



Tri County Canary

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



Minnesota Veterans visiting Washington.

Klobuchar Meets with Minnesota Veterans Visiting Washington

Senator Amy Klobuchar met veterans visiting Washington, D.C. through the Honor Flight Network program. The Honor Flight Network has flown approximately over 2,300 World War II, Korean War, and Vietnam War veterans to Washington to see their memorials at no cost in recognition of their service and sacrifices. This flight consisted of 215 Minnesota and North Dakota-based veterans who served in World War II, the Korean War, and the Vietnam War.

"It was an honor to meet these incredible Minnesota veterans on their trip to our nation's capital for this important program," said Klobuchar. "I am so thankful to all our veterans for their dedicated service to our country, and will continue fighting to ensure our servicemembers and veterans receive the full support they have earned."

Veterans from Kittson, Roseau, Marshall, Beltrami, Polk, Red Lake, Pennington, Clearwater, Norman, Mahanomen, Hubbard, Clay, Becker, Wilkin, Otter Tail, Douglas, Grant, Traverse, Stevens, Swift, Big Stone, Pope, Todd and Wadena counties took part in this trip.



Alton Frethem from Fosston a Navy veteran who was on the recent Honor Flight to Washington, D.C. He is shown with Senator Amy Klobuchar.



The 19th Annual Car Show and Pumpkin Day was held in Gonvick last weekend with a record number of people in attendance. There were 98 cars registered on main street. There is no registration fee for the event or anything that goes on. The top five car winners were based upon popular vote by participants. Those five received a plaque and \$100 to take home for the day.

The top five shown above were: Darren Erickson of Crookston, with a 1970 Dodge Challenger; George Vorderbruggen of Bagley, with a 1970 Mustang; Darlene Peterson of Detroit Lakes (formerly of Gonvick), with a 1968 Mustang and Linda Niemi of Felton, with a 1958 Chevy Biscayne.

Linda was the winner of the Chappiest car award given by Charps of Clearbrook. She and her husband Arden are pictured to the right.



Community health impact survey seeks input from Fosston area

Every three years, Essentia Health and all nonprofit health systems in Minnesota conduct Community Health Needs Assessments (CHNA) in collaboration with the communities we serve.

Through the Community Health Needs Assessment process, we work together with community partners to pursue shared goals that will make a meaningful impact and a healthy difference beyond the walls of our hospitals and clinics. That process is about to begin in Fosston and the surrounding area.

A community health survey helps guide this collaborative effort, giving people a direct voice in the process by sharing their

lived experiences with issues impacting community health. During the CHNA development process, our colleagues work alongside other community organizations and stakeholders to engage with area residents, identify priority community health needs and develop strategies to address those needs.

We invite the public to participate in the Fosston area community health survey now through Oct. 31. It is available online in both English and Spanish at Fosston Community Health Needs Assessment Survey.

Past CHNA survey results have guided our collective efforts to improve the well-being

of area youth through positive social programming and mentorship. As a community, we worked together to increase much-needed access to local childcare. Our collective efforts also created new and improved ways to be active by funding new pickleball courts and resurfacing the track at Thompson Field in Fosston.

Together, we can make a positive impact on health and well-being in Fosston. If you have questions or need assistance with the survey, please email chna.comments@essentiahealth.org.

Visit the Essentia Health website to learn more about the CHNA process.

Northland recently completed an on-site evaluation for Automotive Service Excellence

Northland Community & Technical College recently completed an on-site evaluation by the National Institute for Automotive Service Excellence (ASE). Northland's Automotive Service Technician Program (A.A.S. degree) excelled under rigorous scrutiny from the ASE Education Foundation, earning the highest level of program accreditation — Master Automobile Service Technology Accreditation.

The ASE Education Foundation is a non-profit, independent organization that evaluates and accredits entry-level technician training programs against standards developed by the automotive industry. Northland first earned ASE certification in 1998.

"We work closely with the ASE Education Foundation to ensure our program not only meets, but exceeds strict industry standards," said Mark Johnson, program instructor. "We teach all ASE tasks and more that have been recommended by our advisory committee."

The accreditation attests to



the high quality education offered at Northland and brings assurance to local shop owners and employers that Northland grads are top tier technicians trained in modern equipment and practices.

"Beyond our accreditation, we continue to be a leader in Minnesota with technical education in a quickly-evolving

world," Johnson continued. "For example, we were one of the first programs in the state to adapt our program by offering hybrid vehicle training. It allows more students the opportunity to fit classes and training into their busy schedules. In our program, students are not just a number... they become family."

An "Out-of-this-World" Summer at Fosston and Bagley-Area Libraries

Splash down! This summer, Lake Agassiz Regional Library offered a Summer Library Experience for local children inviting them to read to win prizes and attend enriching programs to encourage exploration and literacy. Studies have shown that encouraging children to read during the summer months helps alleviate the dreaded "summer slide" learning loss, and the library is proud to offer programming and services to support literacy efforts to maintain and enhance learning for youth across the region.

At the Fosston Public Library, 157 children and teens received prizes for reading, thanks to sponsors which included Hugo's Family Marketplace, Garden Valley Technologies, Aurora Center for the Arts, Lenex Sand & Gravel and Fosston Family Dental. The Fosston Public Library's Outer Space-themed programs saw

over 425 attendees throughout the summer, through partnerships with community organizations and agencies such as Itasca State Park and the Bemidji Science Center.

The Bagley Public Library also had a great summer, offering a number of Outer Space-themed programs which had 179 attendees throughout the summer with 33 children and teens receiving prizes for their reading achievements. The program was supported by the Clearwater Library Foundation and members of the community.

At the McIntosh Public Library, a number of programs were held which welcomed over 370 attendees and over 75 children and teens earned prizes for reading.

NORTHERN EXPOSURE TO LIFELONG LEARNING PRESENTS...

FIND YOUR BEAT: WALKING IN THE RHYTHM OF LIFE

WITH TIM EGGBRAATEN:
National Speaker, Entertainer, Musician and Author.
(Off-Duty Chief • Detroit Lakes)

Tim Eggebraaten will be the guest Speaker/ Entertainer for "Northern Exposure to Lifelong Learning" (NELL) on Wednesday October 9, 2024 at the Bagley American Legion at 9:30 am. Doors open at 9:00 am.

Tim is a Speaker/Entertainer/ Musician/Author in Bagley

A police officer since 1992, Tim is now "Off-Duty," allowing him to take his inspirational message, award winning music and talent to the streets. A sought-after entertainer with a life-changing message, this program won't soon be forgotten. Tim shares remarkable, engaging stories of life on the force, and life stories, translating them into our everyday lives.

