



Tri County Canary

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

Torsk and Meatball Dinner Didn't Disappoint!

Even if a person didn't have a drop of Norwegian blood in their veins, they couldn't deny what a great time they had on Thursday, October 10th, at the Sons of Norway, Granlund Lodge, Annual Torsk and Meatball Dinner. David Lee and Tiffany Sterry, from Thief River Falls, catered the mouth-watering meal of torsk, meatballs, mashed potatoes and gravy, carrots, lefse, rolls, coleslaw, sweet soup, almond bars and scotcheroos! Thanks to all the members of Granlund Lodge #240 who came together to organize, set up and decorate the tables, and help in the serving and clean up.

When you combine the delicious meal with expert accordion player Jake Bastyer, and drummer Lonnie Watne, 18 fabulous door prizes, and a room full of chatter and laughter, it becomes an event you'll want to become an annual event! Forty-three meals went out the back door to those who had registered for the take-out option while seventy-nine hungry "mostly-Norwegians" flocked into the Embassy Center in Fosston for the dine-in option. Enthusiastic compliments went to the caterers, and many promised to return again in 2025, for more fun, food, fellowship, and a little bit of Norwegian shenanigans!

Submitted by Roz Watnemo



Torsk and meatball photos by Jolene Moran.



Serving are Tiffany Sterry, David Lee and helper Glen Trembath.



Harold Watnemo presented Cindy Kolling with the door prize which was a pecan pie made by Harold.



Accordion player Jake Bastyer, and drummer Lonnie Watne, provided music for the Sons of Norway annual dinner on October 10.



Forty-three meals went out the back door to those who had registered for the take-out option at the Sons of Norway annual dinner last week.



The Plummer American Legion Post 623 has a charity motorcycle ride every year. This year they donated the proceeds of \$2,000 to the DAV (Disabled American Veterans Chapter 14, Crookston). Pictured are the group at the Plummer American Legion office on Tuesday, Oct. 8, with Kurt Elefson as special guest to explain the newest VA benefit packages. A special thanks from Dennis Boucher, DAV Commander in Crookston, and Kurt Elefson, VSO Officer for Red Lake/ Polk County for this very generous contribution. Pictured from left are Sherri Owens (bar manager), Lonnie Eskeli, David Eskeli, Barry Rwertz (former Commander), Garry Martell, Chuck Simpson (former Commander), Dennis Boucher, Jeff Aakhus (current Vice Commander), Shawn Carlson, and Jerome Bakke.

What is a fair farmland rental agreement?

Landlords, farmers and agribusiness professionals should make plans to attend one of the informative meetings being held across Minnesota. These free meetings are being provided by the University of Minnesota Extension. Farmland rental rates are the largest input cost to the farmer. Determining a fair farmland rental agreement is always challenging. Negotiating a fair rental agreement that satisfies the landowner and the farmer is a challenge. David Bau and Nathan Hulinsky, Extension educators in Ag Business Management, will provide several ways to determine a fair farmland rental rate for both parties; by examples, factsheets and worksheets. Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farmland values and sales, and a worksheet that will help determine a fair rental agreement. Input costs for 2024 will be presented,

along with current 2024 corn and soybean prices. Worksheets will examine 2025 costs and what is affordable rent to pay in 2025, the rate of return to the landlord at current market values and examine flexible rental agreements. Make plans to attend one of these meetings now. No pre-registration is required. Attendees will receive several informative worksheets and factsheets. The meetings will be held from November 7 through December 16, in Pipestone, Sandstone, Litchfield, Hutchinson, Melrose, Little Falls, Mankato, Alexandria, Preston, Caledonia, Buffalo, Owatonna, Faribault, Thief River Falls, Sleepy Eye, Madison, Olivia, Rochester, Albert Lea, Blue Earth, Gaylord, Slayton, Cologne, Jordan and St. Peter. For a complete listing of workshops, go to: extension.umn.edu/courses-and-events/farmland-rental-workshop

Essentia Health-Fosston Clinic welcomes Dr. Amanda Jackson-Morgan

Dr. Amanda Jackson-Morgan, who specializes in family medicine, is excited to join the Essentia Health-Fosston Clinic. "I wanted to practice at Essentia Health-Fosston so I could continue to practice full-spectrum rural family medicine," explained Dr. Jackson-Morgan. "I enjoy working in all aspects of patient care — clinic, hospital and OB. The welcoming and supportive community was also an important factor in choosing to come to Fosston." Dr. Jackson-Morgan received her medical degree from Burrell College of Osteopathic Medicine in Las Cruces, New Mexico. She completed a residency in family medicine at the Munson Medical Center in Traverse City, Michigan. "I chose family medicine to build long-lasting relationships with patients and their families," said Dr. Jackson-Morgan. "Being able to connect with a patient and really getting to know someone holistically is unique to family practice."



Dr. Amanda Jackson-Morgan, who specializes in family medicine at the Essentia Health-Fosston Clinic

To schedule an appointment with Dr. Jackson-Morgan, please call (218) 435-1212. To see her full profile, please visit [EssentiaHealth.org](https://www.essentiahealth.org) and click on "Find a Doctor."

Scam Calls Involving the Polk County Sheriff's Office has been received

On 10/8/2024, the Polk County Sheriff's Office has received numerous complaints regarding scam calls. The caller claims to be a member of the Polk County Sheriff's Office, claims that the person called has a warrant and asks for personal information. As a reminder the Polk County Sheriff's Office doesn't

notify people of warrants or asks for payment or personal information over the phone. The phone numbers that have called Polk County residents are 218-818-8041 and 218-318-8041. If you receive a call you believe is a scam, hang up and contact your local law enforcement.

Northwest Minnesota Foundation Honors 6 Awardees Who Are Championing Community



Pictured are, from left, Karen White, president of Northwest Minnesota Foundation; Justin Marquis, chair of the Fosston Education Foundation Fund advisory committee; and Kelly Martinka, philanthropy officer at NMF.

October 14, 2024 (Bemidji, MN) – At its annual recognition event, the Northwest Minnesota Foundation celebrated six awardees from throughout the region whose work and energies are leading and supporting community in meaningful ways.

Awards were given in three categories. Each awardee was presented with a gift of pottery from Planet A Clay, created by Bemidji artist Butch Holden, and received a \$1,000 grant to a nonprofit of their choice, with the exception of the philanthropy award which instead re-

ceived \$1,000 to the fund itself.

The Ruth Edevold Awards for Excellence, established in honor of NMF's founding executive director, recognizes excellence in leadership and nonprofit organizational excellence.

-Brenda Baumann, of Warroad, was named the recipient of the Ruth Edevold Award for Excellence in Leadership in recognition of her work in community collaboration and leadership in the Warroad area. Her career at Marvin spanned more than 32 years and in-

cluded her most recent role as executive director of The Hub, a community collaboration initiative dedicated to incubating new businesses. Additionally, Baumann has been active on the Warroad Area Community Fund advisory committee since its inception and co-led Hockey Day Minnesota in Warroad.

-Alluma, headquartered in Crookston, was named the recipient of the Ruth Edevold Award for Non-Profit Organizational Excellence. Alluma is an inclusive Certified Community Behavioral Health Clinic that ensures high-quality access to mental health services in the region. For over 60 years, Alluma has provided evidence-based, client-focused care in Northwest Minnesota. Alluma takes an uncommon approach, integrating mental health and substance use care into overall wellbeing.

Community Compass Awards celebrate individuals, businesses, community leaders, nonprofits, and partners whose work and efforts are strengthening our communities to build tomorrow's best future for all who live and work in Northwest Minnesota.

Awardees are:
-North Country Food Bank: Headquartered in East Grand Forks, North Country Food Bank is the largest hunger-relief organization in northwest and west central Minnesota. Each year, North Country distributes over 6 million pounds of food, or enough food for 5.2 million meals, which feed approximately 35,000 of our neighbors in need. North Country's distribution occurs through a network of effective regional agency partners and through its own direct service programs.

