



Tri County Canary

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



State Parks of Minnesota Tour Featuring Photographer and Storyteller Doug Ohman

Community members are invited to embark on a visual vacation with photographer Doug Ohman as he shares stories, photographs, history and adventures from his travels to all 65 of Minnesota's State Parks. Learn about the history of the state's oldest State Parks and get an overview of the incredible recreational opportunities just waiting to be explored.

The tour is sponsored by Lake Agassiz Regional Library and will include visits to the following locations:

Rothsay Westrom Apartments, 106 3rd Ave. SW., on Monday, September 16 at 1 p.m.
Fosston Public Library, 403 Foss Ave. N., on Friday, Sep-

tember 20 at 10:30 a.m.

Admission is free thanks in part to funding from the Minnesota Arts & Cultural Heritage Legacy Fund. More information is available at larl.org/legacy.

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.



Doug Ohman to speak.

American Legion Auxiliary Bingo stand getting a new paint job

By Pamela French

The American Legion Auxiliary Unit 16 (Bagley), Bingo concessions stand is getting a much needed make over ahead of the start of the 2024/2025 Bingo season, which starts on Friday September 13th at 7pm. The concession stand is the main fund raiser for the Auxiliary, who support numerous programs and events, for our local veterans, their families and our community. The concession stand has been serving bingo players on Friday nights for over 45 years.

Every Friday night, during the bingo season, the concession stand is opened, no later than 5:30pm, by Auxiliary members. Available for purchase includes coffee, candy, chips, soda, water, daubers, and glue. Auxiliary members volunteer to make dessert and sandwiches of some kind to sell as well.

Bingo starts at 7pm sharp. Come early to get your cards, snacks etc. If you want to enjoy a full dinner, the American Legion kitchen opens at 5pm. Every Friday the kitchen manager, Joyce Moen, cooks up a great meal from Walleye the first Friday of each month, to a Build a Burger/Taco Salad Bar on the last Friday of each month.

Bar Bingo at the Bagley American Legion will start Saturday, November 2nd, 2pm

Come on down to the Bagley American Legion and support our veterans. Interested in

joining the Legion, application can be obtained from the staff in the Legion, or any member.

Membership criteria is outlined on the application. For information go to www.legion.org.



Lee Peterson, Vietnam Veteran and member of the American Legion Irvin Blix Post 16 (Bagley), painting walls of the concession stand.

Fosston Public Library's Book Club to discuss The Red Address Book on September 17

The Fosston Public Library invites community members to join the library's Book Club for discussions of *The Red Address Book* by Sofia Lundberg. This novel features Doris, a 96-year-old woman who lives alone in an apartment in Stockholm where she awaits her weekly Skype calls with her American grandniece. This book allows readers to reflect on the stories we tell the next generation.

The group will meet on Tuesday, September 17 at 2 p.m. The library's Book Club meets monthly to discuss great books and meet fellow readers. All are welcome.

Later this week community members are invited to embark on a visual vacation with photographer Doug Ohman as he shares stories, photographs, history and adventures from his travels to all 65 of Minnesota's State Parks. Learn about the history of the state's oldest State Parks and get an overview of the incredible recreational opportunities just waiting to be explored. The program will be held at the Fosston Public Library on Friday, September 20 at 10:30 a.m. Admission is free thanks in part to funding from the Minnesota Legacy Arts & Cultural

Heritage Fund through a partnership between Lake Agassiz Regional Library. Learn more at larl.org/legacy.

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.

7th Inning Stretch

Often referred to as America's pastime, baseball is filled with traditions and rituals that have been passed down through generations. One of the most peculiar and beloved baseball traditions is the 7th Inning Stretch. Fans eagerly await this moment and loudly sing "Take Me Out to the Ball Game," but have you ever wondered how this tradition came to be?

Steve Larson has some of the answers!

The son of Duane and Joyce Larson (who owned Falls Supply Company, later Napa Auto Parts), Steve grew up in Thief River Falls, as did his wife Linda Burger. He graduated from Lincoln High School in 1969, (Linda in 1970), attended Northland for two years, received a Communications and Business Administration degree from Bemidji State University, was a sportscaster for ten years, and owned a photography studio for 35 years in Grafton, ND. Steve began collecting baseball cards as a very young boy and has crafted a unique, nostalgic audio/visual story where "cardboard comes to life" through art, stories, and songs – all utilizing Steve's extensive card collection that features baseball but also includes historic moments and various walks of life.

After baseball became a professional sport in the late 1860's, baseball trading cards began to appear. These were used by various companies to promote their business, even if the advertised products had no connection with baseball. Typically, a trading card of the time featured an image on one side and information advertising the business on the other. With advances in printing, cards began to use photographs, either in black-and-white or sepia, or color artwork, which was not necessarily based on photographs.

Some early baseball cards could be used as part of a game: either a conventional card game or a simulated baseball game. By early 1886, images of baseball players were often included on cigarette cards with cigarette packs and other tobacco products. This was partly for promotional purposes, but the card also helped protect the cigarettes from damage. Baseball cards became a hit with fans, especially children, who



Kirby Puckett, Minnesota Twins player.

got a bonus piece of chewing gum inside packs starting in the early 1930s.

Baseball teams were formed in northwestern Minnesota—sometimes even before our towns were organized – and the rivalries were hotly discussed in local newspaper columns. There were school teams, amateur teams like the Thief River Falls "Thieves," and almost every community had a team that played other community teams in the neighborhood. The Pennington County Historical Society has many photographs in its collection including the 1910 baseball team from St. Hilaire and another captioned "Thief River Falls Ladies Baseball Team Champions of Northern Minnesota 1893." The town of Thief River Falls wasn't even incorporated at that time!

Steve will present the "7th Inning Stretch" on Wednesday, September 25, at the Lincoln High School Auditorium at 7:00 pm. Doors will open at 6:00 pm

to give everyone a chance to view and enjoy an exhibit in the Auditorium lobby. Some of the items include a collection of baseball mitts dating back to the 1940's. If you have unique sports items or cards to share, we would love to include them. Please contact Faye Auchenpaugh at auchenpaugh@gmail.com, 218-689-7636, or Chris Mills at chris.mills@myproowler.org.

We invite every community and school district in northwest Minnesota to this wonderful event made possible by the voters of Minnesota through a grant from the Northwest Minnesota Arts Council thanks to a legislative appropriation from the arts and cultural heritage fund.

The event is free but freewill donations will be taken at the door.

Be prepared for an entertaining trip down memory lane and WEAR YOUR FAVORITE BALL CAP!

Fall Colors in Minnesota!

By Eric Mickelson

Whether you like it or not, we are moving into the fall season. The wheat harvest is mostly done, school has begun, and soon the trees will be changing from green to their "fall" colors! Minnesota's fall colors start to peak in the middle into the later part of September continuing through the middle of October. Usually the changes begin in the northwestern part of the state slowly working to the southeastern corner of the state. Usually you can count on about two weeks of vibrant color in your area before the changes move farther to the south. Of course weather, often wind blowing away the leaves, can affect the length of autumn's beauty in your area.

Some authorities on the subject predict a possibly less striking colors this fall because of wet conditions in many parts of the state. According to the DNR the rain is actually good for the growth of trees but the



wet conditions also promote certain fungi that can affect the brilliance of the leaves' colors.

Growing up in the Oklee area we have plenty of poplar, oak, and elm trees. In the fall as a family, if we had a day in the fall to go for a drive we often would drive around the Clearbrook, Bagley, and Lake Itasca areas where some of the other varieties, especially maples, provided a more striking fall appearance.

My research uncovered information suggesting to check with the DNR fall color finder. It has been a quite accurate way of following where in our state you can find the best fall colors. Of course things like an early frost can change what is happening.

I would encourage you to take a ride when the colors are out. You may want to bring some binoculars and maybe a camera. Have fun enjoying fall in Minnesota!

A Time to Reflect & Come Together

This week we honor the memories of those who lost their lives in the September 11th terrorist attacks. In the spirit of support and unity that helped our nation through those darkest days, let's all remember that we stand stronger together.

Letter to the Editor

I really appreciate the article on the Oklee Post Office being renamed in honor of Coya Knutson (Tri County Canary, Wednesday, August 28, 2024). In 1960 I was a senior at the Clearbrook High school, living on a small dairy farm and convinced that I needed to go to college as I did not see my future in farming. I had saved up about \$1,000 by selling a few dairy calves, clearly not enough to attend college.

However Coya Knutson was one of the sponsors of the oldest federal loan program (Federal Perkins Loan Program) that was started in 1957. This I knew was my path to college. At that time no interest accrued until after graduation and then interest was at three percent.

This program may be why nearly half of our 1960 graduating class at Clearbrook went on to college, quite a group of us starting at Bemidji State College (Now Bemidji State University). After a year at Bemidji, I got a summer job at the Curtis Hotel in downtown Minneapolis where I continued to work after I transferred to the University of Minnesota. Between working at the Curtis, additional summer jobs and occasional student loans I graduated with a Doctor of Veterinary Medicine degree in June 1967. I accepted a position in large animal practice (mostly dairy cows) in Richmond, Wisconsin and started paying off my student loan which I recall was about \$7,000.

This student loan program which Coya was quite vocal about allowed me to have a life that I could only dream about when I was milking cows with my dad and brothers. Thanks again for the article that recognizes someone who was ahead of her time. This Federal Student Loan Program has benefited more than 30 million students many like me who never would have been able to attend college without this support.

Gary A Boorman



A Radio Show



Gully Church Ladies

October 5th, 2024

7:15 p.m.

Gully Community Center

Music HA Humor History

Suggested Donation \$10.00 to Fund Future Gully Events

ANNUAL AUCTION

Grace Lutheran Church/WNALC
in Erskine

Wednesday, September 18th, 2024

6:30 PM FREE PIE SOCIAL ••• 7:00 PM AUCTION BEGINS
Baked goods, canned goods, arts, crafts, plants,
and maybe a batch of lefse or two.

