



Tri County Canary

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



Zach and Jasmin Crist with their children.

Fund raiser planned for Zach Crist

Article from their
GofundMe page
Psalm 143:1, 11
“Lord hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief. For your names sake, LORD, preserve my life; in your righteousness bring me out of trouble.”

In 2022, two weeks after Zach and Jasmin had their second child, they were hit with hardship. A chronic and incurable diagnosis that has reigned havoc ever since. Over the past 2.5 years, Zach and Jasmin have kept Zach's diagnosis of relapsing remitting Multiple Sclerosis (RRMS) private as they hoped to navigate it with the support of our healthcare system, integrative care, their strong faith and close friends and family. However, in just a few short months Zach's health has drastically declined and caused worry among Zach's doctors and loved ones. Due to the aggressiveness of his RRMS now turning into PPMS his current treatments have not been successful at halting the disease progression, the window of hope narrowed very quickly. This lead them down a desperate path to seek other options or morsels of hope to help him. Finding Dr. Burt at Scripps Memorial Hospital in La Jolla, CA offered that and one of the only programs in the United States to use stem cell transplant and chemotherapy to reset the immune system in the hopes it will stop attacking itself and allow for better management of symptoms and stop the quick progression of this relentless disease. During this time Jasmin and Zach have tried desperately to live as nor-

Fund raiser for Zach Crist will be held November 7 from 4 to 7 at the Bagley American Legion.
First National Bank in Bagley/Fosston has an account open under Zachary C Crist where you can bless this family as well.

mally as possible as they raise their 2 young children. Going to work every day no matter the pain, being a father, husband, supporting a new business and a small farm lifestyle they both love so much. With Jasmin by his side advocating and relentlessly seeking options to help find new ways to ease symptoms and try to figure out the best and safest options. To say the least, it has been a trying process with not many options left.
Considering recent testing and advisement of his medical team he no longer has the time to wait for other options or for his insurance company to offer support over this only known treatment of his aggressive form of MS. This treatment is Zach's only known hope left for his future. Unfortunately, due to insurance denial of the first 2 claims for this procedure they are put in a situation to pay for his full treatment out of pocket. With a vast majority of it being required to even get Zach on the books for starting this treatment in October. Jasmin continues to fight and advocate for Zach, she is currently working on her third appeal to submit to the board of trustees. However, time is not on Zach's side. Continuing to wait for an approval that may take up to a year or more or may not even happen at all is not an option anymore.

He unfortunately doesn't have the time, or he will no longer qualify for the procedure due to the rapid progression of this disease. The upfront cost is \$85,000, for chemotherapy, a stem cell transplant, inpatient hospitalization. Not including the unknown cost of outpatient stay due to symptoms and safety of this treatment, travel to CA, being unable to work during this time and the many other things that will come up during this difficult time.

The realization that Zach's situation has come to this has been beyond devastating for them. If you know Zach and Jasmin, you know how incredible they are & self sufficient, the last thing they hoped to do would be to ask for help. But their options are quickly dwindling. There are so many people who love and want to support them and have been asking how to do so. We understand that many people are also going through difficult times in life and have immense empathy for that. Even just your prayers and positive encouragement are so appreciated. But if you are able or feel it on your heart to do so, we want to offer this option of money donation to come alongside & support this family's journey. Any help, prayer, or sharing of Zach's story is beyond appreciated. They want to thank everyone for their support as they move forward on this very difficult road.

If you would like to follow this family + Zach's story there is a private FB group that updates are shared on regularly to keep friends, family, and the community updated. (Zachs Journey against PPMS)

Six individuals recognized at Homecoming 2024 Alumni Awards and Athletic Hall of Fame Ceremony

Six individuals were recognized by the University of Minnesota Crookston during Homecoming 2024 as this year's alumni award winners and athletic hall of fame recipients. Brent Melsa 1990 and 1994, and Jasmine Melsa 2006 were recognized with the Outstanding Alumni Award, Rikki Roscoe, Ph.D. 2016 received the Abbey [Promise] Award, and Jason Yutrzenka 1995 (men's basketball), Joan (Ebnet) Bellesbach 2006 (volleyball), and Randy Greendahl 1986 (men's basketball) were inducted into the Athletic Hall of Fame.

