary TBD, great benefits. Position open until filled. Please submit a letter of interest, resume and references to:

Chairman Jim Ferden

Win-E-Mac school

23130 345th st SE

Erskine, MN 56535

Phone: 218-563-2900

Email: joferden@gmail.com

Website: wemschools.org

Win-E-Mac school district #2609 is an equal opportunity employer.



M12-13C

JUNIOR HIGH VOLLEYBALL COACH

The Clearbrook-Gonvick School District has an opening for a junior high volleyball coaching position for the 2024 season to begin in August. Duties will include but are not limited to: teaching young players the fundamentals of the game of volleyball, being present at all games and practices, and being a positive role model to young student athletes. Must be able to pass a background check.

Applicants should submit a resume and letter of interest to:



Melissa Weems, HR

16670 Clearwater Lk Rd.

Clearbrook, MN 56634

218-776-3112 Ext. 105

or email info to:

mweems@clearbrook-gonvick.k12.mn.us

R12-15C

CUSTODIAL HELP

The Clearbrook-Gonvick School has openings for a full-time custodial cleaners or part-time custodial cleaners. These positions include Mon-Thurs, daytime hours during the summer months. 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

R12-15C

Clearwater County Public Health Coordinator Position

Clearwater County Public Health has an opening for a part time Public Health Coordinator. The position will be responsible for managing service plans, and working with other community resources in meeting/achieving needs. Instructing individuals and families in the community about health education and disease prevention utilizing a team based model. Develop and lead implementation of comprehensive community health initiatives to improve health in the community. Serve as a community liaison to maintain relationships with key individuals within the community.

Bachelor's degree from a four year college or university in Community Health, Public Health, or related field.

Applications are available at Clearwater County Public Health office 212 Main Ave N., Bagley, MN 56621 or online at <http://www.co.clearwater.mn.us/employment> Call 218-694-6581 for more information.

R13C

SUBMIT YOUR EMPLOYMENT ADS to richards@gvtel.com



CURRENT DISTRICT OPENINGS

Director of Maintenance position opening. Applicants must have a High School Diploma or higher, Boiler License – No less than 1st Class C–300hp, and a Minimum Class D Driver's License. Wage starting at \$27.38hr.

Dean of Students position opening anticipated in the Elementary. Applicants must have a Bachelor's degree in Elementary Education as well as a Teaching License. Preference given to applicants with 3-5 years school experience. Salary starting at \$67,153yr.

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.

*Interested applicants should send a resume, teaching credentials, 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.

Elementary Education Teacher position opening anticipated. Proper Minnesota licensure is required and experience is preferred.

Elementary Special Education Teacher position opening. 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 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.

*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 the following:

*Head Girls Basketball

*JV Girls Basketball

*JV Boys Basketball

*Head Varsity Hockey

*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.

R12-17C



Riviana Foods, Inc.

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Clearbrook, MN 56634

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R12-17C

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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. OPEN UNTIL FILLED

2 opening 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. OPEN UNTIL FILLED

Classroom Assistant Teacher – Long Term Substitute: 30-40 hours a week, potentially 3 month position – classroom located in Thief River Falls, 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. Applications due June 20, 2024 at 4 pm.

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

Application is available on the website. Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountyycc.org. Call 218-796-5144 x1028 for more information about the positions and information on salary.

ICCC is an equal opportunity employer and program provider.

R13-14C

TECH SPECIALIST

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

R12-15C

PROGRAM COORDINATOR

The Clearbrook-Gonvick School District has an opening for an American Indian Education Program Coordinator. Previous experience working within an Indian Education Program as well as supervisory experience is preferred. 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

R12-15C

Polk County Full-Time Employment Opportunities:

Assistant County Attorney I – Attorney's Office:

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

Custodian I – Facilities:

\$19.20 – \$24.33/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 Coordinator – Highway:

\$31.83 – \$40.32/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

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

3/26/24

Need to Get Rid of a Few Things?

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RENTALS

R10-13C

R32eow

R39tfc

R13-15

R13-14C

Dr. Sarangi's team surveyed

Skin cancer is the most common type of cancer worldwide. In the United States, one in five people will develop skin cancer by the age of 70, and more than two people die of skin cancer in the U.S. every hour, says the Skin Cancer Foundation. Roughly 90 percent of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Melanoma also is inextricably linked to UV exposure. In the United Kingdom, nearly nine in 10 cases of melanoma can be prevented by staying safe in the sun. The American Cancer Society estimates about 100,000 new melanomas will be diagnosed in 2024, when roughly 8,290 people are expected to die of melanoma. The number of people getting skin cancer in Canada also has risen at a fairly constant rate over the last 30 years. One in 73 Canadian women and one in 59 Canadian men will develop the disease, according to [Canada.ca](https://canada.ca). Early detection of skin cancer can improve prognosis.

R13C

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A black and white photograph of a man wearing a cap and sunglasses, sitting in a small boat on a body of water. He is holding a very long, large fish, likely a muskellunge, which is nearly as long as the boat. The background shows a dense line of trees on the shore.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Q u e s - t i o n : I have a question pertaining to insurance cards being shown during a traffic stop, in regards to commercial/business or fleet vehicles. Most of these companies provide general insurance cards that do not include the vehicle identification number (VIN). I would like to know if there is a requirement for the VIN to be displayed on the insurance card.