BRING YOUR AUCTION SPIRIT AND WALLET!

WEEKLY MENU

at Little Bobby's in McIntosh

All Meals Served Starting at 11:30 a.m. to 2:00 p.m.

Monday Pizza & Salad/Soup

Tuesday Meatballs, Potato and Gravy

Wednesday... Hot Pork Sandwich, Potato and Gravy

Thursday Klub

Friday Fry Bread Taco

All lunches are served
with dessert. Drinks are extra.
*Menu subject to change.

Thursday
KLUB is
starting

Start SMART this school year
with a savings account for their future!

UBM SMART
Savings Account

5.10%
Annual Percentage Yield

Ultima Bank
MINNESOTA

www.ultimabank.com • 800-421-2588
Winger • Fosston • Plummer • Bemidji • East Grand Forks • Gary

* SMART (School Money At Right Time) is designed specifically for youth who are 18 years of age or younger.
• Interest Rate is variable and subject to change without notice.
• Penalty for early withdrawal (6 mo. interest earned).
• Fees could reduce earnings.
• Rate is accurate as of 9/3/24

Monthly MCCL Meeting September 19

The monthly meeting of the local Minnesota Citizens Concerned for Life Chapter #45 will be held on Thursday, September 19 at 7 p.m. at Mt.

Carmel Lutheran Church in McIntosh. For more information about the Chapter, contact Eileen Hegg at 218-563-3152.



By John Eggers

JohnRogerEggers.com, envision@paulbunyan.net, 20269 Irvine Ave NW, Bemidji, MN 56601, 218-766-9009



Old household and gun oil tins are collectible. The value increases when the rubber tip covering the oil spout is present.

The Singer oil tin is valued at \$14 and the Sure Shot tin has a value of \$75. Why the difference? There were hundreds of thousands of Singer sewing machines and each one came with a tin of oil. There were far fewer Sure Shot oil tins; even though this one is missing the rubber tip, it still has a high value.

Many major gas companies also made household oil tins. Some sell for hundreds of dollars. A Deep Rock gas oil tin sells for around \$400. A Phillips 66 tin is worth about \$300.

By the way, collecting car oil tins is a whole new ball game. They can be very pricey. Cylindrical-shaped oil cans became commonplace in the 1940s. These round cans, with a soldered lead seam, were standard from the 1920s to the 1940s. The first aluminum cans for motor oil were made in 1958.

Like all gasoline collectibles, oil cans can be fun to collect. Some collectors prefer only full cans, while most are satisfied with used cans that are in good shape and clean.

One advantage of collecting household oil tins is that even if you get tired of collecting them, you can still use the oil.

FAX SERVICE
at Richards
Publishing
Gonvick

Let's Ride!

ANNUAL COMMUNITY 4-WHEELER RIDE

Sunday, September 15th at 2 p.m.*
at Vernes Church - 29961 320th Ave SE, Trail, 56684

This is a family friendly event, a relaxing ride through the hills and valleys of Hillriver Township. So bring your side-by-sides, 4-wheelers, and friends, or just come for the fellowship.

Lunch will be served outside following the ride.

*In case of rain the ride will be held Sunday the 22nd at 2 p.m.

DINING & entertainment

WALLEYE FISH FRY

Saturday, Sept. 14th, 2024
Serving 5:00-7:00 pm
Walleye pike the way you like them!!
We will deliver to Gonvick City residents.
Call 487-5214

GONVICK
AMERICAN LEGION

CAROL'S COZY
BAR & GRILL
Brooks, MN • 218-698-4608

Friday, Saturday & Sunday
Sept. 13th, 14th & 15th, 2024
Steak & Shrimp, BBQ Ribs,
Broasted Chicken,
Ribs & Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye

KITCHEN OPEN UNTIL 9:00 P.M. DAILY

Live Music
Coming Soon!

BAR BINGO!
AND PADDLE WHEEL

TUESDAY, SEPT. 17TH, 2024 - 6:30 PM

55#S AT \$1,000 UP TO \$1,000 MAXIMUM

SPONSORED BY:
The Mentor Firefighters
Relief Association
Lawful gambling license
#05817-003

CAROL'S COZY
BAR & GRILL
Brooks, MN • 218-698-4608

NO BINGO

WING NIGHT WEDNESDAY

KITCHEN CLOSED THIS FRI. & SAT.
EVENING, SEPT. 13TH & 14TH

SHORTY'S PLACE, 268-4199

Advertise Your Dining
Specials Here!

218-487-5225

For more
information about
Real Solutions...

Home Loans
Land Loans
Equity Loans

Visit with Wyatt Vetteson
if you're planning to purchase a new
home, land or remodel your home.

Wyatt Vetteson

Security STATE BANK
PO Box 69
Oklee, MN 56742

Phone
218-683-7961



NORD'S
PHARMACY & GIFTS
Caring for our hometown communities.

Tools to Make things easier for you!

- Submit Refills 24/7 using our App, Website, or Calling in
- Get a text message letting you know your Rx is Ready
- Pick it up or have us mail it out!
- Our Drive-Thru is open late, until 7:30 p.m. Mon.-Fri. and 1:00 p.m. on Saturdays!
- Do you take more than one medication? Have us line them up with our Med-Sync program so that you only need to make one trip. We can line up medications for multiple people too!

Downtown Fosston

(218) 435-6646

www.NordsPharmacyAndGifts.com

R23-26C

CLASSIFIED ADS

FULL-TIME COOK NEEDED

The Clearbrook-Gonvick School has an immediate opening for a full-time cook for the 2024-2025 school year. The hours for this position are 6 a.m.-2 p.m. Monday-Friday. Wage range is \$16.40-\$18.70 per hour, dependent on years of previous experience. This position includes the following benefits: PERA retirement plan, paid holidays, sick time, and personal time. Requirements for the position include: Must enjoy working with kids, be able to work in a standing position for a period of time, and pass a ServeSafe food safety course. 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

R26-27C

EDITOR POSITION

The Oklee Herald is looking to fill the position of Editor. This position is Full-time and includes benefits and 401K. Various duties include, but not limited to:

- Page layout
- Writing articles
- Attending community events: day, evening or weekends
- Photography
- Some inter-office duties (updating subscriptions, customer service, ad sales)

Knowledge in Adobe InDesign, Acrobat, Photoshop, Microsoft Word and Excel helpful.

Will train. Applications are available upon request, or submit application and resume to the Red Lake County Herald at P.O. Box 9, Oklee, MN 56742. Contact Bonny at the Red Lake County Herald 218-796-5181 or email okleeherald@gmail.com for questions.



R26B

RED LAKE COUNTY SOCIAL WORKER



Position provides children's mental health case management, child protective/child welfare services case management, manages foster care licensing, and performs related tasks as required. Wage range is \$27.82-\$36.17, DOE; position works 35 hrs./wk. and a full benefit package is available.

To be considered for the position applicants must be Minnesota Merit System eligible, have a bachelor's degree from an accredited four-year college or university with a major in social work, psychology, sociology or closely related field. OR a bachelor's degree from an accredited four-year college or university with a major in any field and one year of experience as a social worker in a public or private social services agency.

Applicants must complete a Red Lake County application AND MN Merit System application. For further information, contact Human Resources at 218-253-2590, email: hr@co.red-lake.mn.us. For a Red Lake County application and job description visit www.co.red-lake.mn.us/employment.

The required MN Merit System application and full job description are available at: <https://www.governmentjobs.com/careers/mnmerit-system>. Position is open until filled.

EOE

O25-26C

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 ages birth-3 yrs, providing in home child & parent education visits on a weekly basis. Office location is Bagley, MN. 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.

Classroom Assistant Teacher: 40 hours a week, 10 month position with a summer layoff, 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.

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. Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycouncil.org. Applications due Monday September 9, 2024 by Noon. Call 218-796-5144 x1028 for more information about the positions and information on salary.

ICCC is an equal opportunity employer and program provider.

R25-26C

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III – License Center:

\$19.50 – \$24.70/hr. Position

Closes on Wednesday, September 25, 2024

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

\$30.48 – \$40.93/hr. Position Is Open Until Filled

Engineering Technician – Highway:

\$26.08 – \$36.78/hr. Position Is Open Until Filled

Environmental Technician – Environmental Services:

\$26.08 – \$33.04/hr. Position Is Open Until Filled

Mechanical Maintenance Technician I - II – Fosston:

\$24.61 – \$33.04/hr. Position Is Open Until Filled

Sort Line Operator I - II – Fosston:

\$18.57 – \$24.70/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

R459C



Ultima Bank
MINNESOTA

Ultima Bank Minnesota is seeking a Customer Service Representative for its Fosston location.

Duties include:
• Assisting customers with banking needs
• Opening new accounts.
• Answering inbound calls.
• Cross selling **UBM** products and services.

Additional duties include administrative support and other related duties as assigned.

Individual must be organized, able to multi-task and be proficient in computer skills. Banking experience not required; we're willing to train the right candidate. Full time position with competitive wage package and benefits.

To apply, email resume to: rebecca@ultimabank.com

R25-26C



Ready to Clean House?

Advertise Your Garage Sale in the Canary

Call for advertising rates.
Richards Publishing Co.
218-487-5225

PASSPORT PICTURES

487-5225

Richards Publishing

LAMINATING DONE from business card size to letter size, while you wait. Richards Publishing Co., Gonvick.

FAX SERVICE at Richards Publishing, Gonvick. Send \$1.50 first page, \$1.00 each additional. To receive, 50¢ per page.



The Classifieds Are the Cat's Meow.

Area shoppers know the Classifieds are the purr-fect place to find a bargain. In the Classifieds, you can track down deals on everything from collectibles to cuddly kittens. It's easy to place an ad or find the items you want and it's used by hundreds of area shoppers every day.

Just \$5.00 for 20 words and \$1.00 for each 4 words thereafter.

Go with your instincts and use the Classifieds today.