Randy Greendahl graduated from Fosston High school

Randy Greendahl competed on the Trojans men's basketball team and earned All-Northwest Division honors as a sophomore in 1985-86, going on to be selected All-MCCC the same season. Greendahl was an MCCC Player of the Week during

the 1985-86 season and was named to the All-State Tournament Team and the All-Region Tournament Team. He was an All-Northwest Division and All-MCCC honoree as a freshman in 1984-85 and was a team captain as a sophomore, and the team's MVP (Most Valuable Player.) Greendahl led the team to a 35-16 mark in two seasons (1984-86). The 1985-86 team went 21-7 (8-3 in the conference) and went on to be Region XIII Runner-Ups, plus won the State Championship over Inver Hills. The 1985-86 squad has been inducted into the Athletic Hall of Fame as a team. Greendahl is fifth all-time in career scoring in the NJCAA era, seventh in blocked shots, fourth in steals, and fourth in rebounds. He shot 54.8 percent from the field during his freshman season.

Greendahl is married to his wife, Sherry, and they have two adult children, Erin Lisburg (28), and Matt Greendahl (22).

The couple live in Walhalla, N.D. Following his time at U of M Crookston, Greendahl went on to Northern Montana College where he received his bachelor of science degree in elementary education. He is a retired K-12 physical education teacher, most recently at North Border-Walhalla Public School.

During the awards ceremony, Greendahl thanked his family and friends, called out former teammates in the audience, shared personal stories about his time at U of M Crookston, and acknowledged his coach, Gary Senske.

“Attending school and playing basketball at UMC helped lay a foundation for my teaching and coaching career - 31 years in Walhalla, North Dakota,” Greendahl shared. “Gary Senske was a great coach, there's just something about him. He

Awards...
Continued on page 2

EID ear tag rule for cattle and bison goes into effect November 5

The Minnesota Board of Animal will implement a new United States Department of Agriculture's (USDA) Animal and Plant Health Inspection Service (APHIS) official identification rule on electronic identification (EID) tags on Nov. 5, 2024. USDA issued the new guideline April 26, 2024.

The rule specifies ear tags for all sexually intact cattle and bison 18 months of age or older, all dairy cattle, cattle and bison of any age used for rodeo or recreation events, and cattle or bison of any age used for shows or exhibition “must be both visually and electronically readable in order to be recognized for use as official identification for interstate movement of cattle and bison covered under the regulations.” Current EID include radio frequency identification (RFID). This means visual-only tags like the NUES 9 (metal or plastic) tags will no longer be counted as official unless they are applied to the animal before the Nov. 5, 2024, deadline.

“These rules are also effective for intrastate (within Minnesota) movements and using RFID tags bolsters our ability to quickly and accurately track the movements of animals in and around our state,” said Dr. Katie Cornille, senior veterinarian with the Board. “A quick and accurate response means fewer farms and animals are affected by disease and quarantines, which reduces economic impact and keeps the industry moving.”

When disease is discovered at a farm, processing plant, or market, animal records tell the Board what animals may have been exposed and where they went or came from so those investigating can follow the trail to find the source of the disease and contain additional spread. Tag information is recorded when tags are applied, at selling points, when official movements are recorded, and when a disease investigation is being conducted. RFID allows a quicker response during

investigations because animal health officials can process tag information electronically.

The Board and USDA do not passively track RFID tags on producers' private property or remotely monitor herds.

Producers can purchase tags from approved manufacturers directly or check with their veterinarian to see if they have a supply of RFID tags. Purchase tags and tag applicators directly from the following manufacturers: Allflex, Datamars, Destron, Leader, Shearwell, Wuxi, and Y-TEX. Tag applicators are specific to each manufacturer.

When no-cost tags are available through the USDA distribution program, producers and veterinarians can order through the Board's website.

The rule changes what counts as official ID, not when official ID is needed. The rules regarding what needs to be identified when are not changing. Visit the Board's website to see when these animals require official ID for entering or moving within Minnesota.