Tim knows the importance of paying attention to the rhythm of life. Having worked in law enforcement for 25 years, he is an expert at Working the Beat; and has learned through experience, the value of discovering the harmony in it all. We all face

challenges that create our beat in life when balancing family, careers, and struggling to find time for ourselves and our physical, mental, and spiritual health.

Prepare to be energized, inspired, and entertained as "The Off Duty Chief" shares strategies and tactics for working YOUR BEAT!

Some Key Takeaways. Understand the Warning Signs that you have lost your balance and the steps to get back on track. Identify and Evaluate difficult situations and how to best navigate when outside of your comfort zone.

There is no-charge to attend this program. Refreshments will be served. Doors open at 9:00am.



King Reuben Rydeen and Queen Jodi Thomason. They celebrated during the Fosston homecoming at the Fosston Living Center. Photo from Justin Tollefson.



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

Letter to the Editor

Letter to the Editor:

Fifty years ago, our boys came home from Vietnam. We were greeted with a cacophony of protest. They met us at the bus station – they met us at the train depot – they met us at the airport – they accosted us on street corners – and they didn't call us heroes – they spit on us, they cursed us, and they called us baby killers. And then came Roe vs Wade, and they voted for pro-abortion candidates. And thousands upon thousands of those same people – people our own age – people who called us baby killers – went and had abortions – and killed their own babies.

Vote in this election. Vote to stop the killing of innocent babies. It's up to us – you and me. Vote!

*Dick Roue,
US Air Force Veteran
Fosston, Minnesota*



By John Eggers

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



(Here is some more information about cap guns.)

"Stick em' up!" Playing cops and robbers occupied much of our time when growing up, probably more than any other activity. My brother and I had several cap guns, cowboy belts with the glass lights and we wore felt cowboy hats. The only thing we didn't have was a horse.

We would watch the Friday western movie starring Randolph Scott, Audie Murphy or Roy Rogers. The next day, we would act out what we saw in the movie with cap guns in our belts.

Cap guns were first introduced after the Civil War in the 1860s. It wasn't until cowboy movies emerged that they became very popular. I have a small collection of cap guns that hang on my wall. Every once in a while, I will take one down, load it with a load of caps, and fire it. The smell of the smoke evokes some memories of long ago when we would hide behind a tree, bush or the side of the house and fire at a dying dangerous desperado. Acting out dying was half of the fun.

Cap guns are very collectible today, especially those bearing the name of a western hero like Roy Rogers, Gene Autry, Hopalong Cassidy, or Wyatt Earp. The better the condition, the more valuable the gun.

The Trooper pistol shown with the original box was made by Hubley, a huge toy manufacturer. This gun, with the box, is worth about \$75.

Mattel was also a large cap gun maker. Prices can range as high as \$2000 and that doesn't include any horse.

"OK, you can put your hands down."

Essentia Health encourages vaccination to stay flu-free this season

Getting vaccinated against the flu is one of the best — and easiest — ways to protect yourself and loved ones this respiratory virus season. That's especially true for children returning to school. Flu vaccines are recommended for people 6 months of age and older.

Every year, vaccination prevents avoidable illnesses, medical visits, hospitalizations and deaths.

Essentia Health offers a number of opportunities to get vaccinated, including walk-in flu shot clinics or during an already scheduled appointment. Patients also can schedule their vaccination at EssentiaHealth.org, via MyChart or by calling (844) 663-1068. Appointments also can be scheduled by calling your local Essentia Health pharmacy (walk-ins may be accommodated based on availability). Flu vaccines are covered by Medicare, Medicaid and most private insurers.

Remember to wear short sleeves for easy administration.

Please note that flu vaccines are available for ages 6 months and older at Essentia's clinic locations, and 6 years and older at Essentia's pharmacy locations (in Minnesota only).

DINING & entertainment

BAR BINGO! AND PADDLE WHEEL

TUESDAY, OCT. 8TH, 2024 - 6:30 PM

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NOTICE OF FINAL PAYMENT HEARING

The Board of Managers of the Red Lake Watershed District will be making a final payment for the construction of the Pine Lake Outlet Lost River Bridge Replacement, Red Lake Watershed District Project No. 26B to Houle Excavating, LLC of Little Falls, MN. Any parties that have an objection to the final payment to Houle Excavating, LLC, for the construction of the Pine Lake Outlet Lost River Bridge Replacement, Red Lake Watershed District Project No. 26B should be present at the hearing on Thursday, October 10, 2024, at 9:30 a.m. at the Red Lake Watershed District office, 1000 Pennington Avenue South, Thief River Falls, MN.

Signed: *Tammy Audette*
Tammy Audette, Administrator

VOTE

TUESDAY, NOVEMBER 5

MIKE CHRISTOPHERSON

MINNESOTA HOUSE DISTRICT 1B

"Agriculture is the heart and backbone of the Red River Valley. As the former chairman of the House Ag Committee, I know the challenges farmers face and so does Mike Christopherson. We need someone, like Mike, who has common sense and understands the needs of rural communities. **Vote Mike Christopherson** November 5th!"

Colin Peterson, former U.S. Representative, Minnesota 7th Congressional District

MIKECHRISTOPHERSON.COM

PREPARED AND PAID FOR BY THE CAMPAIGN FUND OF MIKE CHRISTOPHERSON COMMITTEE, 773 50N 5TH AVENUE, CROOKSTON, MN 56716

Sons of Norway Granlund Lodge #240

Annual Torsk and Meatball Dinner

By David Lee Catering
Thursday, Oct 10th, 2024
Music by Jake Bastyer

Meal includes torsk and meatballs, mashed potatoes & gravy, veggie, roll, lefse, and dessert. **Registration is required by Monday, Oct. 7th.** The meal is offered as either a 6:00 p.m. sit-down meal at the Embassy Center in Fosston OR Drive through/pick up between 5:00 and 5:45 p.m. at the back door of the Embassy, corner of 3rd & Eaton Ave. in Fosston \$20.00 per meal. **To register (required), call either Wes and Susie Roland at 218-435-1230 or Harold and Roz Watnemo at 218-435-1140.**

BEFORE THE POLK and RED LAKE COUNTY BOARDS OF COMMISSIONERS, ACTING AS DRAINAGE AUTHORITY FOR JOINT COUNTY DITCH NO. 60

Notice of Public Hearing Regarding Survey and Cleaning of Joint Ditch No. 60 and Approval of Consultant for Feasibility Study for Outlet of Joint Ditch No. 60.
Pursuant to Minnesota Statutes 103E.401

Notice is hereby given that a public hearing will be held by the Polk and Red Lake County Boards of Commissioners, acting as Drainage Authority for Joint County Ditch No. 60 on Tuesday, October 15, 2024 at 11:00 am at the Polk County Government Center, Commissioners Board Room, 612 N. Broadway, Crookston, Minnesota.