Richards Publishing Co.
PO Box 159, Gonvick, MN 56644
richards@gvtel.com
218-487-5225

REAL ESTATE - RENTALS

Brookfield Apartments

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

Applications online at
bemman.wixsite.com/bemidjimanagementinc
AN EQUAL HOUSING OPPORTUNITY.

R26-29C

ISLAND LAKE Retreat

4 bedroom, 1 bathroom cabin rental with hot tub. Sleeps 12, hiking trails, fire pit, grill, Wifi, Kayaks lots of toys & games on beautiful Island Lake, South of Lengby, MN.

Islandlakeretreatmn.com

218-280-0367

LSS Caregiver Support & Respite services offers PEARLS (Program to Encourage Active Rewarding Lives) training classes for people, age 60 or older, who are experiencing depression due to the losses they endure as they age. Learn skills to manage unpleasant feelings and improve quality of life.

Call 866.787.9802 to learn more.

R23-27C

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 M3HE-C

FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R21tf-cnc

New Twin Mattress and Boxspring \$199, Full Size Set \$249, Queen Set \$299, Recliners \$350, All Sizes Available, Twin XL, KING. We Have Bunk Beds, Sofas, Dressers, Tables and Much More! **BROTHERS FURNITURE** Since 2012, Call 218-766-0064 - Delivery Available. Check Us Out On The Web: brothersdiscountfurniture.com

R25-28C

FOR SALE

Parts for snowmobiles, motorcycles, 3 & 4 wheelers for sale. Lots of vintage sleds. Also buying parts/machines.
Call Tom's Recycling
218-686-7515

M24-46C

HUNTING SEASON IS RIGHT AROUND THE CORNER!



#4701 - Your Hunting Headquarters! It's where a 120 acres of gently rolling woods, extensive trail system, and wildlife wetland areas with creek, along with a fully "dialed in" northwoods cabin. They all come together to complete a premiere northern Minnesota hunting/recreation property to call your own! Call today to set up your private tour.

SOLLIE REALTY
Fosston, MN
218-435-1525
www.sollie.net

WANTED

Tillable land for rent.
Chad Dyrda
218-280-1015



For more information on MCAN ads call: 218-487-5225

Minnesota Classified Advertising Network



WANTED TO BUY

I BUY OLD MUSIC
and concert posters, movie posters, lobby cards and photos, and pre-1970 comic books. 213/944-9601 streetsof2024@gmail.com

WANTED:

ALL 1970S MOTORCYCLES
Running or not. Titled or not. Will pick up. Cash in exchange. Sell now before prices fall. Call Dan at 612/720-2142

Statewide Advertising ONLY \$279 Call Today! 612/332-8844

MISCELLANEOUS

DON'T LET THE STAIRS LIMIT YOUR MOBILITY!
Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 866/852-5506

SAFE STEP

North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 833/966-3882

BOOST INFINITE!

Unlimited talk, text and data for just \$25/mo! The power of 3 5G networks, one low price! Call today and get the latest iPhone every year on us! 855/849-6621

MISCELLANEOUS

GET A BREAK ON YOUR TAXES!
Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 844/220-9501 today!



GET DISH

satellite TV + internet! Free install, free HD-DVR upgrade, 80,000 on-demand movies, plus limited time up to \$600 in gift cards. Call today! 855/562-4309

AREA OWNERS ONLINE AUCTION

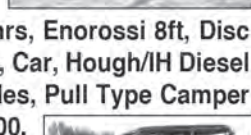
16598 150th St NE, Thief River Falls, MN

Online Bidding Starts Thurs. Sept. 12th

Bidding Starts to Close Thurs. Sept. 19th ~ 6 pm

For More Information Go To: mcmullensales.hibid.com

Items to Include: Like New Kubota L3560 Limited Edition MFWD w/Loader only 45hrs, Enorossi 8ft, Disc Mower, Tractors, Equipment, 3pt. Equipment, Skidsteer Attachments, Trucks, SUV's, Car, Hough/IH Diesel Pay loader, Trailers, 2001 Holiday Rambler 40ft. Diesel Pusher Motor Home w/2 Slides, Pull Type Camper w/Slide outs, 2003 Honda Goldwing 1800 w/only 12,000 Miles, 19 Kawasaki Teryx 4 800, 18 Honda Pioneer 4 700, 04 Hover Star LC Hover Craft w/Trailer, Boats, 10+ Vintage Snowmobiles, 50+ Guns, Crossbows, Ammo, Hunting, Fishing, Lots of Lathe & Milling Equipment, Shop Equipment, Tools, Collectibles, Plus Many more Items, Over 1000 Lots Selling.



McMULLEN Auctioneers

218-681-3960 or mcmullensales@mncable.net

BUSINESS SERVICES

POWERFUL SAVINGS WITH GENERAC

- FREE estimates
- Financing available
- AFFORDABLE backup power
- Delivery, Installation and Service
- Family and locally owned and operated



GENERAC

Clearbrook Electric

SALES AND "SERVICE"
Randy Wetenkamp

7-Year
Parts & Labor
Warranty

Automatic
Standby Generator

218-776-3995 • 218-556-5981 Serving ALL of Northern Minnesota



OKLEE
LUMBER INC

301 Lambert St • Oklee, MN 56742
www.okleelumber.com • 218-796-5131

QUALITY CONSTRUCTION MATERIALS

- Building Materials Sales • Windows & Window Treatments
- Paints & Painting Supplies

ASK ABOUT OUR COMPLETE BUILDING PLANS SERVICES!
We're glad to help you with any building problem you may have.

100 Years Ago This Month: Historical events from September 1924

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

- The Dawes Plan goes into effect on September 1. The plan details a restructuring of reparations payments Germany owes to the Allied Powers in the aftermath of World War I. Charles G. Dawes, who was integral in developing the plan, would be awarded the Nobel Peace Prize in 1925 for his contributions.

- On September 2, Negro National League President Rube Foster announces the first "Negro World Series" would be played in October. Foster announces the series will feature the champion of his league and the champion of the Eastern Colored League.

- At least 300 civilians are killed during the Taif massacre in the Kingdom of Hejaz on September 3.

- The fourth annual Miss America Pageant is held in Atlantic City, New Jersey, on September 6. Miss Philadelphia, Ruth Malcomson, wins the pageant. Miss Columbus, Mary Katherine Campbell of Ohio, finishes as First Runner-Up after winning the pageant the previous two years.

- John Dillinger, who would ultimately be identified as the mastermind behind a gang accused of robbing 24 banks and four police stations, attempts to rob a grocery store in Indiana on September 6. The attempt marked Dillinger's first attempt at a major crime, but he and his accomplice are quickly apprehended and sent to jail.

- Twenty people, including four police officers, are killed during a gun battle in the American territory of Hawaii on September 9. The Hanapepe massacre stemmed from a dispute amongst striking workers at the McBryde sugar plantation on the island of Kauai.

- The sensational trial of Nathan F. Leopold, Jr. and Richard Albert Loeb ends on September 10. Each man is sentenced to life plus 99 years for the kidnapping and murder of Bobby Franks in May.

- Pengiran Ahmad Tajuddin becomes the new Sultan of Brunei on September 11. Ahmad Tajuddin serves until his death in 1950.

- Thomas Wade Landry is born in Mission, Texas, on September 11. Landry would become the first head coach of the Dallas Cowboys in the National Football League, a job he held for 29 seasons.

- General of the Armies

John J. Pershing retires from the United States Army on September 13. The highly decorated General Pershing is the last American military officer to achieve the rank of a six-star general.

- Horace Saks and Bernard Gimbel open the luxury department store Saks Fifth Avenue at 611 Fifth Avenue in Manhattan on September 15.

- First baseman Jim Bottomley of the St. Louis Cardinals sets a major league record when he drives in 12 runs in a nine-inning game on September 16. The record still stands, though Bottomley now shares it with a fellow St. Louis Cardinal, Mark Whiten, who drove in 12 runs against the Cincinnati Reds in the second game of a double-header on September 7, 1993.

- On September 18, the United States military occupation of the Dominican Republic ends after more than eight years.

- Joseph Stalin orders the arrest of Alexander Krasnoshchykov on September 19. Krasnoshchykov is the first prominent Bolshevik to be arrested under the leadership of Stalin, who ultimately allows Krasnoshchykov to rejoin the government in 1925. That second chance would prove somewhat brief, as Stalin would order Krasnoshchykov's execution in 1937.

- The American freighter SS Clifton sinks in Lake Huron on September 22. All 26 crew members perish, and the wreckage of the Clifton would not be found until 2016.

- British racer Malcolm Campbell breaks the record for the fastest speed on land on September 24. Campbell, driving a Sunbeam 350HP with a V12 engine, reaches a speed of 146.18 miles per hour, narrowly breaking the record set by Ernest Eldridge just months earlier.

- Controls on the German Navy are relaxed on September 30 in recognition of improved relations between the Allied Powers and Germany.

Mentor Farmers' Market 2024

OUR 17TH YEAR OF SERVING LOCAL COMMUNITIES WITH LOCAL PRODUCTS!

OPEN EVERY SATURDAY

8 AM to 12 NOON

May 25th through Sept. 28th

(RAIN OR SHINE)

Mentor School yard (east)

Large variety of local foods, produce, baked goods, ready-to-eat foods, flowers, gluten-free products, local honey, firewood, soap & lotion products, unique craft items and entertainment.
A Variety of Food Trucks most Saturdays.

www.mentorfarmersmarket.org
Like us on Facebook at Mentor Farmers Market

Memorable games from the last decade of NFL football

The return of the National Football League season is a cause for celebration in millions of households. The NFL season kicks off each September, and fans know there will be no shortage of memorable games as the season unfolds over 18 weeks of the regular season and the ensuing playoffs. As fans prepare for another exciting NFL season, they can look back on these memorable matchups from the last decade.