Questions on the implementation of this rule can be directed to trace@state.mn.us or traceability@usda.gov.



Reach Out and Read MN represented by northern MN Program Specialist Cate Belleveau met with Laurel Robinson and recently awarded the Sanford Bemidji clinic with sets of children's literature to distribute during well child visits at the clinic. Native American themed books were made available via a Reach Out and Read MN grant funded by the Mdeuwakanton Sioux Community and specialty books for special needs youth and their families (autism, ADHD, physical limitations, deaf, blind communities etc.) were given in a 35 in 35 program celebrating Reach Out and Read national's anniversary of 35 years supporting youth literacy from an early age. For more information about Reach Out and Read Minnesota's work go to www.reachoutandreadmn.org



NELL program to be held November 6

Northern Exposure to Lifelong Learning (NELL) is excited to partner with the Bagley Public Library and East Polk Heritage Center (Fosston) in bringing speaker Doug Ohman Photographer and Storyteller (Twin Cities), to Bagley, MN for two exciting programs. Both programs will be held in the Bagley American Legion Irvin Blix Post 16 Auditorium in Bagley.

The first program is “Name That MN Town”. Journey across the state as Doug explores towns and villages of Minnesota, sharing the rich history of various locations and cities as well as interesting stories relating to the town names. This program is brought to Bagley by Lake Agassiz Public Library-Bagley. This program starts at 9:30 am.

The second program is “The New Deal in MN”. Explore the back roads of Minnesota, State Parks and urban settings as Doug discovers and shares the legacy footprint remaining from President Roosevelt's Great Depression relief, recovery, and reform programs, including the WPA, CCC, PWA, NYA, and the VCC. This program is brought to Bagley by the East Polk Heritage Center. This program will begin approximately at 11:15am.

These programs are offered free of charge thanks in part to funding from the Minnesota Legacy Arts and Cultural Heritage Fund.

Doors open at 9:00am. Refreshments will be served before the program and at the brief intermission between the two programs.



Outstanding Alumni Award winners Brent and Jasmine Melsa, and Athletic Hall of Fame recipients Jason Yutrzeuka, Joan (Ebnet) Bellesbach, and Randy Greendahl. Not pictured - Abbey [Promise] Award winner Rikki Roscoe.

looked at you, he got the best out of you, and the best out of our team. There's a reason why the (Lysaker Gymnasium) floor is named after him. He knew his Xs and Os, he is a legend in my mind."

Brent and Jasmine Melsa

Brent and Jasmine Melsa own and operate Drafts Sports Bar & Grill in Crookston which recently celebrated 11 years as one of the region's premiere establishments. They have three children, Kelsey, Emi, and Keane, and reside in Crookston. Brent graduated from U of M Crookston with an associate's degree in restaurant management, and a bachelor's degree in hotel, restaurant, and institutional management. Jasmine graduated from U of M Crookston with an associate's degree in dietetics.

Rikki Roscoe

Rikki Roscoe graduated from the University of Minnesota Crookston with a bachelor's degree in communication and went on to earn her master's degree in communication and journalism from South Dakota State University (SDSU), and her doctorate in communication from the University of Missouri. As a U of M Crookston student and former golf student-athlete, she received the Outstanding Communication Major Award and the Student Achievement Award from the National Collegiate Athletic Association, both in 2016.

Jason Yutrzeuka

Jason Yutrzeuka competed on the Trojans men's basketball team while studying gen-

eral business at the U of M Crookston. Yutrzeuka is the second all-time leading scorer for the men's basketball program during the NJCAA era with 1,023 points, and was named twice to the MCCC All-State squad and was a two-time All-Region XIII Team selection. In addition, he was a 1993 NJCAA Preseason All-American and selected to the All-Northwest Division. Yutrzeuka served as team captain, was eighth all-time in assists during the NJCAA era, and second all-time in points per game in a single-season during the NJCAA era, averaging 26.3 points per game as a sophomore. He helped his team to a combined 28-16 mark in the program's last two seasons in the NJCAA.