The purpose of this hearing will be to take testimony and comments concerning a request to survey and clean Joint Ditch No. 60 in Sections 3, 10, 11, and 14 of Crookston Township and Section 35 of Parnell Township, if needed. The hearing will also take testimony and comments concerning the approval of a consultant for a feasibility study for an outlet of Joint Ditch No. 60 from CSAH 11 South in Sections 25 & 26 of Crookston Township, as per M.S.103E.401.

By: Samuel W. Melbye
Director of Property Records

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CLASSIFIED ADS

CHEERLEADING ADVISOR

The Clearbrook-Gonvick School District is seeking a Cheerleading Advisor for the 2024-2025 basketball season. Must have the ability to work with student athletes, provide leadership and direction, attend all practices and competitions, and pass a background check.

Applicants should submit a letter of interest and resume to:



Melissa Weems, HR
16770 Clearwater Lk Rd.
Clearbrook, MN 56634
218-776-3112 Ext. 105
Email: mmccoy@clearbrook-gonvick.k12.mn.us

R27-30C

Submit Your Employment Ads richards@gvtel.com

Polk County Full-Time Employment Opportunities:

RN/PHN Correctional Health Services – Public Health:
\$32.31 – \$43.39/hr.

Position Closes on Wednesday, October 9, 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

R4916

EMPLOYMENT NOTICE Full-Time Highway Accountant

Clearwater County will be taking applications for an Accountant position in the Highway Department. This is a full-time position with benefits. Salary range is \$21.25 to \$27.69 per hour, commensurate with experience. This position is responsible for implementing and maintaining all the Highway Department accounting records and procedures in accordance with governmental accounting and financial standards. Essential duties of this position include a variety of highly responsible, varied, complex, and specialized knowledge and understanding of State and Federal highway financial system operations, along with the coordination and administration of the general financial operations of the Highway Department's \$6 million annual budget. Essential functions of the job include: Allocating various funds to construction, maintenance, and programs. Distributing costs (e.g. time, materials, equipment, etc.) to specific projects and cost accounts. Tracking and monitoring cash flow. Maintaining account payables and receivables. Preparing payroll information in accordance with County procedures. The preparation or generation of various accounting reports, including annual report, project reports, and budget reports.

Education and Experience: Preferred qualifications are for completion of an Associates degree in account, finance, business or related field and minimum of 2 years' cost accounting experience.

Applications are available at the Clearwater County Highway Department Office, 113 7th St. NE, Bagley, MN 56621 (218) 694-6132, or from our County website at www.co.clearwater.mn.us.

Applications will be received until October 7, 2024.



Clearwater County is an Equal Opportunity Employer.

R27-29C

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 Richards Publishing, PO Box 159, Gonvick, MN 56644. Contact Corrine at 218-487-5225 or email richards@gvtel.com for questions.



Red Lake County HERALD
Serving Oklee - Plummer - Brooks - Red Lake Falls

R4916

EMPLOYMENT NOTICE ENGINEERING TECHNICIAN

Clearwater County will be taking applications for an Engineering Technician position in the Clearwater County Highway Department. This position will include construction inspection, material testing, surveying, computer aid design, plan preparation, and other Department functions.

Preferred qualifications are for completion of a two-year college or vocational civil engineering curriculum, or experience related to civil engineering in surveying, inspection and drafting plans, and experience in using computers.

Salary Range: \$20.63 to \$29.71/hour depending on qualifications, plus benefits.

Applications are available at the Clearwater County Highway Department Office, 113 7th St. NE, Bagley, MN 56621 (218) 694-6132, or from our County website at www.co.clearwater.mn.us. Applications will be received until the position is filled.



Clearwater County is an Equal Opportunity Employer.

R29-30C

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



Ultima Bank MINNESOTA

Ultima Bank Minnesota is seeking a Customer Service Representative for its Plummer 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

R28-29C

Do You Have Something To Sell?

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R4916



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

R4316

FOR RENT

1 bedroom house for rent with garage in Gonvick. 6 month lease. \$650 per month. Call 661-478-3331

R28-29C

JUST LISTED!



#4718 - Award winning home! Most convenient location! Most functional gourmet kitchen! Most practical garage/shop! These are just a few highlights describing this turn-key property. If you've been searching for a home with an abundance of unique features, your search ends here! Featuring 3 bedrooms, 2 baths, main-floor laundry, smaller second garage with separate driveway entrance, and the ultimate location for walking to everything the city has to offer. There's nothing to do but move in! Call today to schedule your private tour.

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RUMMAGE SALES

RUMMAGE SALE-Embassy Basement. 3rd & Eaton Fosston. Friday, Oct. 4 - some items 50 cents. Saturday, Oct. 5 \$5 bag day (we supply) 9am - noon both days. Fall & hunting stuff!

R29C

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

M39f-c

FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R21f-c-nc

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M20-46C

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TIM HELT ESTATE ONLINE AUCTION

15456 180th St NE, Thief River Falls, MN

Online Bidding Starts Thurs. Oct. 3rd

Bidding Starts to Close Thurs. Oct. 10th ~ 6 pm

For More Information Go To: mcmullensales.hibid.com

Items to Include: 03 VW Beetle Convertible, 2000 VW Beetle, 1969 Chevy Camaro SS Original 396 Engine (Project) Tractors, Trucks, Tillage Equipment, Planters, Grain Drills, Grain Handling, Scraper, Haying Equipment, Exiss SS400 Fifth Wheel 4 Horse Slant Trailer, Cattle Equipment, Cattle Gates, Lots of Horse Drawn Equipment, Horse Drawn Wagons & Sleighs, Lots of Saddles & Tack, Plus Many More Items. This is Phase one of Multiple Auctions.



McMULLEN Auctioneers

218-681-3960 or mcmullensales@mncable.net

BID IT ON AUCTIONS ACCEPTING CONSIGNMENTS

Bid It On Auctions is accepting good used items for October 16th, 2024 online consignment Auction, Gully, MN. We accept vehicles, Farm equipment, farm related items, ATV's, snowmobiles, sporting items, hunting, household, Yard and Garden items, snow equipment, and much more. Call Jeff, Auctioneer, at 218-766-3180. Log on to our website at Bid-it-on.net

B
BID-IT-ON
AUCTIONS

Red Lake Watershed District Public Project Hearing

Pursuant to Minnesota State Statute 103D.711, notice is hereby given that a Public Project Hearing to discuss and receive public input regarding the development of a Flood Damage Reduction (FDR) project, commonly referred to as the Turtle Connection and Cross Lakes Flood Damage Reduction Project, Red Lake Watershed District Project No. 114.