- Buffalo Bills at Kansas City Chiefs, January 23, 2022:** This exciting matchup was entertaining throughout, but fans will likely point to the fourth quarter of the game as some of the most memorable football they've ever seen. Star quarterbacks Josh Allen of the Bills and Patrick Mahomes of the Chiefs put on a show, and the teams combined for 25 points over the final two minutes of regulation. Those final two minutes included a stunning drive orchestrated by Mahomes, who led the Chiefs on a 44-yard drive in just 13

seconds to score a game-tying field goal and force overtime. The Chiefs won the subsequent overtime coin toss and scored a touchdown on their first drive to pull off an improbable 42-36 win.

- Baltimore Ravens at Cleveland Browns, December 14, 2020:** This instant classic was witnessed in person by just under 12,000 fans, as restrictions related to the COVID-19 pandemic were in place. Those lucky fans got a night to remember, as the game proved to be the highest scoring battle between the two AFC North rivals. Lamar Jackson led a Ravens comeback after briefly exiting the game with cramps. The teams combined to score 35 points in the fourth quarter, including a 44-yard strike from Jackson to wide receiver Marquise "Hollywood" Brown on his first play after returning. The Ravens won the thriller 47-42.

- Kansas City Chiefs at Los Angeles Rams, November 19, 2018:** Though the 54-51 final score in the Rams' favor

suggests this game was all about offense, even the defenses got in on this high-scoring affair, combining to score 21 of the game's 105 points. This matchup was so high-scoring that the Chiefs' 51 points remain the most points ever scored by a team on the losing end in NFL history. Fourteen touchdowns and 56 first downs marked a game that was iced when Rams quarterback Jared Goff threw a go-ahead, 40-yard touchdown pass to Gerald Everett with less than two minutes to play.

- New England Patriots vs. Atlanta Falcons, Super Bowl LI, February 5, 2017:** Sometimes a season's most memorable game unfolds on its biggest stage, and that was certainly the case with the 2016 NFL campaign. Super Bowl LI is sometimes referred to as "28-3," a nickname that alludes to the Patriots' stunning comeback against a Falcons team that looked all but certain to secure the first Super Bowl victory in franchise history. The Falcons dominated much of the game's

first three quarters, building a 28-3 lead midway through the third quarter. But Patriots quarterback Tom Brady and running back James White went to work in the third quarter and beyond, and the Patriots rallied to score 31 unanswered points en route to a 34-28 overtime victory.

The NFL promises to produce more excitement in the season ahead, and fans can't wait to see which games from the coming campaign prove unforgettable.

Waling's Stump Grinding

Local
23+ years of experience
Free estimates

Call
218-689-2871
or 218-242-0269

Donate Your Car



Imagine the
Difference You
Can Make

FREE
TOWING & TAX
DEDUCTIBLE

- Every donated vehicle will be properly recycled, reducing waste and harmful emissions.
- Vehicle donations are fully tax-deductible and the proceeds help provide services to help the blind and visually impaired.

When you donate your car, you'll receive:

- ✓ a \$200 restaurant voucher
- ✓ a 2-night, 3-day hotel stay at one of 50 locations



Call 1-844-220-9501

Help Prevent Blindness
Get a Vision Screening Annually
Heritage
for the Blind

Small Ads

BIG RESULTS

THE MINNESOTA DISPLAY AD NETWORK



Choose the entire state or a combination of zones that cover your target audience.

Ask your newspaper representative for complete details.

The 2x4 Network is a program of the MNA, phone 612-332-8844



Internet | GVT Stream | GV Cellular
Security & Smart Home
Phone | IT Services

RETAIL STORE LOCATIONS: Bagley | Erskine | Thief River Falls
800-448-8260 | www.gvtel.com | [f](#) [in](#) [v](#) [o](#)

ATTENTION: SNOWBIRDS

Please call our office with change of address. Notifying the Post Office does not include newspapers, they WILL NOT forward them and then they get returned to us with a .62 cent fee. Thank you.

(218) 487-5225

Leader-Record - Grygla Eagle
Red Lake County Herald - McIntosh Times



Theology in the Trenches

By Kathleen Kjolhaug

The Pulpit Hand Built

(In honor of each and every VBS around the world.)

It had been one bursting week of energy which came at the close of Vacation Bible School. Great group of kiddos, committed families who'd made sure campers came, while faith in action brought lots of action. Cleaning up the remnants offered therapeutic closure as several hands made the load lighter. Going from room to room, I took note.

The saints who'd gone before us were everywhere. The pulpit, the wooden cross watching over, the table which greeted the campers all had been hand hewn long ago. The carpet upon which we trod had been laid and paid for by who knows whom—but one thing for sure, they are long gone. They'd prepared a place for us and now; we marched in and out of the building like we owned the joint.

The evidence was Rock solid. Like those who've gone before us, volunteers not only gave of themselves, but many donated financially in order to complete VBS. The monies brought in to pay for such a time as this were from puppies sold, lemonade stands quenching thirst, fund raisers and out right offerings from parishioners.

Did I mention the quilt ladies from a church up the

road? They made one for each counselor who traveled from afar. They'd stitched them the winter before and freely gave away their labors of love. Did I tell you of the pastors who spent their week mingling with the crowds and of the lunch ladies who not only prepped but served and clean up? They were sheer heroes—each one.

The kids craft volunteer served faithfully in not only teaching but creating hospitality by extending her gifts into the kitchen and clean up team as well. Not to forget those who gave lessons which reinforced the Bible verse each day. Their time was key. The family who opened their home for the counselors to rest was sheer gift. As the counselors poured out daily, they needed pouring into in the evening and having a safe space to land was hospitality at its finest....and so it goes.

Volunteers cooked meals to feed or donated gift cards which brought reassurance that the sustenance needed would be met.

The curriculum written by those from afar who trained the counselors who gave of their time this week were nowhere to be seen but without them, there would be no curriculum from which to launch.

The decorating crew held fast and prepared the way for the little eyes to enjoy festively their ambience all week long. It was no small feat as it energized each and every one who entered in. The Sunday School treasurer kept us all on track by giving sweet assurance that all is well as we moved full speed ahead.

And thus, the week came and went. We know not the miracles of protection given from each prayer prayed on behalf of all who attended and all who volunteered.

“Be yea doers of the Word and not only hearers of it” (James 1:22). Why?

Because “I came that you might have life and have it to the full” (John 10:10).

And the moral of the story? When asked to serve in some capacity, your tiny whisper of “yes” means the world. And if what is asked of you, you would rather not do—then by all means extend an honest “I’d rather not do that...but I can do...” awakens the one asking and encourages by bringing hope. Thank you ahead of time for giving in any capacity that will tag team the next generation of saints among us. Thank you! Amen.



Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Q u e s t i o n : I dropped off my grand-

children at school the other day and I encountered someone waving

The link between sleep and healthy aging

A good night's rest can be just what the body needs to feel revitalized and ready to tackle a new day. Indeed, rest is important for people of all ages, including seniors.

The National Council on Aging notes the brain needs sleep to regulate the body, restore energy and repair damage. Recognition of that is vital for aging men and women, some of whom may be more vulnerable to sleeping problems than they realize. In addition to being more vulnerable to age-related health problems that can interrupt their sleep, thus affecting its quality, aging men and women may find their sleep routines change over time. For example, a 2019 study published in the journal BMC Geriatrics found that active elderly people reported it took them longer to fall asleep as they got older.

The NCOA says it's a misconception that older adults need more sleep than younger people, noting adults of all ages require the same amount of nightly rest. However, things may change for seniors in regard to how much time they need to spend in bed. The NCOA notes this is because adults may be more likely to experience poor sleep quality and continuity. When that occurs, adults still need the recommended minimum of seven hours of nightly sleep, but they may need to spend more time in bed since it's taking them longer to fall asleep.

It's important that aging adults recognize that they can spend too much time sleeping as well. A 2019 study published in the Journal of the American Geriatrics Society found that too much sleep is linked to the same health problems as too little sleep, issues that include an elevated risk for heart disease and falls.

Sleep issues affecting older adults also may be a byproduct of various contributing factors. The NCOA notes that frequent contributors to sleep concerns include:

- Pain that affects the back, neck, or joints
- Mental health issues, including anxiety and depression
- Neurodegenerative disorders that are more frequent among aging populations, such as dementia and Alzheimer's
- Sleep apnea or disordered breathing at night
- Restless leg syndrome, a condition that tends to worsen with age and is characterized by an urge to move limbs often
- Nocturia, a condition marked by a need to urinate at night
- Stimulating medications or medication interactions
- Decreased exposure to sunlight
- Sedentary lifestyle

Aging men and women who are experiencing difficulty sleeping should know that such issues are treatable and not something that needs to be accepted as a normal part of growing older. For example, individuals whose sleep is routinely interrupted by a need to urinate can avoid certain beverages, including alcohol and caffeinated drinks.

Sleep and healthy aging go hand in hand. Aging adults experiencing difficulty sleeping can consult their physicians and visit ncoa.org to learn more about overcoming sleep-related issues.

a flag around the school buses. Do you know what that would be about?

Answer: I am guessing it was a school bus flagger. Some schools have people in place to assist with school buses exiting their school zones and parking lots. If you encounter one, you must stop for a school bus flagger directing traffic to allow school buses to leave school property. After being stopped by a school bus flagger, you may not proceed until directed to

do so by the flagger or a police officer.

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



NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

September is Suicide Prevention Awareness Month. Although mental health and suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time for people, organizations, and communities to join their voices and share that there is hope, help is available, and healing is possible.

We all have mental health and it's as essential to a person's life as physical health. Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and shapes how we handle stress, relate to others, and make choices.

It can be hard for individuals, families, organizations, and communities to talk about mental health. Not talking about mental health and suicide can increase the risk of people that are struggling and potentially decrease the likelihood that someone will seek help when they need it the most.

Too often, public messaging conveys negative narratives about mental health and suicide. These negative narratives stigmatize mental health and suicide, which can contribute to feelings of uncertainty, shame, and self-loathing that prevent someone from seeking help or put them at greater risk for harm. Instead, a narrative of hope and resilience can influence how people think, feel, and act and lets us know that

there is hope, there is help, and suicide is preventable.