-Jeff Fagerstrom / Northwest Minnesota Housing Cooperative: Jeff Fagerstrom, of Thief River Falls, is the

Jump Into Savings!

UBM Direct Savings
high yield savings account

2.63%
Annual Percentage Yield
balances \$1000-\$99,999

2.84%
Annual Percentage Yield
balances \$100,000-\$349,999

3.04%
Annual Percentage Yield
balances \$350,000 & greater



Ultima Bank
MINNESOTA

R31C

www.ultimabank.com • 800-421-2588

Winger • Fosston • Plummer • Bemidji • East Grand Forks • Gary

Member
FDIC

Fully electronic account managed online. Transfer money to and from your account at any time. Account holders must have a checking account (at any financial institution chartered in the US) to transfer to and from this account. Rate may change after account is opened. \$1000 minimum balance. Fees may reduce earnings. Rate is accurate as of 10/8/24.

DINING & entertainment

BINGO

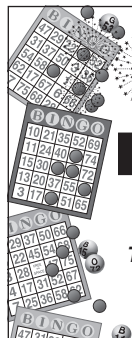
Starting at 58#s
Progressive Blackout 6pm,
Saturday, Oct. 19th, 2024

License:
#5220-003

WING NIGHT WEDNESDAY

Fri. & Sat., Oct. 18th & 19th - Salmon

SHORTY'S PLACE, 263-4199



BAR BINGO!

AND PADDLE WHEEL

TUESDAY, OCT. 22ND, 2024 - 6:30 PM

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

SPONSORED BY:
The Mentor Firefighters
Relief Association
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Friday, Saturday & Sunday
Oct. 18th, 19th & 20th, 2024
Steak & Shrimp, BBQ Ribs,
Broasted Chicken,
Ribs & Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye

BINGO!
SPECIAL EVENT BINGO
Sunday, October 20th

WEDNESDAY NIGHT SPECIAL
2 Piece Broasted Chicken Dinner \$11.00

KITCHEN OPEN UNTIL 9:00 P.M. DAILY

Find us on
facebook. **UNDER
CAROL'S COZY**
Call in OR Check Facebook for specials!

COMING SOON!
October 19th
OCTOBER FEST
Music by
Cathy & Mary Jo
1:00 to 4:00 PM
Potato Klub &
Side Pork Dinner
11AM - GONE
Live Music by
Frank & James Gang
7:00 to 11:00 PM

Advertise Your Dining
Specials Here!
218-487-5225

LITTLE BOBBY'S
Main Street McIntosh • 218-563-3008

ELVIS IS BACK!
Saturday, October 19th at 5:00 p.m.
**SLICK BACK YOUR HAIR + BE
READY TO ROCK AND ROLL.**
Enjoy A Hamburger, Fries, and Soda
Come and Enjoy!

**Market Day
at
Humbleberry
Farms**

Friday, Oct. 18th
10:00 a.m. to 5:00 p.m.

- Vendors • Hay rides
- Pumpkins
- Hike the trails and enjoy fall colors
- Activities for the kids
- Bring a picnic lunch
- Invite your friends and spend the day at the farm

23636 Hwy 92 East,
Brooks, MN
Check us out on
Facebook for updates.

**October Is
NATIONAL CO-OP MONTH**

It's almost time again to celebrate Cooperative Month and Clearwater-Polk Electric would like to remind all Cooperative and Community members to stop by to enjoy homemade pie, cookies and refreshments on

**Thursday, October 17th
and Friday, October 18th**
at Clearwater-Polk Electric's office in Bagley.
Please stop in and help us celebrate!
We look forward to seeing you!

**70th annual Bethany LUTHERAN
Smorgasbord**

**SUNDAY
October 27th
11:30 AM - 2:30 PM**

**ADULTS \$15
CHILDREN \$5
(UNDER 12)**

HOMEMADE SCANDINAVIAN FAVORITES
SWEDISH MEATBALLS, GRAMY MARINATED POTATOES,
LUTERAN CASEROLE, HOT SMORE, FLAMMKAU,
LEIST, RÖMMIGRÖT AND MORE!

**DELIVERY AVAILABLE
CALL: (218) 253-2589**

Bethany Lutheran Church
1315 6th St NE, Red Lake Falls
@BETHANYLUTHERANRLF



By John Eggers

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



All of us have experienced homecoming festivities at the high school or college level. Those are memorable times: parades, coronations, cheers, football games, dances, and lots and lots of good times. As a former homecoming king, those homecoming moments are extra special, especially the homecoming bonfires that used to be part of the festivities. Remember? It's just too bad we didn't win our homecoming game.

There are not too many artifacts available that represent homecoming. Homecoming pins are among the most popular. Maybe you have one or two lying in some junk drawer. You may have one attached to a mirror or picture. You can't bear to throw it away because it represents happy times in your life.

Pinback homecoming buttons don't have a lot of value. You would think they would. After all, they are scarce. They are one of a kind. They usually are in good shape. And many people can identify with them.

The Bemidji State Teachers College Beavers played the Moorhead State Teachers College Dragons in a 1953 homecoming game. This button is over seventy years old and in very good shape. It has a value of only about ten dollars.

Even though it is of little value, it still evokes many memories of those who attended Moorhead State or Bemidji State. For this reason, homecoming pins hold a special place in the world of antique collecting. If you have an old homecoming button lying around, wear it next time you go out to eat. You will be surprised as to how many people notice you. Go Beavers!

**Polk
County Sheriff**

Crash in Huntsville Township

On 10/13/2024, The Polk County Sheriff's Office was dispatched to the intersection of 200th St SW and 390th Ave SW in Huntsville Township for a T-bone crash involving a semi and a pickup. The pickup, driven by Aurielle Webster age 34 of East Grand Forks, was driving north on 390th Ave SW when she failed to yield to a semi hauling beets going west on 200th St SW driven by Jerry Ragan age 51 of Arkansas.

Both Webster and Ragan were transported to Altru Hospital in Grand Forks, ND for non life threatening injuries. Webster was wearing her seat-belt and Ragan was not at the time of the crash.

Assisting agencies were East Grand Forks Fire, MN State Patrol and Altru Ambulance.

This crash is still under investigation and no further information will be released at this time.

Mireault's 54th Anniversary Sale

Now through November 2nd

15% OFF

All in-stock
furniture, mattresses,
and home décor.

15% OFF

All special-order
furniture &
mattresses.

**Additional
20% OFF**

orange-ticketed
items.

Sofas starting under \$500,
Sectionals under \$1,500

Check out our just
arrived seasonal decor!

Appliances on Sale!

Mireault's offers small town service with big store prices on appliances. Shop Mireaultshomefurnishings.com or in-store to see all the current appliance sales.

Sign up for door prizes to be given away.

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Check out Mireault's Home Furnishings updated website.

R31-33C

CLASSIFIED ADS



Home at Heart Care
JAMES 1:27
In-Home Personal Care & Homemaking

Now Hiring
Receptionist

HAHC Clearbrook is seeking a Receptionist to answer phones and perform customer service, data entry, filing, fingerprinting & additional duties as requested.

Application Deadline: October 21
www.homeatheartcare.com/apply-now

www.HomeAtHeartCare.com
(218) 776-3508
Equal Opportunity Employer

R31C

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

R31C

Polk County Full-Time Employment Opportunities:

Public Safety Telecommunicator – Sheriff's Office:
\$26.08 – \$33.04/hr. Position
Closes on Wednesday, October 30, 2024

Custodian I – Facilities:
\$19.50 – \$24.70/hr. Position Is Open Until Filled

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

R31C

Business Cards
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Full Color or Spot Color
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Specialty Options:
Magnetic, Foldover, Synthetic

Call or email for more information:
richards@gvtel.com
Richards Publishing Co.
218-487-5225



INDIAN EDUCATION PARA-EDUCTAOR

The Clearbrook-Gonvick School District is seeking an American Indian Education Para-educator for grades 7-12. This position requires the ability to work 1 on 1 or in a small group setting with students. This is a full-time position with a wage range of \$16.45-\$18.76, dependent on previous years of experience.