This hearing has been scheduled for Thursday, October 17, 2024, at 9:00 a.m. at the Garden Valley Technologies office meeting room, 206 Vance Avenue South, Erskine, MN 56535.

The primary purpose of this project is a design that provides an FDR component, improved fish passage and establishes preferred normal lake levels by adjusting the outlet dams at Cross, Turtle, and Connection Lakes. The proposed project is located in Sections 19, 20, 21, 28, 29 and 30, Queen Township (Township 148 North of Range 39 West), Polk County, MN.

The project would consist of a rock arch rapids and removal of the existing dam at Cross Lake, abandonment and removal of the Turtle Lake dam, and a rock arch rapids and water control structure at South Connection Lake, which will establish preferred long-term lake levels and provide fish passage. The proposal provides a gated/stop log outlet structure at South Connection Lake to provide the ability to manage water levels in Turtle and Connection lakes for FDR.

The estimated cost of the project is \$1.5 million. It is proposed that funding would be paid by the State of Minnesota, Red River Watershed Management Board, and the Red Lake Watershed District.

All interested parties, public or private, likely to be affected by the above-mentioned project are invited to attend.

Persons who wish to submit written comments prior to the Hearing or who have questions should address them to the office of the Red Lake Watershed, Administrator Tammy Audette, 1000 Pennington Avenue South, Thief River Falls, MN 56701, or by telephone at: 218-681-5800.

If you have a disability and need an accommodation to attend this Hearing, please contact the Red Lake Watershed District office as soon as possible or at least three working days in advance of the Hearing at the above telephone number.

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Bryan Boll Named Semifinalist in Ag Innovation Challenge

WASHINGTON—Minnesota Farm Bureau member Bryan Boll, owner of Northstar Lime in Crookston, was named a Top 10 finalist in the 2025 Farm Bureau Ag Innovation Challenge as recently announced by the organization.

Northstar Lime was developed as an opportunity to advance a sustainable lime fertilizer while repurposing byproducts. The pellets are created from spent lime from a nearby sugarbeet processing plant. The pelletized lime allows for precise and accurate application, balancing soil pH and enhancing nutrient absorption while also promoting efficiency, sustainability and increased crop productivity.

The American Farm Bureau Federation, in partnership with Farm Credit, continues to elevate the importance of entrepreneurship in agriculture through the contest.

The 10 semi-finalist teams will participate in a virtual pitch round with three judges representing various sectors of the agricultural supply chain. From the group, four finalist teams will be announced on Oct. 17. In addition to receiving \$10,000, the finalist teams will have the opportunity to compete at the AFBF Convention on Sunday, Jan. 26 in front of a live audience for a chance at the grand prize.

"New ideas and innovative businesses have continually pushed the boundaries of what's possible in farming," said AFBF President Zippy Duvall. "We doubled the prize and the impact for this competition, which helps entrepreneurs grow their ideas into products that support farmers and ranchers in their mission to provide the food, fuel and fiber we all rely on."

The competition provides an opportunity for individuals to showcase ideas and business innovations in agriculture. This is

the 11th year of the Challenge, which was the first national business competition focused exclusively on rural entrepreneurs launching agriculture- and food-related businesses.

In addition to Northstar Lime, the semi-finalist teams are:

Gripp Inc., Indiana
GSR Solutions, Vermont
Halo, Utah
Just-In Traps, Texas
Labby, New York
Padma Agrobotics LLC, Arizona
Poultry Patrol, Iowa
ReEnvision Ag, Iowa
Rhize Bio Inc., North Carolina

Farm Bureau recognizes and supports these rural businesses with generous funding provided by sponsors Farm Credit, Bayer, John Deere, Farm Bureau Bank, Farm Bureau Financial Services and T-Mobile.

To learn more about the Challenge visit fb.org/challenge.

About the Minnesota Farm Bureau Federation

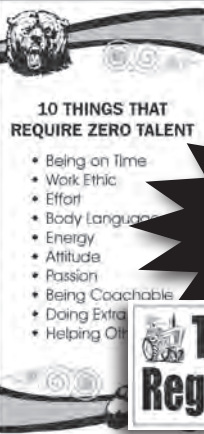
To ensure Minnesota's agricultural vitality, the Minnesota Farm Bureau amplifies its members' voices through engagement, grassroots advocacy and agricultural awareness. Learn more about our efforts as an advocate for our over 30,000 members and 78 county and regional Farm Bureaus at www.fbmn.org.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

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Answer: When applying for an instruction permit or driver's license, you will be asked questions about medical conditions. Providing false information on the application could result in losing your driving privileges.

If you have a medical condition, you may need to provide a statement from a physician

indicating whether or not the condition affects your ability to drive safely. If you already have a permit or license and are diagnosed with epilepsy or a condition that could cause loss of consciousness, you must submit a physician's statement within 30 days of the diagnosis. The statement must indicate whether or not the condition interferes with your ability to drive safely.

Send medical statements to: Driver and Vehicle Services Driver Evaluation Unit 445 Minnesota Street, Suite 170

St. Paul, Minnesota 55101-5170

For more information, contact the Driver Evaluation Unit at 651-296-2025.

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

I Will Not Be Confused

The day dawns as scrambling thoughts spawn. "Nothing new under the sun" (Ecclesiastes 1:9). Yet to my right and to my left confusion adds to an illusion which is not of Him and discernment beckons. Come tarry with me this early morn. And, so I do.

"Who shall climb the mountain of the Lord? Who shall stand in his holy place? The man with clean hands and pure heart, who desires not worthless things, who has not sworn as to deceive his neighbor" (Psalm 24).

As I pause, I know well a pure heart I do not always have. Clean hands might be not stirring up that which deceives or crucifies once again pounding nails deeper still. And as I still, I see how guilty on all counts I have been at times as I confess the illusion that all is well with my soul.

Born into sin we are. He came and died that hands and hearts would be purified from all unrighteousness. It's cyclical, you know. Sin, confession, turning back to Him, accepting anew what the Almighty did do, will do, and is doing. He came because we are imperfect. I need not be.

What is it then that I need do?

"Repent," says He. "Confess," says He. "Knock," says the Holy One, the only One who can "do" and I cannot. Over again the cycle beckons, "Come to Me all

who labor and are weary, and I will give you rest," (Matt. 11:28). And He does.

He gives rest by carrying that which we are not able. The heavy is too weighty a cross to bear. And the truth of the matter is—"He is the potter, we are the clay, the work of His hands" (Is. 64:8). We need merely be pliable in His hands as "we are God's workmanship" (Eph. 2:10).