What we say to ourselves and others can encourage hope, celebrate life and help ourselves and others understand that help is available, suicide is preventable and mental illnesses are treatable. For links to more information see the North Country Community Health Services (ncchb.org) website.

Ideas for action to start the conversation with yourself about your mental health

- Know that you are never alone! Do you have crisis numbers available or a plan if you do feel like you get into a state of emotional crisis? (988 Lifeline Chat and Text - 988 Suicide & Crisis Lifeline)
- Identify what you do and don't have control over.
- Manage your own life and take responsibility for your actions.
- Starting the conversation around mental health doesn't have to be heavy. It can be as simple as asking “what's going on?”

Seek help and support from family, friends, or health care professionals during times of need.

Submitted by: North Country Community Health Services- www.ncchb.org or find us on Facebook-North Country Community Health Services (Clearwater, Hubbard and Lake of the Woods Public Health)

Remembering Labor Day Weekend Past

By Auctioneer Eric W. Mickelson

Back in 2018 on the Saturday of Labor Day Weekend I traveled to McVile, North Dakota with my son, Nick. He was shopping for a new car and I rode along to check it out and drive one of the cars back if the purchase was made. A sign on the building across the street that read “Larry the Tractor Guy!” I was intrigued so I walked across the street but Larry was not in. When I went back across the street to McVile Motors I asked, “Where is Larry?” Ken, from the car dealership said, “I will call him!” Sure enough back uptown came Larry the Tractor Guy! Only in a small town!

Well, Larry Walter is a Ford man. I knew that by the line up of tractors in front of his building. After some conversation I found out why Larry was a Ford man. Back in 1940 his dad traded in a team of horses as a down payment on a 9N Ford. Well, from then on the Walters were Ford farmers. Now Larry has a nice collection of Fords himself. One of my favorites was an old mid 1920's Fordson on rubber. I want to thank Larry for the nice visit and a chance to see some of his collection!

Last week while at the Blast to Brooks celebration I took a walk through the car show. One of the exhibits was actually not a car or a pickup, but a tractor! It was an 8N Ford with a V-8 engine. It was restored but the motor turned out to be not good! So that is when David Morberg decided to go with a V-8! What a great machine he now has!

Also at the Blast is another 8N Ford owned by the Tri River Pioneer. They are selling raffle tickets to raise money for their non-profit organization. If you need a ticket, let me know! The drawing will be held Sept. 21st at 4:00 PM at the museum in Plummer!

Remembering back to the 2018 trip to McVile, ND. When I got home and told my story to my dad he said, “You know who else lived in McVile?” Oklee's former Principal and Superintendent, and his wife, Marv

and Joan Bronken came to us, in Oklee, from McVile. I wasn't sure if I would be able to go with my son to McVile because I had a lot of work to get done that day. But, boy I'm glad I decided to go for a ride.....I sure had fun in McVile!

How about a little tractor trivia!

1. Theory has it that the designation of the 9 in the model 9N stands for?

2. The designation of the 2 in 2N stands for?

3. The 8 in 8N stands for?

4. Over_____ 8N's were produced.
A) 200,000 B) 300,000 C) 500,000

5. The 8N was rated at about _____hp.
A) 20 hp B) 25 hp C) 30 hp

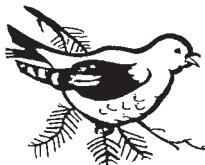
Answers: 1. Introduced in 1939 2. Introduced in 1942 3. Introduced in 1948 4. C 5. C



1951 8N Ford owned by David and Cori Morberg of Brooks, MN.



The Tri River Pioneer's 8N Ford raffle tractor in the Blast to Brooks parade.



www.TriCoCanary.com is supported by these advertisers

Visit our website www.TriCoCanary.com

and click on the advertiser to learn more about their business.



ANDERSON WELL DRILLING & REPAIR
Home: 218-776-2486
Cell: 218-688-1400
Clearbrook, MN 56634

BAKKEN'S MARKET
GROCERY & DELI
218-776-3812
BAKERY • FRESH MEATS • PRODUCE • LOTTO
33 Main St S, Clearbrook • 218-776-3812

BORDER BANK
Customer first. Community focused.
123 Main St. South Clearbrook
215-776-3151 • borderbank.com

Bemidji MARINE
bemidjimarine.com
(218) 444-BOAT
3611 Laurel Drive NW, Bemidji, MN 56601

Carol's Cozy Bar & Grill
On Main in Brooks
218-698-4608

Clearbrook Collision Center
(218) 776-3144

CEASE FAMILY FUNERAL HOMES
Bagley - (218) 694-6600 Blackduck - (218) 835-3300
Bernidji - (218) 751-9700 Cass Lake - (218) 335-6969
Park Rapids - (218) 732-7264 Nevis - (218) 652-3105

Home at Heart Care
In-Home Personal Care & Homemaking
Serving North Western Minnesota
3rd Ave., Clearbrook ~ 218-776-3508

LINDFORS Insurance Agency
Clearbrook (218) 776-3161
Fosston (218) 435-6585 Bagley (218) 694-6848

The Northern State Bank
Gonvick, MN 56644
218-487-5244

Northdale Oil Inc.
249 1st Ave, Gonvick
218-487-5816

OKLEE LUMBER INC
301 Lambert St, Oklee
218-796-5131

Security STATE BANK
P.O. Box 69, 201 Main Street
Oklee, MN 56742
218-796-5157

Thank you to our advertisers for making our website possible!

If you are a business and would like to advertise

on our website, contact Dick or Sue at Richards Publishing 218-487-5225



Understand the menopause transition

The human body is capable of various amazing feats, but many will attest that the ability of women to nurture and grow what will become another person is the body's most impressive characteristic.

Healthline states a woman can get pregnant and bear children from puberty, when they start getting their menstrual periods, to menopause. The average woman's reproductive years are between ages 12 and 51. While puberty and pregnancy are topics widely discussed in a woman's life, the same may not be said for menopause.

What is menopause?
The World Health Organization characterizes menopause as the end of a woman's reproductive years. After true menopause, a woman cannot become pregnant naturally. Menopause is marked by the end of a monthly menstrual cycle often referred to as a "period." Natural menopause is deemed to have occurred after 12 consecutive months without menstruation. Menopause can occur for other reasons, such as if the reproductive organs are damaged due to illness or removed for the treatment of a certain condition. This is called induced menopause.

What happens during menopause?

During menopause, the ovaries stop producing reproductive hormones and stop releasing eggs for fertilization, says the Cleveland Clinic.

What is perimenopause?
Some people incorrectly describe the years leading up to the last menstrual period as menopause. However, menopause only occurs after the last period has occurred. It is a finite date. The menopausal transition before that takes place is actually called perimenopause. It is a period of time that most often begins between ages 45 and 55. The National Institute on Aging says perimenopause traditionally lasts seven years, but it can go on for as long as 14 years. The duration may depend on lifestyle factors, race and ethnicity.

During perimenopause, production of estrogen and progesterone made in the ovaries varies greatly. That can mean menstruation can be heavy at times or light. It may occur once a month or even multiple times per month. The menopausal transition affects each woman differently. It is a good idea for women to use a menstruation tracker and remain aware of symptoms to discuss with the gynecologist.

What is postmenopause?
Postmenopause is the time after menopause has happened. Women will remain in postmenopause for the rest of their lives. While many symptoms ease up in postmenopause, there still may be mild symptoms attributed to the low levels of reproductive hormones.

What are common symptoms of the menopause transition?
As one transitions from childbearing years into postmenopause, certain symptoms can occur.

- Irregular periods
- Hot flashes/night sweats
- Vaginal dryness
- Urinary urgency
- Difficulty sleeping
- Emotional changes
- Dry skin, eyes or mouth
- Worsening premenstrual syndrome symptoms
- Breast tenderness
- Headaches
- Racing heart
- Joint and muscle aches
- Weight gain
- Trouble concentrating
- Changes in libido

Women are urged to discuss their symptoms and concerns about menopause with a health care professional. Various treatments can alleviate symptoms and make the transition more comfortable.

The nutritional benefits of chicken

Few foods may be as versatile as chicken. There is seemingly no end to the ways to cook and serve chicken, which is even an integral component in soups used to combat the common cold.

The taste of chicken is enough to compel people across the globe to include it in their diets. However, chicken also packs a nutritional punch, and recognition of its many benefits may compel health-conscious individuals to consume even more chicken going forward.

Chicken helps build a stronger body

Chicken helps build strong muscles and bones. Amino acids are vital to building muscle tissue, and fans of chicken should be happy to learn that chicken is a great source of amino acids. Amino acids produce protein, which is why chicken is considered an excellent source of protein. In fact, data from the U.S. Department of Agriculture indicates that a 100 gram serving of chicken contains as much as 32 grams of protein.

Chicken can help to control blood pressure

High blood pressure can increase risk for a host of negative health outcomes, including heart attack and stroke. Chicken is one of a handful of protein sources that can help to lower blood pressure. One animal study from researchers in Japan found that collagen, which is a protein found in chicken legs, helps to lower blood pressure. In addition, the Harvard Medical School notes that consuming at least two servings of chicken per week can help people maintain a healthy blood pressure.

Chicken and cholesterol

Another feather in chicken's cap is its status as an alternative to foods such as beef, lamb and pork. Chicken contains less saturated fat and cholesterol than red meat, which includes both lamb and pork. High cholesterol can increase a person's risk for heart attack, stroke and atherosclerosis, among other



harmful conditions. So choosing a heart-healthy red meat alternative like chicken can help individuals lower their cholesterol and maintain healthy cholesterol levels.

Does it matter how chicken is cooked?