Minimum qualifications include a high school diploma and ability to pass a background check. Preferred qualifications include, but not limited to: two or more years of college, an AA Degree, or the ability to pass the ParaPro Exam. Preference will be given to a candidate of American Indian heritage and/or individuals with experience working with American Indian students and families.

Please submit letter of interest, resume, credentials, and three references to:

 Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Attn: Melissa Weems, HR
Or email the materials to:
mweems@clearbrook-gonvick.k12.mn.us

R31-34C


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

R31-32C

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

M31-43C

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **OCTOBER 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.

R30-33C

FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R21tfc-nc

R31C

RUMMAGE SALES

RUMMAGE SALE-Embassy Basement. 3rd & Eaton, Fosston. Friday, Oct. 18. Some items 50 cents. Saturday, Oct. 19, \$5 bag day (we supply) 9am - noon both days. Fall decor & Halloween costumes!

R31C

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.

R31-42C

Household

FLOORING SALE: In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as \$1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171 M316-C

Waling's Stump Grinding

Local
23+ years of experience
Free estimates

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

R31C

DEADLINE NOON FRIDAYS

 **MCAN** For more information on MCAN ads call: **218-487-5225**
Minnesota Classified Advertising Network

AUCTIONS ON-SITE LIVE GUN AUCTION Sunday October 27th 10:30AM. Detroit Lakes, MN. Quality firearms and gun related items of all types! Jokela Auctions Inc. www.JokelaAuction.com WANTED TO BUY WANTED: ALL 1970S MOTORCYCLES Running or not. Titled or not. Will pick up. Cash in exchange. Sell now before the snow flies.. Call Dan 612/720-2142 SAVE MONEY! Call your local newspaper or MNA 612/332-8844 to find out how you can save money by placing your advertisement here!	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 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	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! ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off entire purchase. Plus 10% senior & military discounts. Call 833/489-0260 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
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2 feet by any length needed!

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Tri County Canary Area CLASSIFIEDS



HELMUTH AUCTIONS
We Specialize in "YOUR" Auction



THURSDAY, OCTOBER 24, 2024 9:00AM

ADDRESS: 46827 149TH AVENUE • CLEARBROOK, MN 56634

DIRECTIONS: FROM CLEARBROOK GO SOUTH 1/4 MILE TAKE RIGHT ON 470TH ST., GO 2 MILES WEST TO 149TH GO SOUTH 1/4 MILE FROM GONVICK GO SOUTH ON HWY 7 4 1/2 MILES TO CLEARWATER CTY 6 - GO EAST 4 MILES TO 149TH AVE. THEN NORTH 3/4 MILE.

OWNERS:

**LESTER AND VERA MAST 218-776-2098 WITH JAKE AND PRISCILLA MAST
JAKE & EDNA MULLETT AT THE LESTER AND VERA MAST RESIDENCE.**

SHOP:

Cherry Picker, Milwaukee Chop Saw, 500 gal. Air Tank, Morsestaper Drill Bits, Lots of Regular Drill Bits, Electro Static Paint Sprayer System, Spraytec Proforce 30 Paint Sprayer, Finish Pro 395 Airless Paint Sprayer, Paint Color Toner, Graco Merkur Paint Spray Pump, Electric Respirator Air Supply Pump, 13HP Honda Motor, 6HP Honda Motor, 6HP Gas Engine, 13HP Brilliant - New, 10HP Brilliant - New, 6HP Brilliant - New, 4HP Brilliant - New, 2.4HP Brilliant - New, Rotisserie Roller Stand, Cable Hoist, 2 Valve Grinders, 2 Radial Arm Saws, Mitsubishi Generator, Honda Hydraulic Power Unit, 2 Ingersoll Rand Portable Air Compressor, 18" Rotary Table with Stand, 65 Ton Edwards Ironworker, Phase II Hand Tapper, Tile Saw, 8x16 Magnetic Chuck, Parts Washer, Electric Chop Saw, Leroi 50 CFM Air Compressor W-23 HP Vanguard, Lathe-American 20"x120 w/Several Chucks, Machinist Tools, Drill Bits, End Mills, Shop Inventory and Lots of Tooling, Boring Bars, Logging Chains, Carbide Cutters, Indexable Carbide Cutters, 10" Craftsman Chainsaw, 455 Husqvarna Chainsaw, 372 Husqvarna Chainsaw, MS 170 Stihl Chainsaw, 7 1/4" Shop Master Tablesaw, 10" Delta Tablesaw, Pressure Washer, Hot Water Pressure Washer 3500 PSI (Honda Powered), Hydraulic Driven Bench Grinder, 4x10" Welding Table, Mag Drill, Arbor Press, Powderizing Torch Kit, Bolt Bins, Tapatch Sheetrock Mudding Tools includes 8" - 10" - 12" Box, Corner Box, Corner Trivels, Mud Pump, Bazuka, Various Handles and Hand Towels, 2 Pair Stills, Tapco Pro 2000 Port-o-Bender w/Stand, Slide Winder & Cutters, 2 Sheet Metal Shears, Forecart w/35 HP Power Cart Option, Hay Wagon, 300 gal. Poly Tank, Harrow, 250 gal. Tote, Allis Chalmers Hayrake w/Dolly Type Tongue "Left", N.H. Mod 55 Hayrake "Left", N.H. Mod 260 Hayrake w/Dolly Type Tongue "Right", 7ft. #4 Haymower, 10ft. Grain Drill, 6 Polydome Calf Huts, Belle City Threshing Machine, 14T John Deere Baler w/Gas Engine, Hay Basket, All Steel Fanning Mill, Manure Spreader - John Deere Model M, M-M Drill w/Grass Seeder, #McCormick Deering 6ft. Mower, Threshing Machine Axle w/Wheels, Emerson 1 Bottom Plow, 6ft. Ground Lift Digger, John Deere Horse Drawn 2 Bottom Plow, Buzz Saw Arbor w/Blade, McCormick Deering Feed Grinder, Approx. 200 Round Bales Hay 1st-2nd-3rd Crop, Cornell Saw Dust Blower, 3 Stacks Rough Sawn 2x4's, 3 Stacks Rough Sawn 2x6's, Compactor-Works Good, 325 Amp Millertrall Blazer Welder.

HORSES:

8yr Old Buckskin Quarter Horse Mare-Well Broke w/Draft Cross Colt, 6yr Old Sorrel Quarter Horse Mare Well Broke, 3yr Light Bay Mare Broke to Ride and Drive, 4yr Old Gray Quarter Horse Mare Broke w/Draft Cross Colt, Yearling Bay Roan Quarter Horse Stud, Yearling Red Roan Quarter Horse Stud, Buckskin Quarter Horse 2yr Old Mare-Broke, Reg. Buckskin 2yr Old Quarter Horse Stud-Broke, Reg. Gray 2yr Old Paint Stud Started, 10yr Old Perch Gelding and 19yr Old Purchase Mare Both Broke to all Farm Machinery, 4yr Old Standardbred Trotting Mare Broke to Drive, 17yr Old Well Broke Fancy Hackney Mare, 3yr Old Morgan Gelding, 1yr Old Morgan Gelding, 1yr Morgan Filly, 4 Icelandic Sheep (2 Ewes-2 Rams), Draft Harnesses, Collars, Saddles, Open Buggy.