A n s w e r : Every obligor transacting business in this state shall provide an insur-

ance identification card for each vehicle covered at the time of initiating each policy of automobile insurance. The insurance identification card may be provided in an electronic format. When an insured has five or more vehicles registered in this state, the obligor may use the designation "all owned vehicles" on each identification card in lieu of a specified description. Otherwise the card must state:

- (1) the insured's name;
- (2) the policy number;
- (3) the policy dates of coverage;
- (4) the make, model, and year of the vehicle being cov-

ered;

- (5) the vehicle identification number or at least the last three digits of that number; and
- (6) the name of the obligor providing coverage.

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).



Theology in the Trenches

By Kathleen Kjolhaug

A Quarter Cup is a Quarter Cup

I changed the recipe. It didn't work. I'd accidentally used baking soda instead of baking powder in the batch of cookies I was mixing up. While baking, they spread far and wide connecting the dots, so-to-speak, which had been scooped upon the pan.

As my siblings tasted them, I distinctly remember mom hushing their gags with a gag look all her own. "Hmmm—they're good," they lied.

They didn't turn out the way they were supposed to. The shape was off by inches and each bite left an odd taste upon the tongue. Rather than soft and sweet, they were crunchy and bitter.

I was supposed to add the ingredients it called for and I didn't. Thus, it was now a fiasco. If memory serves, the whole botched batch was eventually tossed. And it just goes to show you—you can't just toss in anything and think it will turn out as it was meant to. For example, had the recipe called for butter, I couldn't add tomato juice and expect it to turn out. If it called for a half cup of raisins, I couldn't toss in five cups without the end result being quite different. If it called for a quarter cup of milk and I doused it with a carton, needless to say, it just wouldn't work.

What about life? Where does one go to find the recipe for it, or the recipe for that which we are seeking in life? Which ingredients are important and which ones can be left out without the end result being a total catastrophe? Where do we look to for direction? Or can we toss out the cookbook altogether and have it be no big deal?

The answers we seek can be found. "Ask, and it shall be given to you. Seek, and you shall find. Knock, and it shall be opened to you. For everyone who asks, receives; and whoever seeks, finds; and to anyone who knocks, it will be opened" (Matt. 7:7-8).

Sounds easy enough—until we start knocking on doors that have no real answers. Matthew's answer differs from what the culture in which we live might give. And what answer might the culture give? Sit for

a moment and ponder the rest of this article. As you will read, there is a purpose why things have gone from following what was created to recreating pretty much everything around us. This snippet was taken from a book I received in the mail. In it was this.

"What was once bandied about only in rather high philosophical circles has now become the standard view of young people in high schools and universities across the West. Subjectivism and voluntarism, brought together powerfully by Nietzsche, Sartre, and Foucault, have become, for many people in our society, especially the young, a sort of default position. Through an assertion of one's will, one has the right to define the meaning of one's own existence. If that language sounds familiar, it is because it is taken directly from the Supreme Court ruling in 1992 in the matter of Planned Parenthood v. Casey: 'At the heart of liberty is the right to define one's own concept of existence, of meaning, of the universe and of the mystery of human life.' That absolutely outrageous statement would have struck Aristotle or Thomas Aquinas as absurd" (Bishop Robert Barron).

If we understand that which surrounds us, perhaps we may better understand that which has fed the fruit being produced. When the foundation is uprooted, it can be recipe for disaster. Lest we forget let us ask what it is He has to say about all this. It's foundational. "I am the vine; you are the branches. Whoever abides in me, and I in him, bears much fruit. For without me, you are able to do nothing" (John 15:5).

We can do nothing without Him. I suppose we can certainly try—but it sure seems that's not working so well. Simple it is: ask, seek, knock and He will answer. He will. Amen.

Tall Tales

Evaporation Rate

By Travis Peterson

On a Wednesday afternoon about twenty-six and a half years ago, I was sitting in chemistry class next to my buddy, Dingo, when the teacher began his lecture...

"When water is boiled, bubbles form. But why? What is in the bubbles that causes them to rush to the surface?" the teacher politely inquires.

I raise my hand and proudly declare, "Air", figuring I was correct, and to show the instructor that despite what he may perceive, I actually do pay attention every once in a while.

"Nope," the teacher quickly responds.

The whole class was silent, either lost in thought or daydream. Dingo and I converse and conclude that it has to be air, so Dingo raises his hand and answers, "Air."

"No," the teacher shakes his head and begins to pace back and forth in front of the class.

Dingo and I talk it over some more and realize that our answer of "air" was probably too vague for the chemistry world to accept, so we both got excited when we bet the answer he was looking for would be "oxygen."

element left is oxygen! It has got to be oxygen!"

"For the last time, no. It is not oxygen." The teacher's face begins to turn red.

"It has to be!" Dingo blurts.

"When water is boiled, water vapor forms inside the liquid in the form of bubbles. Water vapor is rushing to surface to escape, to evaporate. Vapor is in the bubbles. Vapor. Not oxygen. Vapor." the teacher finally reveals.