How chicken is cooked affects how beneficial it can be to people who consume it. The American Heart Association notes that grilling, broiling or roasting chicken may increase the likelihood that people will develop high blood pressure. The AHA notes that research presented at its Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions 2018 indicated the risk of developing high blood

pressure was 17 percent higher in people who grilled, broiled or roasted chicken more than 15 times per month compared to those who did so less than four times per month. So the less often chicken is cooked in such ways, the better for people looking to capitalize on the nutritional benefits of chicken. It's also best to avoid frying chicken, as during the frying process foods absorb saturated fat, trans fats and cholesterol, thus negating any health benefits the poultry may otherwise provide. The versatility of chicken is perhaps only surpassed by the many unique nutritional benefits this wildly popular food provides when cooking it in certain ways.

If you haven't made your bed all year, September 11th is the day!

NATIONAL MAKE YOUR BED DAY

Each year on September 11th, National Make Your Bed Day reminds us of all the benefits a well-made bed offers.

#NationalMakeYourBedDay
We all need to sleep at some point. And getting a good night's rest gives us an opportunity to recharge. While we can't always get a perfect night's rest, we can make some changes to improve our sleep habits. Do you want to get a better night's sleep? According to the National Sleep Foundation, making your bed can help improve your sleep by reducing the amount of tossing, turning, and restlessness we experience. Reducing all that turmoil in the bedroom offers great returns, such as good health!

A great night's sleep can depend on the comfort you feel in your bedroom environment. - National Sleep Foundation

At a Behavioral Sleep Medicine Program, participants learn that the sleep environment is a major component of a restful night's sleep. In a survey conducted by the National Sleep Foundation, people who make their bed daily more often have a better night's sleep. Fresh sheets, dark and cool rooms, and comfortable mattresses and pillows also play a factor in mastering sleep comfort.

TOP 5 PLACES TO SLEEP IN PUBLIC

We've all done it at some point in our lives. Raise your hand if you're thinking, "Not me," and I'll prove you wrong. Before the age of one, all we do is sleep in public. See. What did I tell you? Now that we have that out of the way let's address some of the Top 5 Places to Sleep in Public.

5. Under a tree in a park

On a beautiful day after a satisfying picnic, it's nearly impossible to resist the urge to take a nap. Our bellies are full. The sun warms faces. The serotonin-induced combination makes being a little drowsy unavoidable. So, find some shade and put your hands behind your head for a well-deserved snooze.

4. The mall in the middle of the workweek

Not many of us end up in the mall during the workweek. But if you're retired, and you and the spouse do everything together, you might find a comfy seat to wait out a shopping spree.

3. Reference aisle of the library

Late nights of studying or doing research combined with partying or caring for family add up. The quiet, temperature-controlled reference library offers soft light and very few interruptions. Curl up with an ergonomically appropriate book to prop your head up on, and you'll show the world how to burn the candle at both ends successfully.

2. Last pew in church during services

If you didn't find time to use the reference library, this is what will happen. When your usually inspiring and eloquent pastor becomes long-winded and you've had a long week and a late night, nodding off in church is inevitable. Of course, if you're under the age of 5, this is seen as cute.



1. A theater showing old silent movies or a documentary on space

While the stories might be mesmerizing, we all know that we sleep better when the air is cool, and the room is dark and quiet. So, use your popcorn bag as a pillow and try not to snore. You might disturb the other movie-goers.

Besides the comfort level, the visual appeal of a well-made bed invites us to slumber. Almost like a blank canvas draws an artist to paint, a comfortably made bed calls to us. Who wants to face crumpled sheets and twisted blankets at the end of the day? Our bed and bedroom should be a sanctuary. And once our bed is made, very little is required of us but to slip between the sheets. When we're tired, we ask for no more demands from the day, least of all from our bed.

HOW TO OBSERVE MAKE YOUR OWN BED DAY

Make your bed. If not in the routine of making your bed, Make Your Bed Day is the day! Use this observance as an opportunity to start this healthy habit. Encourage the entire family to join you. Even small

children can help. And we all know creating healthful habits early in life can last a lifetime.

Other ways to celebrate the day include:

- Shopping for new bedding. Sharing tips for making a bed.
- Posting photos of your well-made bed.
- Make it a competition! Set a timer and have the whole family race. The fastest and best bed makers win!
- Challenge others to make their bed - whether they live with you or not!
- After making your bed, try bouncing a quarter off your bed after it's made - military style.
- Use #NationalMakeYourBedDay to post on social media.

NATIONAL MAKE YOUR BED DAY HISTORY

We were unable to identify the sources of National Make Your Bed Day. However, after a nap, we'll keep right on searching.

Make Your Bed FAQ

Q. What is the saying about making your bed?

A. The idiom is, "You made

your bed, now lie in it." It means that a person will need to accept the consequences of their actions. Another way of saying it is, "Sleep in the bed you made."

Q. How do you fold a fitted sheet?

A. Very carefully. Or by using a little bit of math.

Article from: <https://www.nationaldaycalendar.com/national-day/national-make-your-bed-day-september-11>

**Passport photos
CALL TO MAKE AN
APPOINTMENT
218-487-5225**



Steve Fields
Minnesota Attorney

FIELDS LAW FIRM

DISABLED?
We've Helped Thousands Get Benefits

Contact Us Today For Free Advice

Long-Term Disability
Short-Term Disability
Social Security Disability

218-824-0093
www.GetFields.com

GET SEWING WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ANCHOR
- APPLIQUE
- BASTE
- BIAS
- BOBBIN
- BODICE
- BUTTONHOLE
- CASING
- DART
- FACING
- FOLD
- GRAIN
- HEM
- LENGTH
- MACHINE
- PATCH
- PATTERN
- PINS
- PLEAT
- SEAM
- SELVEDGE
- STITCHING
- TACK
- TENSION

Answers on page 7

BUY THIS MONUMENT

\$995.00

Custom Granite Monuments designed to fit your needs!

Anderson

PETER B. MARCH 21, 1925 APRIL 20, 2009

NORMA P. JULY 26, 1928 APRIL 22, 2008

Buy Factory Direct! Avoid Funeral Home & Salesman Commission!

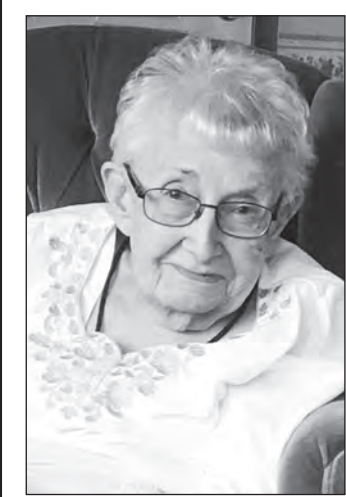
NESS GRANITE WORKS

3 miles N. on Hwy 59, Detroit Lakes, MN

800-309-5191 • www.nessgraniteworks.com

R32-31C

OBITUARIES



Obituary for Bonnie Strand

Bonnie Strand, age 89, of Erskine, MN, passed away on Thursday, September 5th, at McIntosh Senior Living in McIntosh, MN. Memorial services will be held at 10:30 a.m. on Monday, September 16th, at Grace Lutheran Church in Erskine with the Rev. Pam Thorson officiating. Interment will be in Fairview Cemetery, Erskine. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Sunday, September 15th, at the Carlin Funeral Home in Erskine. Family will also greet friends for one hour prior to the service on Monday (16th) at the church. Arrangements are with Carlin Family Funeral Service of Erskine and messages of condolence may be shared at www.carlinfuneral.com.

Bonnie was born in Mentor, MN to parents Andy and Lydia (Larson) Anderson. She was the 10th of 11 children, 6 brothers and 4 sisters. She was baptized and confirmed at Faith Lutheran Church in Mentor. She graduated from Mentor High School in 1953. On November 14, 1953 she married Stanley Strand and together they raised 5 chil-

dren in Mentor, then moved to Erskine in 1954. Mom was a very good homemaker, seamstress, artistic painter and crafter. She was very active in the church, such as teaching, bible studies, ladies aid and quilting. She worked hard at helping to support our family by selling Tupperware, then Avon and working in the laundry at Pioneer Home and several odd jobs such as road construction one summer and helping pick potatoes in the fall. She also canned and froze vegetables, fruits and meat for the winter months. At age 51, she went back to school and earned an Associate Degree in Architectural Drafting & Design and immediately went to work for CC&I Engineering in Perham, MN. She retired at age 70 and soon after was Grandma at the Win-E-Mac School for several years.

Bonnie is survived by her daughters Renee (Ron) Howe of Erskine, MN, Jacalyn (Jeff) Hendrickson of Bismarck, ND, Jill (Jeff) Sartori of Crofton, MD, Rebecca (Brian) Anderson of Cambridge, MN; grandchildren Erin (Brent) Heemstra, Tom Wild, Brittany (Daniel) Fish, Leslie (James) Goldade, Michael Sartori, Andrea Sartori, Brady Anderson, Alexis Anderson, and Jeffrey Anderson; great grandchildren Kaycee, Allison, Anthony, Evan, Oliver, Lily, Arthur, and Nora; brother Marcilyn (Nody) Anderson of Two Harbors, MN and sister Nelda Carinder (Jim Farden) of Firestone, CO; also several nieces, nephews, and cousins.

Bonnie was preceded in death by her parents, husband, 5 brothers, 3 sisters, her son Jerome Strand, her granddaughter Tracy Wild, as well as several members of her extended family.

Burial service for Josephine Kells

A burial service for Josephine (Olness) Kelly who passed away on October 31, 2023 will be held on September 14 at 2:00 p.m. at Nora Township Cemetery located south of Bagley.



Obituary for Melissa Hagman

Melissa Hagman, age 57, of Thief River Falls, MN, passed away on Monday, September 2nd, at Hillcrest Senior Living in Red Lake Falls, MN. Funeral services were held at 2:00 p.m. on Tuesday, September 10th, at Sand Valley Lutheran Church in Trail, MN with Dawn Hanson officiating. Interment in Sand Valley Lutheran Cemetery. Visitation was held for one hour prior to the service on Tuesday at the church. Arrangements with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Melissa Ann Hagman was born on April 16, 1967, in St. Cloud, Minnesota to parents Stephen and Joan (Mohs) Libor. She was baptized at St. Augustine Church in St. Cloud. As a young girl, Melissa moved with her family to Andover, Minnesota and graduated from Anoka High School in 1985. She was married Greg Mortenson and to this union, two children were born, Michael and Anthony.