FARM MACHINERY:

4 Windbreak Panels, 12 Standalone Panels, 3 Standalone Panels w/Gates, 1 Feeder Panel, 3 Standalone Sucker Rod Panels, Cattle Panels, Minnesota Gravity Wagon, 3 Bobsleds, Stoneboat, 4 Row Corn Planter, Pull Behind Spray w/Looms, John Deere 336 Square Baler, 8ft. Pull Behind Fimco Sprayer - Like New, 50 gal. Pull Behind Sprayer, 6 Bale Rings, 3 Ton Poly Grainbin, 2 Ton Steele Grainbin, 1 Ton Feed Bin, 40' New Idea Grain Elevator, 24' Bale Elevator, 6ft. Disc, 12ft. Disc, 7ft. Tandem Disc, Quack Digger, 1209 John Deere Haybine, 1010 Hesston Hydra Swing Haybine, SVL 90 - 2 Kubota Skidsteer, 1-lider 2 Rollers, 2 Sets Pallet Forks, 2 Snow Blades w/Power Swivel, 6ft. Skidsteer Grapple, John Deere A Tractor.



MISCELLANEOUS:

6 HP Boat Motor, 8HP 4 Stroke Yamaha Boat Motor, 7 1/2HP Johnson Boat Motor, 8" 2 Stroke Ice Auger, 4 Stroke Honda Ice Auger, 14ft. Aluminum Craft Boat, Gun Safe, 4 Person Pop-up Fish House, Fraybill Sled Fish House, 4 - 100lb. Propane Tanks, 4x8 Trailer, 22ft. Tiltbed Trailer Torsion Axle, 33" Walk Behind Lawn Mower, 48" Toro Walk Behind Lawn Mower, Several Small Lawn Mowers, Wood Splitter, New But Unfinished Wood Fired Furnaces, 12x24ft. High Barn w/ Loft "Red & White", 2 Chicken Coops, 42x48x10 ft. Commercial Green House Frame, Chain Link Fence, Telephone Poles, 3 Section 13ft. Slotted Floor, Smoke House, 5 Burner Tabletop Oil Stove, SS Milk Strainer, Platform Scale, Water Tote, Electric Water Heater, Rustic Wood Patch Swing, Steel Shelving, Ashland Stove - Good Condition, Ashland Deluxe Stove - Like New, 12' Folding Picnic Table, Kerosene Heater, Portable Toilet.



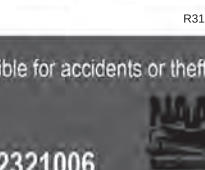
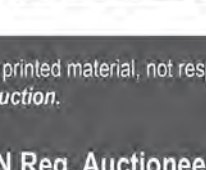
ANTIQUES:

Old Cushman Engine, 3HP John Deere Hit-n-Miss-Restored, Maytag Engine, Canadian Pacific Railroad Lantern, 2-Antique Cast Iron Manifold Heaters, Antique Oil Stove. Lots of Antique Tools.



GUNS:

30-06 Remington Model 30 Express, 12 gauge Weatherby Model 92, 12 gauge Remington, 22 Marlin Model 60, 357 Magnum "Colt" Lawman MK3 Revolver, 45 Caliber Knight Muzzle Loader.



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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

**Q u e s -
tion:** I know
it was just
National
Fire Pre-

vention Week. I've seen a few vehicle fires during my travels. Can you talk about what people can or should do in those situations?

Answer: If you notice smoke rising from beneath the hood of your vehicle, pull off the road, turn off the ignition, and exit the vehicle immediately. Do not use water to put out the fire—this will actually spread the blaze.

In 2023, Minnesota State Troopers responded to 848 vehicle fires around Minnesota. In addition, during that year Troopers also responded to 472 grass and structure fires, many of which were ignited after the vehicle had caught on fire.

The National Fire Protection

Association (NFPA) states what to do if your vehicle is on fire:

- Pull over as quickly as it is safe to do so, be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- Once you have stopped, TURN OFF the engine.
- GET everyone out of the car. Never return to a burning car for anything.
- MOVE everyone at least 100 feet from the burning car



and well away from traffic.

- CALL 9-1-1.

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'm Heading to My Class Reunion—I Think

The call came. "Are you going to our class reunion?" The dread I felt manifested as a groan of sorts. It wasn't that I didn't like those I'd gone to school with, I did. And for the most part, I think they liked me. So, what was it?

I'd been pondering it for weeks when I received a text asking me not only if I was going, but what I was going to wear. A wave of relief washed over as I knew at that moment, I wasn't the only one concerned about the outward appearance. As I glanced in the mirror, I wondered if the years had been kinder to others, or if they, too, have a few fine lines redefining.

Vanity, vanity, all things are vanity from Ecclesiastes 1:2 released insecurities at such a time as this. The introvert within preferring a few at a time surfaced big time. Whatever takes place besides eating with the group takes on a life all its own and the unpredictability of the gathering sort of made my stomach churn. Speaking of eating. I wasn't exactly looking forward to that either as it seemed to be the perfect time for the fine lines to make an appearance—right when I'm smacking away.

Speaking of smacking away, I must remember to close my mouth when chewing. My children have been kind enough to point out that apparently, my mouth remains open at times while chewing. Oh my, maybe I'd better forego the food altogether.

The other day, an invitation for an event came in for the same weekend as the reunion. I almost accepted. However, as I had already committed, I thought it best to follow through.

I suppose the dread comes from someplace in the memory banks and I tried to ponder what that might be. Suddenly, a thought came roaring back from years back. After being out of High School for a few years, I had returned home only to run into an acquaintance. Her response upon seeing me was rather unique. "Kathy? Boy have you changed!" And with that, she turned and walked away. Not so much as a, "How are you doing?" Or, "Good to see you." Just a blunt turn and off she went.

I didn't engage in the exchange, but I wanted to. I wanted to follow her, tap her on the shoulder and say, "Boy—you sure haven't!" Somehow, I let it go. However, after recalling the incident, perhaps this episode links itself to the bigger question. Will it be safe? Will it be a safe environment to walk into? After pondering that thought, I knew what I needed to do.

What is it I needed to do? I needed to go back to the class reunion and intentionally make it safe for others who are having the same flood of feelings wash over them in much the same way.

Creating a safe space for others to enter in perhaps is the goal for all of life. Offering a gentle space of grace for others to enter in represents the

deepest of all foundations—"In Him my hope"—proclaims Psalm 62:5.

I pray when one announces, "Boy, have you changed!", I may graciously offer it up by responding in kind, "Thank you. It is not me, but He."

Psalm 62:5-6 proclaims the firm foundation from which we launch. "For God alone my soul waits in silence, for my hope is from Him. He only is my rock and my salvation, my fortress; I shall not be shaken." Amen.

Did you know?

The American Cancer Society reports that approximately 30 percent of postmenopausal breast cancer cases can be attributed to potentially modifiable risk factors. That finding, cited in the organization's "Breast Cancer: Facts & Figures, 2022-2024" report, means as many as three in 10 breast cancer diagnoses in postmenopausal women may have been attributable to variables within patients' control. The ACS notes such variables may have included body weight, alcohol consumption and physical activity levels. The same report also notes that certain modifiable risk factors accumulate over the course of a woman's life, meaning both postmenopausal women and younger women could potentially lower their risk for breast cancer by making a concerted effort to achieve and maintain a healthy body weight, reduce alcohol consumption and embrace a physically active lifestyle.



One of the Best Shows Ever

By Auctioneer Eric W. Mickelson



It has been almost two years since my oldest son, Nick, married a sweet girl, Nicole, who is from Hastings, MN. During that time we made a couple trips to that part of our state to celebrate. A bridal shower and the wedding rehearsal are a couple of the joyous events. But celebrating with family made me notice one more event in one of the tractor magazines I get. At The Little Log House Pioneer Village in Hastings July 27, 28, 29 was the 27th annual antique power show. This years feature was the gathering of the International Cockshutt Collectors Club of which I am a member.

In the early 1800's the United States began to attract European immigrants. Some came for freedoms promised in America. Some came to escape crop failures and poverty. Some came for land which was much more prevalent than in many smaller crowded countries in Europe. One such immigrant was James Cockshutt. He and his family came to Canada, in 1827, with hopes of migrating further to Pittsburgh, Pennsylvania. Upon arriving in Montreal he entered into a partnership starting a general store in Toronto. The business was successful and in the 1830's his son, Ignatius, opened a branch of his father's store in an area nearby known as "Brant's Ford." Eventually the Toronto store was closed and business was focused in Brantford, Ontario.