"What? No! Are you sure?" Dingo questions in disbelief.

"Yes, I am sure. That's what evaporation is. Had you taken the time to open your book, the definition is right there at the beginning of the chapter. Evaporation, when water changes form from a liquid to a vapor and seemingly disappears. Kind of like when beer somehow disappears out of the

fridge in my garage. Funny how it all works, isn't it, Dingo? Maybe you and mister Peterson should do some extra credit to explain this phenomenon."

Dingo and I both look at each other, startled and confused. He knows we stole his beer? How could this be? Will he turn us in? Will he flunk us even if we do somehow manage to scrape up a passing grade? Not good. Not good.

We remain still and quiet for the rest of the class period, shell-shocked by the realization that the victim is well aware of our thievery. Once the bell rang, we quickly slunk out of our seats, ducking behind other students, weaseling our way out of the room like the finagling ferrets we were, escaping the harsh hammer of justice, if only for that fleeting moment in time.

Senator Mark Johnson Minnesota Senate District 1

Johnson statement on first Feeding our Future convictions

ST. PAUL – Senate Minority Leader Mark Johnson (R-East Grand Forks) released the following statement after hearing the jury delivered mostly guilty verdicts in the Feeding our Future fraud case:

"Today's verdicts are a reminder that fraud cannot be tolerated in Minnesota. The convicted defendants did not just defraud government and taxpayers, they used hungry kids as part of a get-rich-quick scheme for the defendants. That's just unacceptable.

"These verdicts bring some



justice, but there are many questions remaining on why state officials failed to stop more than \$250 million in fraudulent payments from going to bad actors. We must do better to stop fraud at the outset to protect taxpayers and Minnesota families from ever being defrauded to this level again."

Five defendants received guilty convictions on most of the charges brought against them by the U.S. Attorney's office. Two defendants were acquitted. Seventy people have been similarly charged in what is likely the largest COVID-related fraud in the nation.

Submit Your Fishing Pictures!

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Include:
Name of fisherman,
date of catch and
any other details you
would like to offer.

FROM THE PAST



This photo was taken in May of 1943. There was a little bit of snow left from the winter. Bill Klasen is at his place four miles south of Oklee. Photo submitted by Fred Klasen.

We Gott'a Get Out of This Place, If It's The Last Thing We Ever Do

Memories Of A Seabee Welder
Danang Vietnam 1969
By Gerald Fenske

\$15.00

**Memories Of A Seabee Welder
Danang Vietnam 1969**

Memories of a welder in Vietnam, is a story that I started about twenty years ago.... it has been a very satisfying trip down memory lane. -Gerald Fenske

If you would like to have a copy of Gerald's book, you can pick one up at the Leader Record in Gonvick or contact Gerald Fenske at CREATENSTEEL@gmail.com

Big Bud in Montana!

By Auctioneer Eric W. Mickelson

My wife and I, along with my sister's family traveled to Montana on a little vacation and what did I see working in the field—a Big Bud tractor. Later while staying in Havre, Montana, I spotted another at a dealership. It made me think back to a few years ago.....

I few years ago we took a trip to Clarion, Iowa, and stopped at the Heartland Museum. My favorite part of the Heartland Museum, of course, was the tractors. Many of the tractors belong to Clarion resident, Larry Massdam. These tractors are immaculately restored and many of them are unusual and rare. One of my favorites inside the main museum building is a 1951 John Deere B Hi Crop tractor. The John Deere company did not make a "B" Hi Crop. Six were man by the Heidricks Brothers of Woodlawn, California. It was a very interesting piece. Oh there were many, many more!

Then you leave the museum and walk down the street to a big red shed. Inside was the Big Bud 16-747! The wheels were 40 inches wide and about 8 feet tall. It is was quite a site to see!! The last time I was here, 3 years ago they were talking about the tires. They were wore. But the factory that made them burned down and the molds were lost. Apparently since my last visit they put all new tires on the Big Bud! They had to made all new rims to go with the new tires because they were a little different size. That must have been a big project! Oh, the price tag for tires and wheels was \$64,000!

As for the Big Bud Tractor, 1991 was the last production run. Although the company



Big Bud in Havre, MT!

has been rebuilding the tractors over the years. But, a lot has happened in the last 32 years. Ron Harmon, owner and president of the Big Bud Corp. has seen a void created in the ag industry, a void they're looking to fill with their new in 2023 640 Big Bud Tractor, that is using all Caterpillar drive components. Jan 22, 2023. Sounds like a little Big Bud excitement in the air!

How about a little tractor trivia!