Recently, I watched as my grands prepped clay in order to place it onto a potter's wheel. To ready the clay they had to "knead" the dough, so to speak. To get the air bubbles out one must work the clay because if not—once it is tossed into the fiery furnace, it would break and be useless. The potter must do the heavy work of prepping that which will be eventually tried by fire.

The potter doesn't say, "Oh clay. You are fine as you are. In fact, I'll not prep you by 'burping' the bubbles out to strengthen you." He does not say, "You are okay the way you are, and I'm going to just plop the whole brick-like form of you into the kiln. That way, I won't create any resistance and you may remain just as you are. After all, that's the way you arrived in the box, so that must be how you were created to be. You were just made that way."

The potter does not say, "Even though you are a square chunk of clay, I will still call you cup. We will pretend to drink

from you because that is what you want. That's how you were made—just a lump of clay here to stay." No, the Potter does not say those things.

The Potter's job is to form. And when He forms, He speaks Truth, always Truth Potter speaks.

"I must let you know that when you are tossed into the kiln of fire, you won't be strengthened because you haven't been formed. You will crack and break. I will not be able to pour into you nor will you be able to pour out as no purifying process has taken place."

If we resist, He cannot pour streams of living water back into that which He created. He makes it clear in His Word that it is He who created us, not we who created Him. Sometimes in the confusion of life the illusion is that we are the potters and not the clay. Although He invites us to come just as we are, a broken people, we must be willing to be formed. Burping the bubbles out in the process is called transformation—a very sacred process. If we do not go through this process, we will remain just as we are, steeped in our brokenness rather than free from it.

It is not in us our hope—but in Him our hope. "Yet you, Lord, are our Father. We are the clay; you are the potter; we are all the work of your hands" (Isaiah 64:8). Amen.



Haying with a 60 John Deere!!

By Auctioneer Eric W. Mickelson



While checking the computer for tractors for sale I came across a 60 John Deere with a loader. I am not particularly in the market for a 60, but it had a video of it running and driving with a trip bucket loader. I did send a quick message to the person selling and asked a few questions. Let's be honest, I was being one of those tire kickers that some sellers don't like. I thought for a day and the more I thought the more I thought yes, I should give him a call and go for it. So I pulled up the add on the computer andnext to the add said-SOLD! The story of my life, I waited too long!

There were five different options of the John Deere model 60 were made. The basic 60, the standard 60S, the high-seat standard 60S6 (in 1955 and 1956 only), the orchard model 60-O, and the high-crop 60H with 32-inch clearance.

I am always on the lookout for a John Deere tractor! I am looking for a G. R. or an 80. So it is probably OK I passed on the 60! I have never been around a 60 too much, but I have always liked them. The 60 was introduced to the John Deere line up in 1952. It boasted a belt



A fine example of a 60 John Deere!

horsepower of over 41hp. The 60 was available with power steering and live PTO advancing the John Deere "number" series tractors above the preceding "letter" series. I do have a 60 John Deere that I got from Robert and Gloria Torkelson, my neighbors. It is sitting in a long row of tractors waiting and waiting for restoration. Seeing that ad for the 60 made me think I better see what I can do on my 60!

How about a little tractor trivia!

1. The 60 John Deere was made from 1952-_____.

2. There were over 57,000 model 60s made at the _____, Iowa plant.

3. The model 60 John Deere replaced the model _____.

4. In 1956 the _____ replaced the model 60.

5. Was a model 60 Diesel ever manufactured?

Answers: 1. 1956 2. Waterloo 3. Model A 4. 620 5. No diesels!

Northwest Minnesota Women's Fund Seeks Grant Proposal

September 30, 2024 – The Northwest Minnesota Women's Fund, a fund in the family of funds at Northwest Minnesota Foundation (NMF), is accepting grant applications for programs and services that benefit women and girls in Northwest Minnesota, which includes Red Lake Nation, White Earth Nation and the 12 counties of Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahanomen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau.

Applications are due Nov. 1 and must support the mission and vision of the Women's Fund.

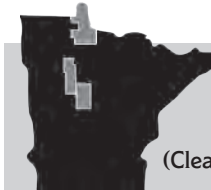
Priority will be given to applications that support the Women's Fund goals:

- Developing entrepreneurial and economic opportunities for women
 - Supporting programs that lead to a safer environment for women and girls
 - Building networks of women in leadership positions throughout the region
 - Encouraging and equipping women and girls to achieve their full potential
- Grant funds can be used for speakers, educational materials, program delivery expenses, research projects, and for professional development. Grant funds are not available for scholarships (higher education).

- Criteria for selection:**
- Relationship of the project to Women's Fund mission and goals
 - Evidence of grassroots support involving women
 - Identified purpose and need for project
 - Clear goals and action steps for completing the project
 - Description of working relationship(s) with other partner(s) and/or funding sources
 - Potential long-term impact of the project

About the Women's Fund
The Northwest Minnesota Women's Fund develops resources and serves as a catalyst for improving the quality of life for women and girls. It envisions a region where women and girls reach their full potential, and work toward that end through grants, scholarships, education and recognition programs.

Please visit <https://nwmf.org/grants-scholarships/grants/> to apply. Anyone with questions should contact Dawn Ganje, Senior Vice President of Philanthropy, by email at dawng@nwmf.org



NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

Taking care of Physical Health While scientists continue to actively research how to slow or prevent age-related declines in physical health, they've already discovered multiple ways to improve the chances of maintaining optimal health later in life. Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care. Small changes in each of these areas can go a long way to support healthy aging.

Try being physically active in short spurts throughout the day or setting aside specific times each week to exercise. Many activities, such as brisk walking or yoga, are free or low cost and do not require special equipment. As you become more active, you will start feeling energized and refreshed

Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. Several studies have shown that incorporating even a part of these eating patterns, such as more fish or more leafy greens, into your daily eating habits can improve health outcomes.

Get a good night's sleep. There are many things you can do to help you sleep better, such as following a regular sleep schedule. Try to fall asleep and get up at

the same time each day. Avoid napping late in the day, as this may keep you awake at night. Exercise can help you sleep better, too, if it isn't too close to bedtime.

Quit smoking. It doesn't matter how old you are or how long you've been smoking, research confirms that even if you're 60 or older and have been smoking for decades, quitting will improve your health.

Like all adults, older adults should avoid or limit alcohol consumption. In fact, aging can lead to social and physical changes that make older adults more susceptible to alcohol misuse and abuse and more vulnerable to the consequences of alcohol. Alcohol dependence or heavy drinking affects every organ in the body, including the brain.

Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. People who went to the doctor regularly also reported improved quality of life and feelings of wellness.

Submitted by: North Country Community Health Services-www.nccbh.org or find us on Facebook-North Country Community Health Services

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

NDSCS Welcomes Highest Enrollment in 43 Years 2024 Fall Enrollment Only 55 Students Short of All-Time High

Wahpeton, N.D. — September 24, 2024 — North Dakota State College of Science (NDSCS) is excited to share that enrollment has hit a near-record high for the fall 2024 semester. The total number of students is now 3,367, which is a 7.2% increase from last year. This brings the college closer than ever to its record of 3,422 students, set in 1981. It's the highest enrollment the college has seen in over 40 years!

NDSCS President, Dr. Rod Flanigan, Ph. D. said this growth reflects the college's hard work and dedication. "The growth we're experiencing at NDSCS says a lot about our entire team. It speaks to the way our staff and faculty have come together, sharing our unique story and creating a welcoming environment," he said. "It shows how students and parents see the incredible value of graduating in just two years. And, most importantly, it's a testament to the unmatched student experience we offer. This is what sets us apart."

This fall, there are 1,672 full-time students and 1,695 part-time students enrolled. On-campus housing has also seen a 13% increase, with more students choosing to live in the residence halls or apartments on campus. "Full residence halls, along with activities like Performing Arts, successful Athletics teams and popular

clubs like esports and Clay Target, all add to our vibrant student experience," Dr. Flanigan said.

In addition, 1,346 high school students are enrolled in dual credit courses, allowing them to earn college credit while still in high school. This fall's dual credit enrollment is just below the college's record high set in spring 2024.

Most NDSCS students come from North Dakota, making up 73.5% of the student body, and NDSCS is proud to enroll students from 49 of North Dakota's 53 counties. 20.5% of students come from Minnesota, and the college has students from 35 additional states and 8 other countries as well.

As the fall semester begins, NDSCS looks forward to continuing to offer a great education and welcoming more students. "This growth shows that NDSCS is a top choice for students, and we're excited for what the future holds," said Dr. Flanigan.

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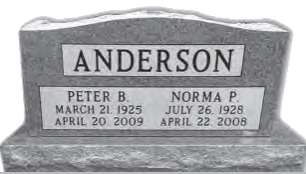
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OBITUARIES



Obituary for Anna Tofstad

It is with heavy hearts that we announce the passing of Anna Marie Tofstad on September 16, 2024, at the age of 85. Anna was a beloved wife, mother, grandmother, great-grandmother, and recently a great-great-grandmother, who touched the lives of many with her kindness, generosity, and unwavering spirit.

Anna was born on March 10, 1939, at Trinity Hospital in Minot, ND, to Clarence and Emma (Burkle) Klimpel. She was raised on a farm in Ward County in Sawyer, North Dakota, where she developed a strong work ethic and a love for the land. Anna was baptized and confirmed at Saint Peter's Lutheran Church in Sawyer, North Dakota. Anna attended grade school and high school in Sawyer, ND, graduating in May 1957.

On December 8, 1957, she married the love of her life, LaVern Tofstad at Saint Peter's Lutheran Church in Sawyer, North Dakota. She was blessed with a loving and devoted partnership with LaVern, for 67 wonderful years. Their enduring love and commitment to each other were an inspiration to all who knew them, and together, they raised eight children: Lyle, Lonnie (Gayle), Leslie (Kim),

Lori (Jack) Rominski, Larry (Brenda), Lynette (Craig) Espeseth, LeAnn (Rod) Nichols, and Lynnae Gaiter.

The family lived and worked on LaVern's parents' farm in Max, ND, until 1969, when they moved to McIntosh, MN, to start a dairy farm, which they loved doing for several years. Later, they moved into town and bought and owned the BB Cafe, where Anna's culinary skills continued to bring joy to many.

When they retired, Anna and LaVern moved to Arizona for a few years, then to Las Vegas, where Anna worked at Albertsons. After her second retirement, they moved back to Thief River Falls, MN.

Anna lived a life full of love and dedication to her family and community. She was known for her warm smile, her passion for gardening, and her incredible talent in the kitchen, where she often brought people together with her delicious meals. Anna loved doing jigsaw puzzles, playing cards, sewing, and just enjoying the beautiful outdoors with her plants and gardens.

Anna is survived by her loving husband, LaVern Tofstad, her children, grandchildren, great-grandchildren, and great-great-grandchildren, along with her brother Vernon Klimpel, her sister Linda Schlosser (Eldon), her sister in-laws, Vera (Terry) and Julie (Terry) and many nieces, nephews, and cousins.

She was preceded in death by her parents Clarence and Emma Klimpel and parents in-law Theodore and Edna Tofstad, sister Leona Johnson, and her sister in-laws, LaVonne, Jean, Carol and brother in-law Ronnie. She will be remembered for her strength, her compassion, and the countless memories she created with those she loved.

No services at this time.



Obituary for Muriel Rice

Muriel I. (Pederson) Rice of Arlington, Va., died at her home on Saturday, Aug. 31, 2024, after a lengthy illness. She was 86 years old.

The granddaughter of Norwegian immigrants, Muriel was born March 29, 1938 in Polk County, Minn., to Minnie I. (Haugen) and Myron E. Pederson. She grew up in McIntosh, Minn., where she belonged to the Girl Scouts, played the clarinet, and served as drum major in the marching band. Known as "Petey," she graduated from high school in 1956. She paid her way through a year of Bemidji State Teachers College before moving to Minneapolis and then Detroit. She returned to Minneapolis in 1962, where she worked as a receptionist.

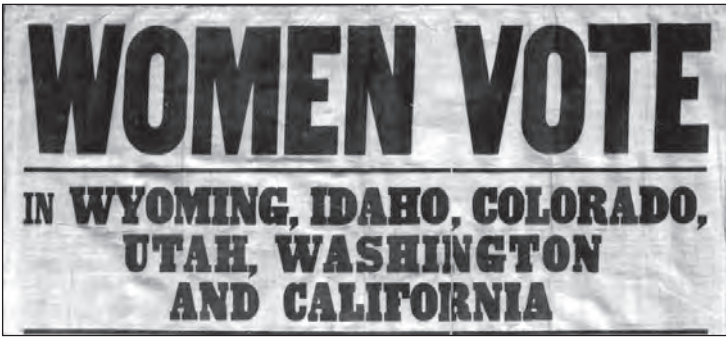
In 1964, Muriel married John D. Rice in Minneapolis; they celebrated their 60th wedding anniversary in July of this year. A devoted wife,

mother, grandmother, and sister, Muriel was known for her steel-trap memory, quick wit, night-owl habits, beautiful handwriting, and appreciation for her Norwegian heritage (97%, according to her Ancestry.com DNA test). She loved visiting family on the East Coast and West Coast, shopping at the former Dayton's in downtown Minneapolis, baking chocolate chip cookies, making foil dinners on the grill in the summer, enjoying the sunshine, and reading seemingly every word of the newspaper daily. She was loved by family and friends and will be missed.