As the industrial revolution swept across North America it was now 3rd generation businessman James G. Cockshutt (Ignatius's son) that saw the need for farm implements to farm the prairies of Ontario. He opened the Brantford Plow Works in 1877. The name was later changed to the Cockshutt Plow Company.

In 1929, the successful plow and implement company wanted to enter the tractor market. A deal was made to distribute the 20-35 Allis Chalmers tractor under the name United. The tractor had the name UNITED stamped on the radiator, Allis Chalmers on the side of the radiator, and a Cockshutt decal on the fuel tank. This agreement fell through and in the 1930's Cockshutt began to market Oliver tractors under

the Cockshutt name. In 1935 when Oliver model 70 debuted, the Cockshutt 70 with it's red paint job also appeared. This successful agreement continued though production numbers were reduced by WWII. Since Canada was part of the British Empire the war years began in 1939, not 1941 as it was in the United States. Cockshutt factories turned to wartime production making aircraft parts and artillery.

The Cockshutt company continued to look to the future. They decided to pursue the manufacture of their own tractor. In 1946 they released the Cockshutt Model 30. The Cockshutt 30 had a great new feature, live PTO. To expand their marketing the made an agreement with cooperatives in the United States. These tractors were identical to the Cockshutt 30, but were painted "cooperative" orange and labeled with a CO-OP decal and designated the model E-3. These are some of my favorite Cockshutt models.

Later Cockshutt continued tractor production using Oliver models again painted red instead of Oliver green. My neighbor growing up, Walter Pederson, had an Coop E-3 and guess that always made me wish I had a Coop or Cockshutt tractor.

This brings me back to Hastings, MN. The 2018 ICC show at The Little Log House grounds was one of the nicest shows I have ever attended. Don't get me wrong, I am proud to attend all of our local NW Minnesota shows but the grounds and vendors present in Hastings were amazing. My wife had fun at the craft and flea market area and commented it was the most

fun she had ever had at a tractor show.....so I guess I might be able to talk her into a few more!!

Cockshutt Tractor Trivia

1. In 1827 James Cockshutt immigrated to Canada from _____
(name the country)

2. What picture or emblem was located under the Cockshutt name on Cockshutt tractors, starting in 1939?

3. As well as an agreement to CO-OP tractors, Cockshutt also reached an agreement with Gambles Skogmo. What decal was placed on these tractors?

4. The 4 cylinder engine used in the Cockshutt 30 was supplied by what engine manufacturing company?

5. Cockshutt was the first company to offer fully independent live _____.

Answers 1. England 2. Maple Leaf 3. Gambles-Farmcrest 4. Buda 5. PTO

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Commission on Judicial Selection Recommends Ninth Judicial District Candidates

[ST. PAUL, MN] – The Commission on Judicial Selection announced today that it is recommending four candidates for consideration to fill the vacancies in Minnesota's Ninth Judicial District. The vacancies will occur upon the retirement of the Honorable Robert D. Tiffany and the Honorable Korey Wahwassuck. These seats will be chambered in Park Rapids in Hubbard County and Grand Rapids in Itasca County.



Heather Labat

Heather Labat: Heather Labat is an assistant city attorney for the City of Bemidji, where she prosecutes misdemeanor and gross misdemeanor cases. She was previously a staff attorney with Legal Services of Northwest Minnesota and Anishinaabe Legal Services, an assistant county attorney in the Clearwater County Attorney's Office, an assistant public defender in the Ninth Judicial District Public Defender's Office, and a law clerk for the Honorable Lyonel F. Norris in Minnesota's Fourth Judicial District. Labat's community involvement includes serving as a member of the Beltrami County Drug Court and serving on the board of directors for BI-CAP, an organization that helps low-income people in Beltrami and Cass counties. Her community involvement has also included serving as a high school mock trial judge and mentor in the Students First program with the Beltrami Area Service Collaborative.



Kathryn Lorschbach

Kathryn Lorschbach: Kathryn Lorschbach is the county attorney in the Clearwater County Attorney's Office, where she handles a broad range of criminal and civil matters. She was previously an assistant public defender in the Ninth Judicial District and a law clerk for the Honorable Jonathan N. Jasper in Minnesota's Tenth Judicial District. Lorschbach's community involvement includes serving as a member of the Clearwater County DUI Treatment Court, the Clearwater Juvenile Detention Alternative Initiative, and the Anishinaabe Sexual Assault Response Team.



Jordan Olsen

Jordan Olsen: Jordan Olsen is a managing attorney in the Itasca County and Koochiching County public defender's offices in the Ninth Judicial District. He was previously an

assistant public defender in several counties across the Ninth Judicial District and a law clerk for the Honorable Anne M. Rasmussen in the Ninth Judicial District. Olsen is a member of the Public Defender DNA/Forensics team.



Kimberly Wimmer

Kimberly Wimmer: Kimberly Wimmer is the executive vice president and general counsel of TruStar Federal Credit Union, where she assists with the overall leadership of the credit union and oversees all legal matters for its six branches in northern Minnesota. She previously worked as a solo practitioner at Wimmer Law Office, P.A., where she handled both civil and criminal matters and worked as an assistant public defender for the State of Minnesota. Wimmer's community involvement includes serving on the Borderland Treatment Court Team; acting as a board member, secretary, and treasurer for Friends Against Abuse; serving as a board member and treasurer of the Littlefork-Big Falls School Board; and volunteering with various academic and athletic programs in local schools.

For more information about the judicial selection process, please visit the Governor's Judicial Appointments webpage.

Domestic Violence Awareness Month



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ABORTION MISCONCEPTION:

A fetus isn't a live human yet. An acorn isn't an oak tree; it has the potential to become an oak tree. An embryo, or a fetus is just a clump of cells, and has to go through a number of stages to become a real live baby.

TRUTH:

Modern science answered the question of when life begins-*unequivocally*. Life begins at conception, and a fetus is NOT just a "clump of cells." According to science, a fetus has all the characteristics which science classifies a living human being –



R31C

from the moment of conception. Planned Parenthood in its own publication states, "when fertilization has taken place, a baby has been conceived"... "Abortion kills life after it has begun."

Theodore Roosevelt

By Eric Mickelson

Last summer we were able to take in the Medora Musical. This is one of our favorite things but as summer flies by often we haven't been able to make the trip. This year returning from a family trip to Montana we enjoyed the pitch fork fondue, the Medora Musical, and a drive around the Theodore Roosevelt National Park. What fun!

As I was searching my computer I came across an article about our 26th President, Theodore Roosevelt. Teddy visited North Dakota multiple times, in fact he even stated that I never would have been President if it had not been for my many experiences in North Dakota! Roosevelt loved the rugged landscape he encountered on an 1883 bison hunt in North Dakota. He later invested in the Maltese Cross Cabin and started the Elkhorn Ranch.

Back to my research, one of my favorite "political" stories. On October, 14, 1912, Theodore Roosevelt was in Milwaukee, WI, preparing to give a campaign speech. Roosevelt was in front of the Gilpatrick Hotel greeting people when a man named John Schrank shot TR at close range. He aimed at Roosevelt's heart but the bullet was slowed by a glasses case and his speech folded in his



Picture of Theodore Roosevelt preparing for a speech in St. Paul, MN, in 1918.

pocket. Schrank was immediately brought into custody.

On the other hand Roosevelt went on to deliver his speech where he talked for nearly an hour with the bullet still in his body. After a few words, the former "Rough Rider" pulled the bloodstained manuscript from his breast pocket and stated, "You see, it takes more than one bullet to kill a Bull Moose." After he was done he was then rushed to the hospital.