1. In 1977 the Big Bud 747 was built. How many hp did it have?
A) 500hp B) 600hp C) 1000hp D) 1100hp
2. It was built by Northern Manufacturing Company in

what city?
A) Billings, MT B) Butte, MT C) Havre, MT, D) Whitefish, MT

3. How much did the 747 weigh?
A) 1000.000lbs B) 125,000 lbs C) 135,000lbs D) 150,000lbs
4. What king of engine powered the big 747?
A) Cummings B) Cat C) Detroit D) Perkins
5. From the 1960s to the 1990s _____ Big Bud Tractors were built!
A) 500 B) 1000 C) 1500 D) 2000

Answers: 1. D. 1100hp 2. C. Havre 3. C. 135,000lbs 4. C. Detroit 5. A. 500hp

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N C L O G P H B R R D S T R O B E E N N
L H W G S K P B H P P O C B N K O N S E
R A A O A C T H I M A I L K P M G C U P
Y E E G P M U M E H T N A S Y R H C P O
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SPARKLE & POP WORD SEARCH

Answers on page 6

BARGE	COMET	PEONY	SPARKS
BARRAGE	CROSSETTE	PISTIL	SPHERE
BATTERY	DAHLIA	ROMAN CANDLE	SPIDER
BROCADE	FLASH POWDER	SALUTE	STARS
CAKE	FUSE	SET PIECE	STROBE
CHRYSANTHEMUM	MINE	SHELL	WATERFALL

U.S. Senator Tina Smith Demands Accountability from USPS Leadership Following Damning Report on Postal Failures in Minnesota

The Investigation Reveals Systemic Management Failures, Causing Delayed Mail and Overwhelmed Post Offices

WASHINGTON, D.C. [5.29.24] – Today, U.S. Senator Tina Smith sent a scathing letter to Postmaster General Louis DeJoy, following a United States Postal Service (USPS) Inspector General (OIG) report that reveals severe management failures contributing to critical postal service disruptions in Bemidji and the broader Minnesota-North Dakota District, including around 80,000 pieces of delayed mail. Senator Smith is calling for immediate action to address these failures and restore reliable postal service for Minnesotans.

The OIG report reveals that the Bemidji Post Office only had eight days warning before their package volume doubled and Postal Service management failed to confirm that the facility had the staffing or resources to accommodate the increased volume. It also found that local postal workers were not properly trained to avoid these issues. The report attributes these problems directly to national and district management missteps, resulting in untenable working conditions for postal workers and severe delays in mail delivery.

“The findings of the Inspector General’s report are deeply troubling and highlight severe mismanagement within the USPS that has led to unacceptable delays and unnecessary hardships for postal workers and Minnesotans,” said Sen. Tina Smith. “Reliable postal service is not a luxury—it’s a necessity for accessing medications, paychecks, and staying connected with loved ones. It is imperative that USPS leadership takes immediate action to address these issues and restore trust in our postal system.”

Senator Smith’s letter stresses the urgency of rectifying these issues and holds USPS leadership accountable for ensuring Minnesotans receive the reliable postal service they depend on for essential needs such as medications, paychecks, and letters from loved ones.

Full text of Senator Smith’s letter to Postmaster General DeJoy:

Dear Postmaster General DeJoy,

I write to follow up on the United States Postal Service (USPS) Inspector General (OIG) report titled “Delivery in Northern Minnesota” and to express my deepest concerns for the state of postal operations in Minnesota. This report makes it clear that management failures at the national and district levels of USPS are to blame for the dire state of postal operations in Bemidji last year. My constituents expect and deserve reliable postal service, and these failures are unacceptable.

In November, the Bemidji Post Office received national attention when the sudden influx of Amazon packages overwhelmed the facility, which resulted in a situation so untenable that multiple letter carriers resigned. At a listening session in December, my staff heard the stories of affected letter carriers and their families, and their stories were heart wrenching. Carriers reported delivering late into the night, personal and sick leave being rescinded, and adverse health effects from the chronic stress of working at least 12 hours per day, six days per week to keep up with ever-increasing mail volumes and insufficient staffing. From the OIG’s report, it is now clear that these hard-working Minnesotans were set up to fail by poor management.

In response to the concerns of my constituents, I asked the OIG to investigate the situation in Bemidji and in the Minnesota-North Dakota District at large. When visiting the Bemidji Post Office the week of December 12, 2023, the OIG personnel found nearly 80,000 pieces of delayed mail and insufficient staffing and resources, which they directly attribute to the failures of headquarters and district management. Some highlights of their findings include:

Failure to properly manage delivery operations. The OIG found that headquarters and district management failed to prepare the Bemidji facility with appropriate staffing or resources, and they even failed to notify the facility until eight days before the Amazon packages started arriving. Despite knowing in April 2023 that Bemidji would start receiving drop shipments of Amazon parcels and receiving the projected volume on September 1, 2023, headquarters management only alerted the Bemidji Post Office management that it would begin receiving these shipments on October 24, 2023. Headquarters management did not confirm whether the Post Office had sufficient resources, such as staff, scanners, and vehicles, to accommodate the increase in volume.

Systemic staffing issues. The Bemidji Post Office was already understaffed, and headquarters and district management failed to make sure it had the staffing and hiring support to handle the influx of Amazon packages. Before the facility started receiving drop shipments of Amazon parcels, it was understaffed by approximately six carriers. In January 2024, it was understaffed by 15 carriers. That’s 37% of the facility’s carriers. It is unfathomable that the facility could keep up with a more than doubling of their package volume without sufficient staffing.