Muriel is survived by her husband John, of Arlington, Va., daughters Alison Rice (Joe Malin) of Arlington, Va., and Erica Rice (Jay Mazalewski) of Driggs, Idaho; grandchildren Finch and Charlotte Malin of Arlington, Va.; and siblings Carole (Carl) Ryken of Sun Lakes, Ariz., Betty Ferguson of White Bear Lake, Minn., and James (Pam) Pederson of Wellington, Colo.

A memorial service for Muriel will be held Friday, Oct. 18 at noon at Mindekirken Norwegian Lutheran Memorial Church at 924 East 21st St., Minneapolis, with visitation at 11 a.m.

Memorial donations may be sent to Mindekirken Norwegian Lutheran Memorial Church (mindekirken.org) in Minneapolis, Vesterheim Norwegian-American Museum (vesterheim.org) in Decorah, Iowa; or the McIntosh Heritage and Arts Center in McIntosh.



History Corner: Women get the Right to Vote

By Eric Mickelson

Election year and I guess election season is upon us. When I was a teacher, everyday we started Social Studies class with what I called "This Day in History!" We would often watch a short video from the History Channel of the same name. It would list maybe a half dozen items that had occurred on this calendar date in history. We would pick one event that fit in with our American History Class and write it in our "History Journal!"

Well, even in retirement I occasionally look up that familiar site and just see what happened today in history! So on September 30, 1889, the Wyoming state convention approved a constitution that includes a provision that granted women the right to vote. Wyoming actually wasn't admitted into the union until the following year, but, Wyoming became the first state in our nation to allow its female citizens to vote.

Seems surprising that this western state would be the first to allow women's suffrage. Those who fought for women's rights and women's suffrage like Susan B. Anthony were actually from the east! The Seneca Falls Convention in New York was the first woman's rights convention in the United States. It was held on July 19–20, 1848. This convention is often considered

to be the beginning of American women's suffrage. It was assumed that these Eastern states would lead the way in allowing women the right to vote. Yet those in western states seemed far more supportive than those in the east.

In 1848, the legislature in the Washington Territory was the first to introduce a women's suffrage bill. Well, the bill was introduced and then narrowly defeated, but Wyoming territory was the first to actually give women the vote in 1869. Next was the Utah Territory in 1870 and Washington Territory in 1883! When these territories became states they continued with the women's suffrage passed by their territorial legislature.

By 1914, all the states west of the Rockies had women's suffrage, but no state east of the Rockies did, except for Kansas. Why? Some historians think in the west men may have been rewarding women since they had played such a big part in settling the West. The west was clearly an area with more men so another theory is that the fact there weren't as many women in the west that men had become more appreciative of the women who were there and allowing voting rights may encourage more women to come west.

Whatever the reason, it is obvious the west actually led the way for women's suffrage!

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It is better for a baby to be aborted than to be unwanted, unloved and a burden, or end up in the unhappy foster-care system.

TRUTH:

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October Starwatch 2024

By Deane Morrison

October skies offer some of the best star watching, given their dark and often clear nights.

In the morning sky, Mars is gradually brightening as Earth gains on it in the orbital race. During October the red planet passes below the Gemini twin stars Pollux and Castor, heading toward the constellation Cancer, the crab.

Saturn shines somewhat low in the southeast to south after nightfall. Below Saturn glimmers Fomalhaut, in the extremely dim constellation Piscis Austrinus, the southern fish. Fomalhaut is known as the loneliest star, there being no other bright stars in its patch of sky.

Late in the evening, brilliant Jupiter climbs over the northeastern horizon, following the lovely Pleiades star cluster and Aldebaran, the eye of Taurus, the bull. The giant planet rises earlier each night; by mid-month it appears about two hours after nightfall.

The big Summer Triangle of

bright stars is high in the south to southwest at nightfall. Look to the left of Altair, the lowest of its three stars, for the small, somewhat faint constellation Delphinus. Delphinus depicts a dolphin that appears to be leaping away from Altair into a dark sea. Also look above Altair for the thin constellation Sagitta, the arrow. Binoculars will help.

Watch October's full moon rise the evening of the 16th or 17th. Or catch it in the west shortly before sunrise on the 17th, when it will be closest to full. This will be the year's nearest full supermoon.

On Halloween we celebrate an ancient Celtic holiday that was one of four "cross-quarter" days falling midway between an equinox and a solstice. At sundown that day, all the evil spirits—which had been banished since May Day—were let loose to wreak havoc on humanity. People left bribes of food and lit candles in gourds to ward off the spirits. These traditions survive in our modern rituals of trick-or-treating and carving jack o' lanterns.

Can couples move into assisted living facilities together?

The decision to move into an assisted living facility requires careful consideration, and that decision may necessitate even greater deliberation for couples. The organization SeniorLiving.org, which is devoted to empowering older adults to age with ease, notes that many assisted living facilities offer living arrangements for spouses who do not necessarily require the same level of care and attention as their partners. Though each facility is different, and some may not allow couples to live together when one person requires significant help with day-to-day living, many provide apartment-style living in which housing units are equipped with safety fea-

tures, such as handrails and wheelchair accessibility, that can make daily living safer for aging individuals with physical challenges without making life difficult for their partners with no such issues. In addition, SeniorLiving.org notes that, at most assisted living facilities, residents will only pay for the services required, meaning couples will not have to pay for services such as medication management and activities of daily living assistance for the spouse who does not require such help. Such flexibility can make life easier and more affordable for couples who choose to move into assisted living facilities together.



Obituary for Geneva Sturman

Geneva Sturman, age 84, of Gonvick, MN, passed away on Tuesday, September 24th, at Fair Meadow Nursing Home in Fertile, MN. A memorial service was held at 2:00 p.m. on Monday, September 30th, at the Carlin Funeral Home in Fosston with Jeanne Rains officiating. Interment was in Bethlehem Cemetery, rural Gonvick. Family will greet friends for one hour prior to the service on Monday at the funeral home. Arrangements were with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com. In lieu of flowers, memorials are preferred to the American Cancer Society.

Geneva Winifred Bixel was born on August 30, 1940, in Bluffton, Ohio to parents Stanley and Edith (Burkholder) Bixel. She went to school at Pandora-Gilboa High School, graduating in 1958. After high school, she attended LPN training in Philadelphia.