Yutrzeuka is married to his wife, Jennifer, a 1995 alumna, and they reside in Argyle, Minn. They have two adult sons, Justin, a 2019 U of M Crookston graduate who played baseball for the Golden Eagles, and Hunter, who played baseball for Northland Community & Technical College. Yutrzeuka is the owner of Argyle Builders Supply and Stephen Builders Supply, two retail lumber yards, and is a member of the Leadership Committee NFIB Small Business Association. Yutrzeuka is retired from the Argyle Fire and Rescue, and helps out Stephen/Argyle Central as a varsity football assistant, junior high boy's basketball coach, varsity assistant girl's basketball coach, and has been an assistant coach for Argyle Legion baseball.

Joan (Ebnet) Bellesbach

Joan (Ebnet) Bellesbach competed on the Golden Eagles volleyball team and graduated from the University of Minnesota Crookston with a bachelor's degree in business management. She was a 2003, 2004, and 2005 All-NSIC First Team pick and is the most decorated volleyball player during the NCAA Division II era. Bellesbach was all over the record books in her Golden Eagle career, first all-time for digs per set, third all-time for digs, and fourth all-time for kills, plus she was named to the 2004 AVCA All-Region Team. Bellesbach was a major part of a 14-win team under Head Coach Dave Simon in 2004, the second-winningest NCAA Division II season the program has produced. She was the first player to reach 1,000 kills and 1,000 digs in U of M Crookston history, and was awarded various All-Tournament and player of the week recognitions during her career. She also played for the women's basketball team as a senior during the 2005-06 season and was named team defensive MVP.

Turn clocks
back 1 hour
before you go
to bed Saturday
night!

Daylight Saving Time Ends

November 3, 2024

A Birthday Party honoring **LeRoy Mostrom** on his **95th Birthday** will be held on **Sunday, Nov. 3rd** at the **Gonvick American Legion Cabin** from **12:00 to 3:00 p.m.**

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FDIC

By John Eggers

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



Bobbleheads
Do you own any Bobbleheads or Nodder dolls? If you do, they could be worth several hundred dollars or even thousands. Or, they could be worth very little but have only sentimental value. Sports Bobbleheads are the most collectible.

One of the more expensive Minnesota Twins Bobblehead dolls is a limited edition Kirby Puckett Hall of Fame doll worth about \$300.

Collecting Bobblehead dolls can be fun, but it can also be costly. A few years ago, I purchased a Brett Favre Minnesota Viking Bobblehead doll, thinking that it would appreciate. I am unsure why, but it is only worth about \$20. So, you need to know what you are doing.

The most valuable Bobbleheads are from the 1960s when they first became popular. A vintage Washington Redskins Bobblehead from that era sells for about \$2200.

Be on the lookout for miniature Bobbleheads or Noddies. They can be equally as valuable. Many of the more valuable Bobbleheads are of mascots. A Chicago Cubs mini nodder is worth about \$1300.

The message is: If you like a particular Bobblehead because it means something to you, buy it. If you purchase a Bobblehead as an investment, you first do some studying. In the meantime, I have a super nice Brett Favre Viking Bobblehead to sell—cheap.



Dennis Obert Hovet

Hovet sentenced

Dennis Obert Hovet, 64 of Goodridge admitted to burglarizing homes while people were attending funerals, was sentenced Tuesday, October 15 for five felony offenses. He stole firearms out of homes in three counties.

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Package of
Irregular
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\$2.00

Case of
12 Irregular
Lefse
\$20.00

Pick up at lefse bakery –
3 miles north of Gonvick
on Country Rd 7

Open 7:00 am-3:00 pm Monday-Friday

Annual Deer Hunters Meatball Supper

Saturday, November 9, 2024
5:00-8:00 p.m.
Erskine Community Center

Free Will Contribution
Sponsored by Grace Lutheran Church
Curbside "to go" service from west alley
at the Erskine Community Center.

Everyone
Welcome!

DINING & entertainment

KANDI'S WILL BE CLOSED

Saturday, Nov. 2nd, 2024
See you back Mon, Nov. 4th!