Schrank said his reason for shooting Roosevelt was the fact no man should run for a third term. TR campaigned hard but in the end was defeated in the November election by Woodrow Wilson. The shooter, John

Schrank, was deemed insane and was committed to a mental hospital where he died in 1943.

Among his many honors Roosevelt won the Nobel Peace Prize in 1906, and he secured the route and began construction on the Panama Canal. As our Chief Executive he signed legislation establishing five national parks: Crater Lake, Oregon; Wind Cave, South Dakota; Sullys Hill, North Dakota (later redesignated a game preserve); Mesa Verde, Colorado; and Platt, Oklahoma (now part of Chickasaw National Recreation Area).

Just a little look at our 26th President, Theodore Roosevelt!

ABORTION MISCONCEPTION:

An embryo or fetus is just a part of a woman's body, and a woman can do whatever she wants with her own body. "My body, my choice."

TRUTH:

A woman *should* be able to do whatever she wants with her own body. But, the baby's body is not the mother's body. Science clearly defines "body part" as a structure that shares the same genetic code as the rest of the body.



R31C

The unborn child has a completely unique genetic code of its own; not the same genetic code as its mother, and about half the time, not even the same sex as the mother. Science defines the embryo as a separate living human being temporarily residing inside his or her mother.

Northwest... Continued from page 2

president of the Northwest Minnesota Housing Cooperative. NMHC was created in 1998 through a collaboration between USDA Rural Development and the Midwest Minnesota Community Development Corporation. NMHC builds affordable, sustainable housing throughout Northwest Minnesota, partnering with local developers, contractors, retailers, financial institutions, and government agencies to create a simple path to homeownership. Fagerstrom, who initially was named manager of the NMHC when it was formed in 1998, now also serves as the contractor partner for North Star Neighbors, a community land trust serving Northwest Minnesota.

-Deb McGregor: Deb McGregor, of Bemidji, inspires entrepreneurs, clients, colleagues and communities to live, share, and lead with joy. She invites others to be a part of processes and solutions. She impacts thousands of people each year through her keynote speaking, workshop presentations,

her work as a consultant with the Northwest Small Business Development Center, podcast hosting and appearances, and executive/life coaching.

The Fosston Education Foundation Fund was recognized as the recipient of the Community Philanthropy Award. The fund, among the NMF family of funds, was established in 1996, and has issued 166 grants totaling more than \$220,000 to support not only the students of Fosston Public Schools but also district staff, community educational programs, and other educational institutions in and around Fosston. In addition to grants, the fund also provides scholarships to Fosston students who are majoring in education to assist in their post-secondary pursuits. Since 2001, more than \$35,000 dollars has been awarded through these scholarships.



U of M Crookston to host Minnesota author Sarah Stonich October 23 at the Fournet Building

The University of Minnesota Crookston will host a conversation and reading with Minnesota author Sarah Stonich on Wednesday, October 23 at 4 p.m. inside the foyer of the Fournet Building downtown. Stonich, the author of six novels and an award-winning memoir, will read from her work, talk about the small-town northern Minnesota settings of her writing, and discuss the significance of regional fiction in the 21st century. There will be an audience Q&A and book signing as well as light refreshments served.

"Last fall I inaugurated what

I intend to be an annual series of writer visits," explained Senior Vice Chancellor Rosemary Johnsen, Ph.D. "My goals for the series include showcasing the value and pleasures of Minnesota-set fiction by Minnesota authors."

"Fishing! is what first caught my eye, and I enjoyed it immensely," she added about Stonich.

Stonich's Fishing! is the story of a fishing expert named RayAnne Dahl who is learning the ins and outs of hosting a fishing show for public television. The comedic saga of fishing, family, and three genera-

tions of independent women is the first in a trilogy.

Sarah Stonich is the best-selling author of These Granite Islands, which has been translated into seven languages and shortlisted for France's Grand Prix des Lectrices de Elle; the critically acclaimed novel The Ice Chorus; and a memoir, Shelter: Off the Grid in the Mostly Magnetic North. Her novel-in-stories, Vacationland, is the first book in her Northern Trilogy, followed by Laurentian Divide, winner of the Minnesota Book Award for Fiction. She lives in Minneapolis. (source: University of Minnesota Press)

HALLOWEEN WORD SEARCH

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

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

WORDS

BONE
BOO
CANDY
CAT
COSTUME
DRACULA
GOBLIN
GRAVE
HALLOWEEN
HAUNTED
MONSTER
MOON
NIGHT
OCTOBER
PUMPKINS
SCARE
SCREAM
SKELETON
SPIDER
SPOOKY
TREAT
TRICK
VAMPIRE
WITCH

Answers on page 7

Letter to the Editor

Vote like it's raining!

Just one little droplet – that's all it takes. One little droplet of rain falls from the sky. It has big ideas, but it realizes it can't do much by itself – but it is not deterred.

It would be easy to say "My one little droplet doesn't count for anything, so I might as well just stay home." But he realizes that his one little droplet is just as big, and just as important as the next droplet, so he falls to earth and joins up with other little droplets to form little rivulets, which, in turn, join up with other little rivulets to make big rivulets, which in turn, join up with other big rivulets coming from here and there and everywhere, and who knows where.

This kind of thing we can understand full well. This is the stuff raging torrents are made of. This is the stuff great floods are made of. As this process of joining up repeats itself time and time again, eventually the volume of water moving toward the big river gets to be greater than the culverts can handle, so the water just goes splashing over the road until it comes to another culvert, where it repeats the splashing process all over again, and that one little droplet played just as important part in the flood as the other droplets.

The next time you start thinking your one little vote doesn't count for anything, decide to be that one little droplet. Vote like it's raining!

Sandra Salvhus
28742 300 ST. SE
McIntosh MN 56556

Letter to the Editor

ONE VOTE – Letter to the editor – Linda B

How important is my vote? Everybody gets one, so why is mine so important? That's a question that answers itself ... "Because I only get one!" That means that the one vote I get is just as important as the one vote anybody else gets.

BUT, My vote is the only one I can control! If 6000 people use their one vote in this election, and it comes down to a tie with my vote left to count, THEN how important is my vote?

Use your vote wisely, but by all means, USE YOUR VOTE! Be the voter who wins the election with the vote he/she DID use. It's that simple – and it's that important. The innocent unborn babies must rely on my vote if they are to survive abortion on demand.

Linda Blaser
Fosston, MN

Did you know?

The popularity of vegan diets is on the rise as people increasingly turn to plant-based eating. According to SoyLent, a soy-based meal replacement beverage company, the number of vegans exceeded 9.7 million in the United States in 2019. Projections estimate that by 2040, only 40 percent of the global population will continue to eat meat. The online resources Made in Canada reports that, in 2020, 4.6 percent of Canadians were vegan. Between 2017 and 2021, the compound annual growth rate for plant-based ready meal sales in Canada was 441.8 percent advises the site.

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OBITUARIES



Obituary for Marjorie Simonson

Marjorie (Margie) Rae Simonson, age 65, of Mentor, MN passed away peacefully in her home on Thursday October 10th 2024. A Mass of Christian Burial will be held at 11:00 a.m. on Saturday, October 19th, at St. Lawrence Catholic Church in Mentor with Father Larry Delaney presiding. Interment will be in Faith Lutheran Cemetery, Mentor. Visitation will be held for one hour prior to the service on Saturday at the church. Arrangements are with Carlin Family Funeral Service of Erskine and messages of condolence may be sent at www.carlinfuneral.com.

Margie was born September 23rd 1959 to Leo Raymond (Tuffy) and Betty Moran in Crookston, MN.

From very early in life Margie had a personality that shined. She was quick to make friends, easy to talk to and made everyone feel so loved and cared for. Margie grew up in Erskine, MN attending elementary and high school, proudly graduating from Erskine High. Although she would hate to admit it, her beaming friendly personality was proven when she was crowned homecoming queen in 1978.