Geneva was united in mar-

riage to David Robert Sturman on August 24, 1963, in Ebenezer Mennonite Church near Bluffton. They started their family and farmed in Eaton Rapids, Michigan. While they lived in Michigan, their five children were born, Howard, JoAnn, Shirley, Lillian, and Janet.

In 1973, the family moved to a farm they had purchased in rural Gonvick in Eden Township. Here they raised their family and dairy farmed for the next 23 years. They sold the cows in January of 1996. At that time, both Geneva and David got jobs at the ODC in Thief River Falls and worked there for 13 years. Then, Geneva worked for North Star Farms (a horse-radish farm) north of Clearbrook for over 12 years until her retirement.

Geneva liked puzzles, reading books, baking, and celebrating Holidays with family. She was devoted to her family and volunteered as 4-H Leader (Eden Aces) for several years.

Survivors include her husband of 61 years, David, of Gonvick; four children, Howard (Nancy) of Tenstrike, MN, JoAnn of Moorhead, MN, Shirley of Moorhead, MN, and Lillian (Chris) Bubser of Minneapolis, MN; eight grandchildren and seven great grandchildren; son-in-law, Brian Mrugala of Maple Grove, MN; one sister, Gladys Loewen of Bloomington, IL; and sister-in-law, Ruth Bixel of Bluffton, OH. Nieces, nephews and cousins also survive.

She was preceded in death by her parents; daughter, Janet; three brothers and one sister.

ABORTION MISCONCEPTION:

Abortion is simply a normal part of a woman's reproductive health care.

TRUTH:

Abortion is defined by medical textbooks everywhere: Abortion is the **elective killing** of an innocent living human being — an unborn child. Nearly 95 percent of all abortions are performed on the healthy babies of healthy mothers. Lethally injecting a living unborn child, or tearing it limb from limb and suctioning it out of the mother's womb is not health care.



Treating diabetes, open heart surgery and setting broken bones is health care. Killing a living unborn child has nothing to do with health care. Abortion is not health care.

R29C

Word Search Answers for this week

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



The Rebel's defense held the Mahnomen-Waubun Thunderbirds to 9 yards and one first in 15 plays during the first half of the game last Friday night in Red Lake Falls.

Thunderbirds Nip Rebels

In a battle of the unbeaten, the Red Lake County Rebels hosted the Mahnomen-Waubun Thunderbirds on September 27th. Both teams came in with 4-0 records.

The 1st quarter saw both teams play real well on defense. There was a total of only 50

yards between the teams and M-W did not have a 1st down.

RLC would take the ball early in the 2nd quarter. With some nice plays and a penalty the team would move down the field. QB Owen Chervestad would pass the ball to Ethan Majeres for a 7 yard touchdown

pass and RLC took a 6-0 lead, and that held the score into halftime.

The 3rd quarter would see a little more offensive action than the 1st. M-W would move the ball a little better and a 4 play 39 yard drive would put them on the scoreboard to tie the game

at 6-6.

Red Lake County had an answer as they moved the ball 53 yards down the field. Back-up QB Connor Duden scored from 1 yard out with 7 minutes left to give RLC the 12-6 lead.

The Thunderbirds responded with their best drive of the



Quarterback Owen Chervestad rolls out for a pass against Mahnomen-Waubun last Friday night. The Rebels came up short 12-13.

night. They would go 64 yards in 8 plays to score, and get the PAT to go up 13-12.

The games was not over however, with RLC having a little fight left in them. The team would once again move the ball going 52 yards to the M-W 12 yard line. RLC lined up for

a 29 yard field goal but failed, and M-W held on to win 13-12.

The Rebels fell to 4-1 on the season while M-W moved to 5-0. RLC outgained the Thunderbirds 270 yards to 179. RLC will be back in action on October 4th when they head to Bagley.



Heritage Days in McIntosh was a busy day, but Little Bobby's made a delicious meal of pulled pork, potato salad, and beans. They called ahead of time to let them know they would be stopping on their charity ride for a meal.



Some of the bikes outside of Little Bobby's in McIntosh on Heritage Day.



The North Dakota Grand Chapter of Widows Sons put on their first ever charity ride on Saturday September 21, 2024 for Heritage Days in McIntosh. They were raising money for the family of a brother Shriner who tragically passed away at a Shrine competition about a month ago. They were lining up for a parade and he tripped over a bar stool racer (something like a go-kart). They raised about \$1,200 for the family and the support from Little Bobby's in McIntosh was nothing short of amazing.

How communities can honor local police

Safe communities allow residents to thrive and live their lives to the fullest. Such communities are sought-after places to live, and maintaining a community-wide sense of safety and security is no small task.

Local police forces do much to keep their communities safe, so it's no great mystery why residents want to show how much they appreciate the people who ensure their towns and cities remain wonderful places to call home. With that in mind, community residents, small business owners and elected officials can consider the following ways to honor local police.

- Offer discounts to law enforcement and their families. Small business owners recognize the vital role local police play in keeping Main Street safe. A safe dining and shopping district is beneficial to business owners' bottom line, and that makes it worth their while to offer discounts to local law enforcement and their families. Local restaurant owners can offer percentage-based law enforcement discounts on food and drinks to active and retired law enforcement personnel and their families. Local shop owners can follow suit. Year-round discounts for law enforcement and their families are a nice token of business owners' appreciation, and such offers can be increased during busy times of year, such as the holiday season.

- Showcase officers on social media. Local governments can get in on the act by highlighting a different officer each month on various social media platforms. Interview a new officer



each month and highlight their backgrounds and careers. This can be a great way to showcase the talents of local officers and foster strong connections between community residents and the men and women in law enforcement who keep their towns and cities safe.

- Feature officers during public celebrations. Parades, holiday bazaars and local scholastic sporting events are some examples of events that bring community residents together. Such events provide great opportunities to thank local law enforcement and bring them into direct contact with residents. Encourage parade attendees to shake hands with featured officers and utilize well-attended community events, such as high school football games, to formally recognize local police departments and officers. A

halftime announcement honoring an "Officer of the Month" is one way to showcase officers so residents can put a name and a face on their local police departments.

- Support police during town council meetings. Attendance at town council meetings is a good way to remain informed about what's going on in a community, and it also serves as an opportunity to support measures aimed at benefitting local law enforcement personnel. Support efforts to increase salaries for local police officers and upgrade their resources so they can continue to do their jobs to the best of their abilities.

There's no shortage of ways for communities and residents to express their appreciation and support for the local law enforcement personnel who keep their towns and cities safe.

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