They later divorced.

Melissa married Marvin Hagman and two children were born, Jacob and Nicholas. And later, a daughter, Cayla was born. Melissa spent most of her working years serving in restaurants and bars. She met Rory Austad in 2002. In 2005, she moved to the Trail/Gully area, Goodridge, and Thief River Falls.

Melissa liked to play cards, bingo, puzzles, reading her Bible and go hunting with Rory. She was also a huge Vikings football fan and she loved her weekly Girl's night with Shelby to watch The Bachelorette on Monday nights and play cards while they cooked supper. Most of all, she loved her children and grandchildren. She will be dearly missed.

Survivors include five children, Michael (Shelby) Mortenson of Thief River Falls, Anthony (Keely) Mortenson of Mora, Jacob Hagman of Brooklyn Center, Nicholas Hagman of Thief River Falls, and Cayla Weber of Graceville, MN; grandchildren, Jordan, Bryce Camryn, Jaxson, Casen, Ginny, Patrick, and Liam.

Also surviving are siblings, Cheri Karrow of Andover, MN, Lori Mevissen of Buffalo, MN, Michelle (Lee) Erickson of Arizona, Lynnette (Jeff) Neubauer of Coon Rapids, MN, Steve (Denise) Libor of Ham Lake, MN, Kathy (Tom) Vaudrin of Blaine, MN, and Joe (Nancy) Libor of Elk River, MN; and numerous nieces, nephews and cousins.

She was preceded in death by her significant other, Rory Austad; her parents; brother-in-law, Robert Karrow; and nephew, Adam Neubauer.

JUVE MONUMENTS

with Carlin

FAMILY FUNERAL SERVICE

Granite Monuments, Markers & repair/restorations

(218) 435-1126 OR (218) 435-1144

jinjuve@gmail.com • alegacyinstone.com

Family owned & operated for THREE generations!



Obituary for Diane J. Harstad

Diane J. Harstad, age 65, of Bemidji, MN entered eternal rest at the Sanford Medical Center in Bemidji, MN on August 2, 2024, from Lung Cancer, surrounded by her loving family.

A Celebration of Life will be held on September 14th, 2024, at the Community Center at 200 Elm Street SW in Clearbrook, MN from 1-5 with a Tribute to Diane starting at 2:30 p.m. Arrangements are with Whispering Pines Funeral Home of Hackensack, Mn.

Diane J. Harstad was born on May 2, 1959, to Clinton and Ardyce (Sorenson) Harstad. Diane graduated from Bagley High School, furthering her education at Bemidji State University. She lived in Bagley, around the Twin Cities, Red Wing, Goodhue, and in Bemidji, MN. She had many jobs over the years; however, she found her passion for care giving for others in need. Diane cared for many people, including a few elderly ladies over the age of 106. She showed them unconditional compassion, positive nurturing and sup-

port until their passing, and she remained friends with their families. She made a valuable difference in the lives she touched.

Diane was known for her Love of having Tea Parties, she even mailed out special invitations and planned out every single detail. She had a gift of hospitality. She captured so many special events and family outings on camera. She cherished her time with her grandchildren.

Diane will be remembered for her infectious Laughter; her kind and adventurous spirit and making family events Fun.

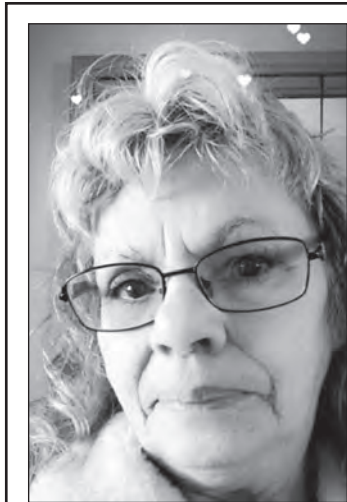
Diane battled a short time with Stage four Lung Cancer, she remained positive, and courageous and was always thinking of everyone else. She encouraged everyone to get a base line (Xray/CT Scan) of their lungs in the event they would need it for later testing.

Diane leaves behind her son Jeremy Harstad (Koreen) and six cherished grandchildren, Hailey, Aubrey, Wyley, Bradley of Red Wing, MN, Ryan and Torrence of Goodhue, MN. Two sisters, Sandy (Mike) Winge of Leonard, Mn and Karen (Todd) Johnson of Leonard, MN. Nieces: Lindsey (Adam) Sycks of Lakeville, MN, Trista (Josh) Flaten of Roseau, MN; Nephew, Luke (Addie) Johnson of Leonard, MN. Great Nieces and Nephews, Hunter, MaKenzie, CJ, Gavin, Ryland and Noelle, Great Nephew and Neice, JackAlan and Isabell Sage.

Diane is proceeded in death by her father Clinton Harstad, brother Michael Harstad, and a niece Kerisa (Fredrickson) Mondt.

Blessed be the memory of Diane.

Submit Obituaries & Memorials to Richards Publishing at richards@gvtel.com



Obituary for Kathryn Stine

Kathryn "Kittie" Stine, age 73, of Trail, MN, passed away on Tuesday, September 3rd, at Altru Hospital in Grand Forks, ND. A memorial service will be held at 2:00 p.m. on Friday, September 13th, at the Carlin Funeral Home in Fosston with the Rev. Timothy Lundeen officiating. Interment will be in Sand Valley Lutheran Cemetery, Trail. Family will greet friends for one hour prior to the service on Friday (13th) at the funeral home. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Kathryn Ann Johnson was born on February 25, 1951, in Grand Forks, North Dakota to parents Kenneth, Sr. and Beverly (Brown) Johnson. She grew up in Grand Forks and later graduated from Fertile High School in 1969. She married Neil Barlund and to that union two children were born, Dawn and DeEtte. They later divorced.

Kittie was married to Robert Stine on December 31, 1991, and to this union three children were born, Tracey, Trapper and Dallas. They lived in Fosston for a short time before moving to Trail. Bob passed away on November 23, 2013. Kittie continued to live at home in Trail until 2020 when she moved to Grand Forks to be near her sister, Loralee.

In addition to caring for her family, Kittie worked in several places outside the home. She worked at Mr. Carrot in Trail, Good Samaritan Center in Clearbrook, The Trail's End Bar, Walmart, and retired from Digi-Key in Thief River Falls.

Kittie liked gambling and going to the casino, crocheting, looking for treasures at second-hand stores, and fishing with her grandchildren. Most of all, she enjoyed any time that she could spend with her family.

Survivors include four children, Dawn (Steve) Thorson of Leonard, Tracey (Angie) Stine of Iron River, MI, Trapper Stine (fiancé, April) of Trail, and Dallas (Ashley) Stine of Trail; 23 grandchildren and 22 great grandchildren; siblings, Loralee Roth of Grand Forks, ND, Eileen Ostgard of Waite Park, Marilyn Mischo of Des Moines, IA, Jo (Herb) Hiltabrand of Mentor; sister-in-law, Sharon Johnson of the Twin Cities. Many nieces, nephews and cousins also survive.

She was preceded in death by her parents; husband, Bob; ex-husband, Neil; daughter, DeEtte Tinkler; brother, Bob Johnson; and brother-in-law, Jim Roth.



Obituary for Mary Swinburne

Mary Swinburne, 88, of Bagley, MN passed away on Friday, August 30, 2024, at the Sanford Bagley Medical Center.

Funeral Services were held on Saturday, September 7, 2024, at 11:00 a.m. at the Cease Family Funeral Home Chapel in Bagley, Minnesota with a visitation one hour prior. Interment was held at the Bagley City Cemetery in Bagley, Minnesota.

The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Mary was born on March 31, 1936, in Shevlin, Minnesota, the daughter of Elmer and Agnes (Hagen) Stenlund. Mary grew up in Leonard and graduated from Clearbrook High School in 1953. She married Richard Swinburne on August 2, 1957, in Solway, MN. They raised two children, a daughter Marilee and a son

Kim.

Mary worked for five years at Clearwater County Memorial Hospital as a nurse's aide, before becoming a stay-at-home mom and providing daycare for her grandchildren. She was a bookkeeper for her husband's business, Swinburne Trucking Service, for several years. During this time, she cooked for a lot of her husbands working crew. Following her husband's death, Mary has resided at Parkview Apartments for the last 13 years.

Mary was excited when she obtained her driver's license when she was 30 years old. She was a member of Bethel Lutheran Church. She enjoyed reading, cooking, embroiderying, and pieced baby quilts together, which she always had on hand

Mary is survived by her daughter-Marilee (Larry) Westrum. Daughter-in-law-Theresa Swinburne. Sisters-Joy Shelquist and Sandra Netland. 5 Grandchildren-Jeremiah Liend, Mitch Swinburne, David Swinburne, Jordan Westrum and Calli Westrum. 9 Great Grandchildren. 6 nieces and nephews.

Mary was preceded in death by her parents; husband; son-Kim; and granddaughter-Danielle Swinburne

In lieu of flowers donations may be sent to Clearwater County Historical Society
PO BOX 241
Bagley, MN 56621
Messages of condolence may be sent to ceasefuneral-home.com



Obituary for Teresa Kappedal

Teresa Kappedal, age 58, of Fosston, MN, passed away on Monday, September 2nd, at Sanford Medical Center in Fargo, ND, following a brief but courageous battle with cancer. A celebration of Teresa's life will be held at 2:00 p.m. on Monday, September 16th, at the Lengby Baptist Church with Pastor Mark Erickson officiating. Family will greet friends for one hour prior to the service on Monday (16th) at the church. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Teresa Lynn Anderson was born on November 10, 1965, in Battle Creek, Michigan to parents Maynard and Linda (Aspen) Anderson. She began her life in Michigan while her father was in the military. The family moved while Teresa was a young girl to Fosston and then to Clearbrook and graduated from Clearbrook High School in 1984. After high school, she attended the University of Minnesota Crookston, focusing on Equestrian Studies. Teresa's plans to return to UMC were cut short when she welcomed her first child, Jason. She was married to Brian Beckstrand and three more children were born, Amber, Jenna, and Andrew.