In 1986 Margie met the love of her life Rory Simonson; they were united in marriage

on June 25th 1987. Together they were always ready to tackle life's greatest adventures. Early in their marriage they lived in Brainerd, where they owned and operated an Oofda taco stand. In 1992 they were blessed with one son Matthew Earl Simonson. Shortly after the birth of their son, they moved to the Simonson family farm in Mentor, where she continued to live up until her death.

One of Margie's greatest joys in life was the time spent at the family restaurant "Moran's Supper Club". From a young girl when her grandparents owned it, to working for her parents as a teenager. Once she returned back to the area she went to work for her brother Mike. She will forever be remembered for her speedy zippy service and contagious laugh. She had many regular frequent customers who visited not only for the delicious food but for her incredible friendship.

She is survived by her husband Rory Simonson Mentor. Her very special furry companion, always by her side, her dog Coco. Son Matthew Simonson (Emily) Fertile, son Jesse Haddeland Fargo, ND and step son Lorne Simonson Grand Forks, ND. Three grandkids Destiny Simonson, Eian Simonson, Parker Hemmingsen. Brothers Mike Moran Erskine, and Pat Moran Erskine, Sister Mary Jo Gilbert TX. In Laws Cindy Benson (Eugene) Mentor, Linda Evenson (Steve) Erskine, Trudy Austin (Lee) Baxter, Cory Simonson (Heather) Rockford, Keith Bruggeman Mentor. Special friends very near and dear to her heart Elaine Jordan and Ellen Roux - Many nieces and nephews who she loved dearly.

She was preceded in death by her parents Tuffy & Betty Moran, father & mother-in-law Earl & Kate Simonson, brother Danny Moran and Sister-in-law Cathy Bruggeman.



Obituary for Barbara Bourque

Mass of Christian Burial was held on Thursday, October 10, 2024, at 12:30 PM at St. Andrew Catholic Church in Elk River for Barbara J.

Bourque, age 77, of Elk River who passed away on October 7, 2024. Visitation was held one hour prior to the service at the church.

Beloved wife, mother, grandmother, great grandmother, aunt, sister, and friend.

She is survived by her adoring soulmate and husband, Richard Bourque; daughters, Elaine (Travis) and Becky; Son-in-law Jay; grandchildren, Dustin, Cole, Amanda, Annika, William, Jonathan, Trever, and Elizabeth; great grandchild Knox. Blessed to have been granted the gift of saying goodbye to her siblings and several dear friends prior to passing.

Barbara was escorted into heaven's gates by her daughter Karen and brother Paul.



Obituary for Mary Ann Juve

Mary Ann Juve, age 81, of Erskine and Fosston, MN, passed away on Wednesday, October 9th, at Fair Meadow Nursing Home in Fertile, MN. Funeral services were held at 11:00 a.m. on Monday, October 14th, at Bethel Assembly Church in Fosston with Pastor Seth Johnson officiating. Interment will be in Queen Cemetery, rural Fosston, at a later date. Visitation was held for one hour prior to the service on Monday morning at the church. Arrangements with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Mary Ann Folden was born on March 9, 1943, in Fargo, North Dakota to parents Haaken and Alice (Clary) Folden. She grew up in Moorhead, Minnesota and Hitterdal, Minnesota. At the age of 16, she moved to Fargo and began work at the Fargoan

Hotel and, later, American Crystal Sugar in Moorhead. She married Leland Juve in 1974. They lived in Fargo and she worked cleaning cars at their car dealership. Leland passed away in 1996.

Mary Ann was married to Ronald Juve on June 16, 2006. Mary Ann and Ron lived in Clearbrook, Fosston, and Erskine. She had currently been residing in Fair Meadow Nursing Home in Fertile.

Mary Ann was a hard worker and was a funny, kind, and generous person. She enjoyed camping and animals.

Survivors include her husband, Ron, of Erskine; her step-children, Kevin (Lesia) of Erskine, Mark (Tracy) of Clearbrook, MN, Jason (Shelly) of Erskine, Kyle (Tessa) of New Ulm, MN, and Rhonda (Ben) Matson of Grand Forks, ND; 13 step grandchildren and 10 step great grandchildren.

Also surviving are eight siblings, Sigurd (Anita) Folden of Fargo, ND, Margaret Sullivan of Fargo, ND, Larry (Peggy) Folden of Cushing, OK, Marilyn (Dave) Walstrom of Moorhead, Richard Folden of Moorhead, Jimmy Folden of Moorhead, Dave Folden of Moorhead., and Janis (Darwin) Paler of Fergus Falls. Nieces, nephews and cousins also survive.

She was preceded in death by her parents; first husband, Leland; step-son, Loren Juve; siblings, Grace Thompson, Joyce Folden, and Betty Monson; brother-in-law, Robert Sullivan; step daughter-in-law, Marilyn Juve; and nephew, Michael Horn.



Obituary for Patricia Johnson

Patricia Julia Johnson died on October 5, 2024, in North Branch, MN at the age of 102. Pat was born July 10, 1922, in Nevis, MN to August and Katherine Longman Lindow. She was the youngest of six children.

She attended school in Nevis, graduated in 1940, then attended business school in Detroit Lakes. After being employed in St. Paul, she came to Clearbrook and worked at the First State Bank from 1942 to 1948. She married Lowell Johnson in 1947. They made their home and raised their four children in Clearbrook.

Pat was the Clearbrook City Clerk from 1970 to 1986. She was an active volunteer in various local organizations, and she was a proud member of the American Legion Auxiliary for 74 years. Other volunteering activities included the Good Samaritan Home, Civic Club and Garden Club. Pat

was a member of St. Joseph's Catholic Church in Bagley.

She also enjoyed gardening, bowling (until age 85), playing cards (especially with her bridge club), golfing, casino trips, knitting, the Clearwater Lake cabin, and traveling (thousands of miles in the motorhome with Lowell).

Pat was preceded in death by her husband Lowell (2002), two infant children, siblings - Louise, William, Catherine, Ruth and Thomas.

She is survived by her son- Bill (Judy) of Vadnais Heights; daughter - Betty (David) Ambers of North Branch; daughter -Barb (Glen) Juntti of Minnetonka; and son - Alan of Somers of Montana; grandchildren -Scott and Ross Juntt, Kelli Ambers Perrault, Casey Ambers Thiel, and Travis and Amanda Johnson. Great grandchildren Wyatt and Alton Perrault, Lauren and Owen Thiel, Chase, Collin and Charlee Juntti, Kira Juntti, Aubrey and Joslyn Johnson, Amanda's Baby Boy Schmidt; numerous nieces and nephews.

Special thanks to all who cared for Pat in the past 3 years.

Services – Memorial Gathering will be on Saturday, October 19, 2024, starting at 11:00 am with lunch to follow at the Cease Family Funeral Home in Bagley. Interment (with Lowell) at Silver Creek Cemetery in Clearbrook will be held at 1:45pm

Arrangements –Cease Funeral Home, Bagley and Grandstrand Funeral Home, North Branch.

Memorial service for Barb Kilpela

Barb Kilpela passed away August 16, 2024 in Fargo ND at the age of 77. Barb was an active member in the American Legion Auxiliary Unit 16 (Bagley) until her health declined.

There will be a memorial service, with Auxiliary Honor Guard, at the Bagley American Legion Post 16 on Thursday, October 24th at 6:00pm.

The family requests in lieu of flowers, donations be made in her memory to "School Backpack Program". The Backpack program provides food to school children who may need a little extra help over weekends in Clearwater County.

Checks can be made out to American Legion Auxiliary Unit 16, (memo Backpack Program) and mailed to Bagley American Legion Auxiliary 112 Main Ave N, Bagley MN 56621. Donations may be made in-person at the service.

NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

Healthy Aging-Taking Care of Cognitive Health — the ability to clearly think, learn, and remember — often changes as we age. Although some people develop Alzheimer's or other types of dementia, many older adults experience more modest changes in memory and thinking. Research shows that healthy eating, staying active, and learning new skills may help keep older adults cognitively healthy.