Mismanagement of mail processing operations. The Bemidji Post Office did not follow procedures for mail sorting and reporting because they were not trained to do so. OIG personnel found that the Bemidji’s failure to follow procedures for mail sorting and reporting because headquarters management did not offer training on these procedures. Notably, when discussing this finding with the District Manager, the OIG reports that the District Manager was not aware that she was responsible for monitoring mail processing operations, so she was not aware of the issues with these operations at the Bemidji Post Office.

I am disappointed that, in response to the findings of this report, USPS disagreed with several of the OIG’s findings. This is as shocking as it is unusual. You dispute three of the recommendations, all which address the systemic failures to prepare the Bemidji facility for Amazon drop shipments, by stating that such procedures and strategies already exist. If they already existed, why did they not prevent the issues documented in Bemidji?

I would also like to call your attention to OIG’s findings that show that mail delays were not adequately reported. Every time I raise concerns regarding mail delays and service disruptions in Minnesota, USPS tells us that service is stable. USPS personnel have even gone so far as to say that the reports of my constituents are untrue. As I have always reminded you, I believe Minnesotans. I sincerely hope that after this report showing faulty data collection methods, on top of many other OIG reports showing the same, you take more seriously my concerns.

The findings of this report are damning. Throughout the report, it is clear that the issues in Bemidji all resulted from mismanagement at the district and national levels, which I believe are causing service issues throughout the Minnesota-North Dakota District. Local employees in Bemidji worked hard to adapt to their suddenly changed circumstances, and USPS leadership failed to help them succeed. This is unacceptable and must be addressed immediately. The responsibility for the success of the Postal Service is ultimately yours, Postmaster General, and I again express my frustration that the system is failing Minnesotans. Minnesotans rely on the Postal Service for essential needs like medications, paychecks, and communication with loved ones.

Please take immediate steps to ensure they can rely on it again.

Thank you for your attention to this matter.

The warning signs of thyroid cancer

The thyroid is a butterfly-shaped gland that wraps around the trachea. Among its many responsibilities, the thyroid produces hormones that help regulate metabolism, blood pressure and heart rate, says the Mayo Clinic. The thyroid also regulates body temperature and how much calcium is in the blood.

An ill-functioning thyroid can set off a chain reaction in the body. Individuals who have issues with their thyroid often have to take supplemental hormones to regulate metabolic processes. In some instances, thyroid cancer may be to blame for symptoms people are experiencing. The Cleveland Clinic says close to 53,000 Americans receive a thyroid cancer diagnosis every year, while the Canadian Cancer Society says about 6,3000 Canadians will be diagnosed with thyroid cancer in a given year.

In its early stages, thyroid cancer may not cause signs or symptoms and may only be detected during a neck examination or imaging scan for another health issue. The American Cancer Society says women are three times more likely than men to be diagnosed with thyroid cancer. People age 25 and 65 as well as those exposed to radiation in the head or neck area are at the greatest risk of developing thyroid cancer.

While thyroid cancer may not be evident until it has progressed, certain symptoms may

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indicate its presence.

Swollen lump on neck: City of Hope Cancer Care says the most common early sign of thyroid cancer is an unusual lump, swelling or nodule in the neck. Most nodules are benign, but it's important to have things checked out.

Pain: Pain may start in the front of the neck and extend to the ears.

Cough: Sometimes thyroid cancer may cause irritation to the throat, resulting in a cough that won't subside.

Hoarseness: The Cleveland Clinic says a loss of voice can occur with thyroid cancer, or the voice may change and become more scratchy.

Swollen lymph nodes: Swollen lymph nodes in the neck may be indicative of thyroid cancer.

Shirts seem tight: Women or men who wear close-fitting collared shirts may feel that the collars are becoming too tight.

Trouble breathing or swallowing: Difficulty breathing or swallowing may indicate a thyroid issue, including cancer of the thyroid.

If a person has any of these signs or symptoms, he or she should speak with a doctor right away. These symptoms also can be caused by non-cancerous conditions. Even if thyroid cancer is present, most cases can be successfully treated.

Senator Steve Green Minnesota Senate District 2

May 31, 2024 – Karlstad, MN – Minnesota Moms for America is excited to announce that they have now received their 501(c)(3) non-profit status and can now operate independently yet connected to the #1 Conservative movement in the nation – Moms for America. Amanda Hughes is the MN State Liaison for Moms for America, is at the helm for Minnesota Moms for America and directly connected to the national leadership of Moms for America. Hughes undergoes regular training, education, and guidance from prominent Conservative leaders, speakers, and trainers to enhance her leadership skills. She is dedicated to leveraging this knowledge in her leadership role at the newly established nonprofit, Minnesota Moms for America, with the aim of propelling Minnesota forward across all spheres.

“Now that we are a Nonprofit, I have an avenue to raise funds and promote Minnesota Moms for America throughout the state of Minnesota and have an even bigger impact. I have over 30 years of marketing communication experience and that knowledge will have an exponentially bigger impact with proper funding. People can donate to Minnesota Moms for America with a tax-deductible donation now and it is a win-win for everyone. This is a worthy cause!” - Amanda Hughes, MN State Liaison Moms for America, President Minnesota Moms for America.