Fate has a way of working out as she married the love of her life, Ricky Kappedal, on April 30, 2005. Teresa worked at the Bagley School as a paraprofessional and then for

several years at Digi-Key in Thief River Falls.

Teresa had a deep love for serving and helping people. Through the current time, she has been working for White Earth Human Services in Naytahwaush. She was fiercely dedicated and passionate about helping underserved individuals and families.

Teresa had many interests. Anyone that knew Teresa, knows that another passion of hers was quilting. She made and gave away her quilts to many of her family and friends. She and Ricky were truly partners in their farm, raising beef cattle and pigs and horses. She also had many fond memories of road trips with Ricky and taking the children camping at Lake Bronson. Most of all, Teresa cherished time spent with family and friends. Time with important people in her life were much more important to her than any material things. She will be dearly missed.

Survivors include her husband, Ricky Kappedal of Fosston; her parents, Maynard and Ellen Anderson of Shevlin, MN and Linda and Carol Melbo of Fosston; children, Jason Beckstrand of Moose Lake, MN, Amber (Derrick) Beckstrand of Clearbrook, MN, Jenna (Nolan) Beckstrand of Gully, MN, and Andrew (Brittany) Beckstrand of Clearbrook, MN; and bonus daughter, Krystle (Paul) Munter of Fosston; seven grandchildren, Morgan, Tristan, Khaleesie, Kendra, Kaitlynn, Hunter, and Cooper.

Also surviving are siblings, Sheila (Jon) Wilson of Trail, MN, Pamela (Tom) Jackson of Farmington, MN, Christine (William) Lafontaine of Shevlin, MN, Rene Madsen of Bemidji, MN, Ardelle (Scott) Gustafson of Bemidji, MN, Claire Strong of Tempe, AZ, and Michael Anderson of Fargo, ND.

She was preceded in death by her grandparents, Sophia and Ralph Anderson, Edith Sherer, and Lorentz Aspen; great uncle, Hubert Anderson; Annie and Ed Voelker; niece, Heather Sorenson; nephew, Joshua Lafontaine; and several aunts and uncles.

Business Cards

Printing Services

Full Color or Spot Color

Front and Back Copy Options

Coated or Uncoated Options

Vertical or Horizontal Layout

Specialty Options:

Magnetic, Foldover, Synthetic

Call or email for more information:

richards@gvtel.com

Richards Publishing Co.

218-487-5225

Word Search Answers for this week

P V N M Q B A S T E R E S Q M D E N O P

E Q C E S N K U P L K L D U B U D R S I

B R B H D B F O L D E M B U U V Q E E N

A N O G Q R D U E N D N T T S U I T C S

S A F U E N O I S N E T G T A H V T I B

L L S M U P B N Q I O O I T C C G A D F

A H D K Q N A R A N M T G T H T L P O A

G M K C I F Q G H M C B O R P T E C B F

O G C F L T I O V H U N O C A P L A D N

N A G R P D L C I P F H Q C L G L E O H

I D T D P E L N M M C F K G N S L A T O

A E A F A R G L T N Q V I I F A C I N G

R G T R M K E F A T A R S T S R H R S S

G V I T T E H M T Q R A K E I R N K E Q

C G C S A R A A B L C K N N V G N H L C

P B N K T C E O C P D D P A P N B D V T

M F F K H L B F M L T K T O H U C C E F

L L S I P B O A N M L P I G U L U E D O

K D N A I N E D F R E I T U T N L E G K

N E T N G S Q K N S R H B I A S I C E V

TRI COUNTY CANARY 7

Bemidji Speedway Wissota NAPA Central MPH Invitational

9/8/2024

By Dennis Peterson

It was a Wissota Championship weekend held at Bemidji Speedway on Sunday night with the local track hosting the "Wissota NAPA Central MPH Invitational". MPH stands for Mod Fours, Pure Stocks and Hornets, the three classes vying for bragging rights for the 2024 racing season. A picture perfect fall evening was enjoyed by all in attendance.

Drivers and crews from throughout the Midwest were on hand to compete for big payouts, prizes and awards not to mention national points. National point leaders in each class were on hand to battle for championship honors.

Time trials in the Mod Four class decided starting positions with Dustin Holtquist setting a new track record with a 16.2 second lap time. All heat winners received a \$50.00 cash award. Ten randomly selected drivers also brought home a \$100.00 cash award. \$5,000.00 in contingency prizes were also distributed.

The next event at Bemidji Speedway will be the annual "Paul Bunyan Stampede". The highlight of the racing season begins on Friday night the 20th of September with the "Pre Stampede Party" with racing taking over the track on Saturday September 21 at 4:PM and Sunday September 22nd at 2:PM. All classes will be racing including the Wissota Streets will be added to the two-day show.

Wissota Hornet Feature: Prior to the opening feature race a "Parade of Champions" was held with all 68 cars in attendance doing several laps around the track. As the Mod Fours and Pure Stocks exited the track the Wissota Hornets filed into positions for the start of the initial feature of the night. Trenton Beel and Russell Kiker Jr. led the pack to the green flag. Immediately it was a three wide battle for the lead but quickly turned into a series of spins and the caution flag waved for the first time. The restart had Beel race into the lead with Jenna Hagemann, Chase Pourrier, and Bradley Rossow chasing in tight racing action. Hagemann, defending MPH champion, raced inside door to door with the leader and the two raced side by side for full lap. Quickly the leaders were coming up on lapped traffic creating challenging passing situations. A two car spin in turn two involved Kiker Jr and Rossow sending Rossow into the infield and Beel to the pits. The restart had Hagemann leading the way with Pourrier, Anthony Jessen, and Brandon Backstrom chasing her. Hagemann proved her skills on the track taking the checkered flag and winning her second consecutive MPH Invitational in a row. Pourrier, Jessen, Nikota Larson, and Chad Reller finished in the top five.

Wissota Pure Stocks Feature: Next on track was the Wissota Pure Stocks led by Brent Mindock on the pole and Dustin Puffe to his right. The two are battling for the national championship with Puffe leading by a single point prior to the race. The green flag waved and Puffe raced into the lead on the outside fast lane. But and spin and caution forced a restart before a single lap was in. Mindock was ready for the restart charging out of turn four down the front straight and into the lead followed by Puffe, Josh Berg, Chaston Finckbone and Kade Leeper. The top five quickly created some space between them and the rest of the field with Puffe racing on the top and Mindock down low.



Top 3 in Hornet Feature, L to R, 3rd - Chase Pourrier, 1st - Jenna Hagemann, 2nd - Anthony Jensen.

Berg charged forward even with Puffe and the two side by side raced looking ahead at Mindock in the lead. Leeper was also showing power inside passing Finckbone for fourth. The battle for the lead went three wide with Mindock, Puffe and Berg side by side with Mindock holding off the challengers. Several cautions slowed the intense action with a couple drivers sent tailback and one caution for debris on the track. With the green flag once again waving Puffe proved his skill in retaking the lead on the back stretch. But Mindock would not be denied charging back into the lead on the front straight. Berg having won the national championship a year ago and having only raced a few times in 2024 was beginning to show his skill racing up and passing Puffe for second. 16 year old Finckbone also got by the veteran Puffe for third as Leeper powered up into the mix to challenge both. Following a late caution flag Leeper raced inside into second but spun around creating another caution. Leeper was having engine issues and drove to the pits done for the night. The restart was controlled by Mindock who raced to the checkered flag victory. Mindock was followed by Berg, Finckbone, Puffe and Deryk Weleski.

Wissota Mod Four Feature: It would be a 25 lap feature race for the Wissota Mod Fours racing for a \$2,000.00

purse for the winner. Many of the top drivers in the country were on hand to battle for the prize. Luke Erlandson and national point leader Dean Larson led the pack to the green flag with Erlandson flying into the lead. He was followed by Larson, Dustin Holtquist, Patrick Specht and Chad Funt. Larson and Holtquist put on a side by side duel for the fans for second before a spin brought the caution flag out for restart sending Nick Seitz to the tailend of the field. On the restart Holtquist raced to the high-side into the lead in turns one and two. Erlandson was battling back but the RED flag was waved for a crash on the back straight sending Doug Frederick upside down. Bemidji Fire Dept. personnel raced to his aide and he was checked out and ok but out of the race. Once the rollover was cleared it was back to racing with Erlandson back in front followed by Holtquist, Larson, Specht and Rob Arlaud. Again, Holtquist moved up top on the track and into the lead with Specht following into the third as Larson dropped back to fifth. As the 25 lap race was winding down Holtquist was pulling away. Looking back in the pack making steady progress from his 24th tail-end starting position was Robert Holtquist. Working his way through traffic and avoiding the spins and crashes Holtquist worked his way into the top five. Dustin Holtquist held his lead and

claimed the checkered flag for the victory and the \$2,000.00 payout. Erlandson took second and a \$1,750.00 prize and third place finisher Chad Funt took home a check for \$1,500.00 ending an incredible night of racing at Bemidji Speedway and the NAPA Central MPH Invite.



MPH Hornet Invitational Winner - Jenna Hagemann.



Top 3 in Pure Stock Feature, L to R, 3rd - Chaston Finckbone, 1st - Brent Mindock, 2nd - Josh Berg.



Dustin Holtquist.



MPH Mod Four Feature Winner - Dustin Holtquist.



Top 3 in Mod Fours Feature, L to R, 3rd - Chad Funt, 1st - Dustin Holtquist, 2nd - Luke Erlandson.



Parade of Champions at the MPH Invitational.