If you think your daily choices don't make a difference, data from an NIH study with 3,000 participants show otherwise. Researchers scored participants on five healthy lifestyle factors, all of which have important health benefits:

- At least 150 minutes per week of moderate-to vigorous-intensity physical activity
- Not smoking
- Not drinking heavily
- A high-quality, Mediterranean-style diet
- Engagement in mentally stimulating activities, such as reading, writing letters, and playing games

The findings show that making these small, daily changes can add up to significant health benefits. Those who followed at least four of these healthy lifestyle behaviors had a 60% lower risk of developing Alzheimer's. Even practicing just two or three activities lowered the risk by 37%. While results from observational studies such as this one cannot prove cause and effect, they point to how a combination of modifiable behaviors may mitigate Alzheimer's risk and identify promising avenues to be tested in clinical trials.

New clinical trials are also testing the benefits of tightly controlling blood pressure on healthy aging. These trials are based on a 2019 study, with data supporting the idea that intensive blood pressure control may slow age-related brain damage and even mild cognitive impairment, which can increase the risk for Alzheimer's or a related dementia.

There is some evidence that exercising your brain by learning a new skill can improve memory function. A study of adults 60 and older showed that sustained engagement in cognitively demanding, novel activity enhanced memory function. In particular, the new skills learned in this study were 1) learning how to use computer software to edit photos and 2) learning how to quilt. Learning a new game, instrument, craft, or other skill can be fun and may have the added benefit of staving off memory loss as you age.

Taking care of your physical, mental, and cognitive health is important for healthy aging. Even making small changes in your daily life can help you live longer and better. Taking steps to achieve better physical and mental health may reduce your risk for Alzheimer's and related dementias as you age.

Cognitive Health and Older Adults | National Institute on Aging (nih.gov)

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

Obituaries also posted on www.tricocanary.com



Obituary for Edgar Miller

Edgar Miller, age 90 of Goodridge, MN passed away peacefully on Sunday, October 6, 2024 at Neilson Place in Bemidji, MN with his loving family by his side.

Visitation was held at 10:00 AM with the service to celebrate Edgar's life at 11:00 AM on Saturday, October 12, 2024 at Our Saviour's Lutheran Church in Thief River Falls, MN with Pastor Alex Amiot officiating. Burial at Reiner Lutheran Free Cemetery of Goodridge.

On March 15, 1934, Edgar James Miller was born at home and was one of 10 children to Morris and Signe (Sjulestad) Miller. He was a hardworking boy who attended country school until 8th grade. He learned very early in life the meaning and dignity of hard work. He moved to his grandparent's farm to help out when he was a teenager. Edgar was gifted at making things work and inventing ways to get things done on the farm. He had a solid and traditional faith and was thankful for his Reiner Church family where he served as custodian for many years.

Edgar was a quiet man of few words and expressed himself through his love of music, especially playing

his accordion, often at local nursing homes. Memories of Edgar playing his music and teaching family members how to dance in the kitchen, will be forever etched in the hearts of the family.

Edgar married his one and only love in 1957, Dorothy Mae Coan. Together they settled on the John and Alma Miller Homestead in Reiner Township where they raised cattle and small grains. They had a long life together and were a positive example of a strong foundational marriage. They knew their love was a gift from God and they cherished each other and their four children MariLou, Shirley, Jack, and Gary.

Edgar is survived by his daughters, MariLou Cwikla, Shirley (Bruce) Wegley; sons Jack (Jayne) Miller, and Gary Miller; grandchildren, Garrett (Amanda), Laura (Jeff), Samantha (Brandon), Diana (Alfonso), McKenzy, Jaclyn, Kari, Luke (Tori), Chloe (Chase), and Holden; 17 great grandchildren and one on the way; siblings, Delores "Dodie" Keim, Marilyn Lacoursiere, Richard "Dickie" (Judy) Miller, Judy (Richard "Red") Anderson, Joyce Geer, Morrie (Mary) Miller, Gene (Kari) Miller; sisters-in-law, Sharon Miller and Margie Coan; and numerous nieces and nephews.

He is preceded in death by his wife, Dorothy; parents; sons-in-law, Bob Cwikla and Donovan Verbout; sister, Sharon (Leon) Iverson; brother, Norman; brothers-in-law, Arnold Keim, Dick Lacoursiere, and Larry Geer; father and mother-in-law, Bert and Inga Coan; brother-in-law, Kenneth Coan.

Edgar's family deeply appreciates your kindness and memorial donations. No thank you cards will be sent.

Condolences may be sent at www.johnsonfuneralservice.com

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Y O N S H A L L O W E E N C N E C H N C
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Y M D V I W V A M P I R E K C L L A O U
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Statewide youth deer season returns Oct. 17-20

Contact: Barb Keller, DNR
big game program leader, 651-
259-5198.

Minnesota's youth deer season will take place statewide Thursday, Oct. 17, through Sunday, Oct. 20. The season coincides with statewide teacher workshops, so many Minnesota students don't have school during the youth season.

To participate, youth must be 10-17 years old and have a deer license. Participant numbers are not limited and there is no special permit, so parents should obtain a regular deer hunting license for each youth who will be hunting. Youth may not tag antlerless deer or legal bucks taken by another individual. An adult parent, guardian or mentor must accompany youth ages 10-13.

All hunters and mentors, regardless of whether they are participating in youth deer season, must follow blaze orange/pink clothing requirements. Fabric or synthetic ground blinds on public land must have a blaze orange safety covering

on top of the blind that is visible from all directions, or a patch made of blaze orange that is at least 144 square inches (12x12 inches) on each side of the blind.

Adults may not hunt, unless they are in an area open during the early antlerless season and have a valid license. Complete youth season details are available on the Minnesota DNR youth deer season webpage (mndnr.gov/hunting/deer/youth.html).

Hunters can check the chronic wasting disease sampling options and carcass movement restrictions for the deer permit areas where they hunt on the Minnesota DNR website (mndnr.gov/deerhunt).

Early antlerless-only deer season is Oct. 17-20

Contact: Barb Keller, DNR
big game program leader, 651-
259-5198.

Hunters can participate in an early antlerless-only deer season from Thursday, Oct. 17, through Sunday, Oct. 20. The season increases opportunities for hunters in deer permit areas where deer populations are above population goals or where there is an increased risk of chronic wasting disease. Permit areas open during the hunt are 214, 215, 218, 219, 221, 222, 223, 225, 227, 229, 236, 341, 605, 642, 643, 645, 646, 647, 648, 649, 661 and 701.

The Minnesota Department of Natural Resources offers this opportunity to hunters to manage local deer herds. The bag limit is three antlerless deer, and deer taken during the early antlerless-only season do not count against the statewide

bag limit or the DPA bag limit. Youth may not tag antlerless deer or legal bucks taken by another individual. Fabric or synthetic ground blinds on public land must have a blaze orange safety covering on top of the blind that is visible from all directions, or a patch made of blaze orange that is at least 144 square inches (12x12 inches) on each side of the blind.

Before participating, hunters should review the specific license and permit requirements available on page 88 of the Minnesota Hunting and Trapping Regulations (mndnr.gov/regulations/hunting).

Hunters can check the chronic wasting disease sampling options and carcass movement restrictions for the deer permit areas where they hunt on the Minnesota DNR website (mndnr.gov/deerhunt).

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2011 Ram 2500HD Reg. Cab, 4x4, 5.7L Hemi, Auto, Knapheide 8ft. Steel Service Box, 230,269 Miles
2012 Ram 2500HD Reg. Cab, 4x4 5.7L Hemi, Auto, Knapheide 8ft. Steel Service Box, 160,407 Miles
2011 Ram 2500HD Reg Cab, 4x4, 5.7L Hemi, Auto, 8ft. Fiberglass Service Box, Double Ladder Rack, 182,095 Miles

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