Minnesota Moms for America’s mission is to empower moms to promote liberty and raise patriots to heal America from the inside out.

“My goal is to have Support Groups in every one of the 87 counties of Minnesota. The signature education program Moms for America has is our Cottage Meetings. These classes are lifechanging, and so full of hope and encouragement for Mothers, Grandmothers and Future Mothers! Then we will have our Healing of America classes that Support Groups can invite anyone, both men and women, into that take a deep dive into the Constitution and the Judeo-Christian Founding of America and what we need to do to return America to the original path that the Founders set us upon. And if we returned to this path, it would fix a lot of our political divide. And Support Group Leaders can easily lead a group by simply playing a video, and then take up any liberty issue that the group decides to. I am here to help you grow as well as the Moms for America Education Team. It is so easy and Leaders are so supported!” – Amanda Hughes, MN State Liaison Moms for America, President Minnesota Moms for America.

Support Group Leaders will also get amazing education and support from the Moms for America Education Team. This

includes training from the top Conservative leaders in the nation! We have monthly training online but also quarterly in-person training for those that can attend. The next training will be in Washington DC which will include a tour of the Capitol from David Barton of WallBuilders and a tour of Congress. The access and the opportunity is amazing for every mother in the state of Minnesota!

Our vision is to build a national movement of moms to promote the principles of Liberty to restore the Republic, and create a culture of truth, family and freedom in our homes and communities.

“Moms for America also has amazing training for running for School Board and a School District Ambassador Program. We have supports to help men and women run for and win school board seats and then what their rights are when they are on the school board to focus that school on academics and not the woke agenda. And then the School District Ambassador Program, we want each Support Group to send Ambassadors into each school district to monitor what their schools are doing and activate parents to oversee and respond when needed. This is the organization and training needed to protect our kids!” -Amanda Hughes, MN State Liaison, Moms for America & President, Minnesota Moms for America.

Moms for America hosts amazing podcasts, webinars and additional assets that draw in people from every walk of life into Minnesota Moms for America.

Moms for America Action is the endorsement and lobbying arm which moves mountains to protect children and defend the Republic. The Moms for America Action endorsement is very coveted. Moms for America Action was one of the first organizations in the nation to endorse President Donald Trump for President in 2024.

Amanda Hughes has been leading Cottage Meetings online across the great state of Minnesota, and you can jump right in! She will be starting Healing of America classes online next for both men and women!! But it is imperative that Support Groups are started in each county in Minnesota as soon as possible to grow Minnesota Moms for America and have the biggest Conservative impact as urgently as possible.

If you are interested in joining the top Conservative Movement in the nation which is now in Minnesota, you can find out more by visiting MNMomsForAmerica.US or Contacting Amanda Hughes at MNMFA@MomsForAmerica.US. Please find Minnesota Moms for America on Facebook.

Tax Deductible Donations can be sent to Minnesota Moms for America, PO Box 291, Karlstad, MN 56732.

NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

June National Men’s Health Month
Men: Take Charge of Your Health - MyHealthfinder | health.gov

Compared to women, men are more likely to:

- Smoke
- Drink too much alcohol
- Make unhealthy or risky choices

• Put off regular checkups and medical care

How can I take charge of my health?

See a doctor for regular check-ups even if you feel healthy. Some diseases and health conditions don’t have symptoms at first.

- Eat healthy and get active
- If you drink alcohol, drink only in moderation
- Quit smoking
- Know your family’s health history

• Get screening tests to check for health problems before you have symptoms

• Make sure you’re up to date on your vaccines (shots)

A healthy eating routine and regular physical activity can help control your:

- Blood pressure
- Blood sugar
- Cholesterol
- Weight

By keeping these numbers in a healthy range, you can lower your risk of serious health problems like type 2 diabetes and heart disease.

Small Changes
• Take a walk instead of watching TV

• Try a green salad instead of fries

• Drink water instead of soda or other sugary drinks

• Get more ideas for small changes you can make to stay healthy at

https://health.gov/myhealthfinder/healthy-living

Talk to family members to find out which diseases run in your family.

Use this family health history tool to keep track of health problems that run in your family. Then share this information with your doctor. https://cbiit.github.io/FHH/html/index.html

Get Preventive Care:

Doctors provide services like screening tests and vaccines that help keep you from getting sick in the first place.

Depending on your age and medical history, you may need to be screened for things like:

- Certain types of cancer
- High blood pressure or high cholesterol
- Diabetes

• STIs also called STDs (sexually transmitted diseases)

• Mental health conditions

Stay up to date on your vaccines.

Ask your doctor which vaccines you need to stay healthy then make sure you stay up to date. For example, everyone age 6 months and older needs a seasonal flu vaccine every year.

Recommended vaccines by age: Please see: ncchb.org/immunizations/

What about cost?

Depending on your insurance plan, you may be able to get services like screenings and vaccines at no cost to you. Check with your insurance company to find out more.

Medicare also covers certain health services at no cost. Use this tool to see what Medicare covers: https://www.medicare.gov/coverage

If you don’t have insurance, you may still be able to get free or low-cost health services. To learn more, find a health center near you search: https://findahealthcenter.hrsa.gov/ How much is it worth?

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

Bemidji Speedway “Late Model Special”

6/9/2024
By Dennis Peterson
Once a year Bemidji Speedway plays host to the mighty Wissota Late Models. This year with an impressive \$1,500.00 to win purse a great field of some of the top Late Model drivers in the region brought their cars to the track for a great night of racing on the 3/8 mile oval. The event was sponsored by Higginbotham Well Drilling.

Mod Fours and Modifieds had the night off. Cool overcast skies and a north wind did not deter the fans from showing up for the big event. 84 cars with 19 Wissota Late Models filled the pits.

Next Sunday at 5:PM the track will host “Visit Bemidji” sponsored “Babes Border Battle”. US and Canadian drivers will compete for bragging rights. The first 10 Canadian drivers will receive free gate admission. Also, the first 10 Canadian fans will likewise get free admission to the grandstands

Bemidji Mini Stock Feature:

The initial feature of the night was the Bemidji Mini Stocks with 13 cars on hand. Justin Honer and Gabriel Espe led the pack to the green flag. Hayden Engen from his second row starting position came out in front with Espe, Conrad Schwinn, Gordon Hunter and Nick McCann trailing. Schwinn moved down low and into second with McCann following. Schwinn stayed on the gas down the front straight taking the lead. McCann and Engen dueled side by side with McCann taking over the back up spot behind Schwinn. Schwinn picked up the win and a clean sweep with McCann, Engen, Hunter, and Ashton Schwinn in the top five.

Wissota Pure Stocks Feature:

19 Wissota Pure stocks signed in at the pit gate. Justin Barsness and Deryk Weleski led the field to the green flag with Weleski taking the early lead over Barsness, Nate Zanter, Chad Tabaka, and Kade Leeper. An early caution sent Dustin Puffe and Alex Berg to the pits for tire repairs.

The restart was also yellow flagged with an incident on the back straight sending Tabaka tailback. Once racing resumed Austin Carlson raced up into fourth with Leeper just in front of him in third. Leeper moved up side by side with Barsness for second and Carlson joined the duo to make it a three wide race. Leeper took the second spot behind Weleski and the two fine racers battled it out for the win. Weleski down low and Leeper up high. Door to door they fought with Leeper finally taking the lead. Weleski dropped back a few positions as Barsness and Carlson raced into second and third. Leeper held on for the win in a wild finish. It was a clean sweep for Leeper with Barsness, Carlson, Josh Bitker and Caylyn Binkley rounding out the top five.

Wissota Midwest Modified Feature:

Darrin Lawler and Brennan Schmidt led the field of 15 Wissota Midwest Modifieds to the green flag with Lawler taking the lead followed by Schmidt, Doyle Erickson, and Skyler Smith in close contention. A multicar crash in turn two

brought out the caution flag for a restart with Schmidt and several other cars pitting. The restart was led by Lawler with Smith, Erickson, Brandon Bahr and Devyn Weleski in the top five. Several side by side duels developed as Smith pulled up to within two car lengths of the leader. Charging up from his fifth row starting position Hunter Weeks raced into fifth and then passed Weleski for fourth. Erickson raced to the outside down the back straight passing Smith for second as Lawler pick up the win. Erickson, Smith, Weeks and Landon Gross filled the top five spots.

Wissota Late Models Feature:

An impressive field of 19 Wissota Late Models roared on track next led on the pole by Matt Sparby. The 25 lap race for \$1,500.00 went green with Cole Schill on the outside taking the lead but a four car spin in turn one slowed the race for a restart with Nathan Sletto sent tailback. The second try at a start was similar to the first with a multi car spin in turn two with Johnny Broking being sent tailback. The third try went green with Schill powering into the lead followed by Sparby, Blake Higginbotham, Don Shaw and Billy Kendall III. A three wide race developed with Kendall, Danny Vang and Higginbotham resulting in another caution and Vang pitting.

As the race received the green flag restart Schill once again pulled out to the lead with Blake Higginbotham gaining second over Sparby after a side by side dual. Fast and furious racing action continued with several three wide races getting the fans on their feet to cheer on their favorite drivers. The caution flag once again waved this time for the #71 Late Model of Zach Wohlers who went up and over the three four corner. The restart was led by Schill with Higginbotham, Sparby, Kendall and Shaw in the top five.

The track was black and fast as Schill built up a ¼ lap lead. Higginbotham and Shaw raced bumper to bumper late with Higginbotham claiming

the backup spot at the finish line as Schill won the special in dominating fashion.

Sponsors of the race Higginbotham Well Drilling brother Nathan and Blake congratulated the winner in Victory Lane. Top five finishers were Schill, Blake Higginbotham, Don Shaw, Matt Sparby and Billy Kendall III.

Wissota Hornets Feature:

The Wissota Hornets were next on track with Mateja Dreyer on the pole and Ryker Larson to her right. An early caution sent Larson to the rear for the restart. As racing resumed it was Chad Reller up fast into the lead followed by Dreyer, Travis Olafson, Michael Lefler and Aiden Kessler. Reller, once out front was in control and cruised to the victory. Olafson and Lefler trailed the leader across the finish line.

Wissota Super Stocks Feature:

The final race of the exciting night of racing was the Wissota Super Stocks. Garrett Masurka and Brandon Bahr led the pack down the front straight to the green flag with Masurka in the lead but a quick cross over move by Bahr put him in the lead going into the back straight. Dalton Carlson raced inside and up into third with Matt Sparby and Jack Koranda in the top five. A mix up in turn four brought out the caution flag sending Sparby to the rear of the field.

The restart had Bahr out front with Carlson, Masurka, Koranda and Nic Lewis in the top five. Masurka raced up side by side with Carlson with Masurka racing fast on the high-side into second. He continued his assault towards the front racing high again around Bahr for the lead. A three wide war between Koranda, Bahr and Carlson waged for second with Carlson coming out on top for second as Bahr dropped back to fifth with Lewis gaining fourth.

Masurka was impressive in his win with Carlson, Koranda, Lewis and Bahr in the top five ending an incredible night of racing at Bemidji Speedway.



Midwest Modified Winner Darrin Lawler.



Late Model Feature winner Cole Schill.



L-R Chad, Karen and Brandon Puschinsky.

Bemidji Speedway “Puschinsky Family Racing Team”

6/5/2024
By Dennis Peterson
Since 1975 the Puschinsky family has been actively involved in racing at Bemidji Speedway. In 1975 Bill Puschinsky started his racing career in the 6 cylinder class and later the V-8's which would become the Late Model class. Bill raced for 11 years. In 1995 Bill's son Chad got behind the wheel and raced for 15 years in the Pure Stocks, Street Stocks and Midwest Modified classes. Chad and Karen's son Brandon began racing in 2019 in the mini stocks first and currently in the

Wissota Pure Stock class.

This year as Chad takes some time off from racing Brandon is joined on the track by his mom and Chads wife Karen. Karen is also racing in the Wissota Pure Stock class. Karen is no stranger to the sport of stock car racing having raced in numerous “Powder Puff (ladies only) races” and was named series champion twice. But this is her first attempt racing in the official Wissota Pure Stock class.

Chad, although not racing this year, is still actively involved and the crew chief for



Top 3 finishers in Late Models, from L to R - 2nd place Blake Higginbotham from Bagley, MN, 1st place Cole Schill from Hawley, MN and 3rd place Don Shaw from Ham Lake, MN.



Hornet Winner Chad Reller.



Pure Stock Winner Kade Leeper.

both his son and wife at the track in 2024. The trio plan on racing at Bemidji, Grand Rapids, Ogilvie and Grand Forks this year.

The Puschinsky's can be seen each Sunday at Bemidji Speedway. This week the Wissota Late Models will join the field racing for \$1,500.00 to win along with the Bemidji Mini Stocks, Wissota Pure Stocks, Wissota Super Stocks and Midwest Modifieds all racing for increased purses and incentives.



Cyrus's Flag Island Resort Open for Business up at the NW Angle

One of the Northwest Angle's premier resorts on beautiful Flag Island, located in the northernmost portion of Minnesota's Lake of the Woods, has been purchased and is open for business!

Cyrus Resort, owned by Justin and Tanya Ferguson, is a longstanding, family-owned resort on the south end of Lake of the Woods with a stellar reputation for modern accommodations, strong customer service, successful fishing guides and delicious meals. The Ferguson's are bringing that same level of care and expertise to the north end of the lake with the newly named Cyrus's Flag Island Resort.

“Tanya, myself and our family are super excited to bring the same level of excellence of Cyrus Resort on the south end of Lake of the Woods to the new Cyrus's Flag Island Resort up at the NW Angle. As a family-owned resort, we believe in forming long term relationships with our valued guests and take pride in extending that same culture to our Flag Island location,” explains Justin Ferguson.

“The NW Angle is a premier destination for fishing, exploring, birding and simply the sheer beauty of the 14,552 islands that begin in this area,” explains Joe Henry, Executive Director, Lake of the Woods Tourism.

“From a fishing perspective, this area is tough to beat throughout both the open water and ice fishing seasons. It has earned a world class reputation and is stellar for walleyes, muskies, smallmouth bass, crappies and pike, just to name a few. Having the Fergusons invest in the Angle and make this kind of commitment with Cyrus's Flag Island Resort makes the entire area stronger. I know the NW Angle resorts and the entire community are excited to welcome them to the Angle.”

Cyrus's Flag Island Resort offers a variety of accommodations, which includes 25 cabins with amenities, hotel rooms and a full-service bar and restaurant. Each cabin offers that NW Angle ambience with a special view.

The resort has an extensive protected harbor with new docks and plenty of space for both private boats and charter boats located right in the middle of a fishing paradise.

The resort is open for business and taking reservations. The new website is <https://www.CyrusFlagIslandResort.com>. The resort can also be reached via email at info@CyrusFlagIslandResort.com or by phone at 218-223-4000. Joe Henry | Executive Director | Lake of the Woods Tourism | LakeoftheWoodsMN.com | m: 320-260-7727 | office: 800-382-3474 | Joe.Henry@LakeoftheWoodsMN.com

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