Kandi's Kitchen

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WING NIGHT WEDNESDAY

Fri. & Sat., Nov. 1st & 2nd - Chicken & Ribs

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Nov. 1st, 2nd & 3rd, 2024
Steak & Shrimp, BBQ Ribs,
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Ribs & Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye

WEDNESDAY NIGHT
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2 Piece Broasted
Chicken Dinner \$11.00

KITCHEN OPEN UNTIL 9:00 P.M. DAILY

COMING SOON!
November 23rd
DEER HUNTERS BALL
Music by The Troubadours
7:00 to 11:00 p.m.
Gun Raffle at 10:00 p.m.

Breakfast EVERY
SUNDAY
Starting Sunday, Nov. 10th
9:00 a.m. to 1:00 p.m.

He received concurrent sentences with the largest sentence being a 50-month prison sentence for a felony charge of first degree burglary in Red Lake County and a 24-month prison sentence for a felony in Pennington county.

The incidents go back to September 2023 with charges at a home near Brooks where she was attending her husband's funeral. He was also linked to the case of a stolen credit card that was used November 4 at Community Oil in Clearbrook.

Working with the Polk County Sheriff's Office were the Red Lake County Sheriff's Office, Marshall County Sheriff's Office, Pennington County Sheriff's Office and Pine to Prairie Task Force.

This case will remain under investigation as not all of the stolen firearms were recovered. Anyone with information related to this case is asked to contact the Polk County Sheriff's Office at 218-431-1218.

CLASSIFIED ADS

Clearwater County Department of Human Services

Clearwater County Department of Human Service is looking to fill a full time (40 hours per week) position with a skilled, caring, and empathetic team player whose talents will contribute to and promote the mission, vision, and values of the agency. Clearwater County DHS offers a comprehensive benefit package.

Agency Social Worker: This position will work with the aging and physically and cognitively impaired populations to assess needs and arrange services so individuals can remain safely in their home and community. The pay scale for this position is \$27.36-\$35.83 per hour.

Go to <http://agency.governmentjobs.com/mnmeritsystem> to review the qualification requirements, position description, and to apply. The application must be submitted by 4:30 P.M. 11/15/2024.



We are an Equal Opportunity Employer.

R33-35C

COOK POSITION

The Clearbrook-Gonvick School has an immediate opening for a part-time cook for the 2024-2025 school year. The hours for this position are 10 a.m.-2 p.m. Monday-Friday. Wage range is \$16.40-\$18.70 per hour, dependent on years of previous experience. This position includes the following benefits: PERA retirement plan, paid holidays, sick time, and personal time. Requirements for the position include: Must enjoy working with kids, be able to work in a standing position for a period of time, and pass a ServeSafe food safety course. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions or to have an application emailed to you.



Please submit application, resume, and letter of interest to:
Melissa Weems, HR
16770 Clearwater Lake Rd
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us

R33-36C

EARLY EDUCATION PARA NEEDED

Clearbrook-Gonvick School District is hiring for an Early Childhood Special Education Para-Educator. This position is approximately 30 hour per week and will begin on January 2nd, 2025. Must enjoy working with pre-school age children, have passed or have the ability to pass a para-pro test provided by the District, and be able to pass a background check. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions or to have an application emailed to you.



Please submit application, resume, and 2 letters of recommendation to:
Melissa Weems, HR
16770 Clearwater Lake Rd
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us

R33-36C

INDIAN EDUCATION PARA-EDUCATOR

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

AD DEADLINE NOON ON FRIDAYS

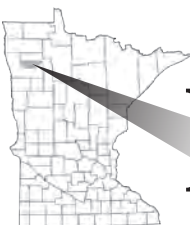
EDITOR POSITION

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



R24C

Polk County Full-Time Employment Opportunities:

Public Safety Telecommunicator – Sheriff's Office:
\$26.08 – \$33.04/hr.

Position Closes on Wednesday, October 30, 2024

R49C

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

RN/PHN Correctional Health Services – Public Health:

\$32.31 – \$43.39/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

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. M31C-C

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

FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R211C-nc

Miscellaneous

BUYING AND SELLING silver bars, silver dollars, rare coins, gold jewelry, any gold-silver items, collector coins, currency. I have \$750,000 line of credit and own 1,475 acres of land near Ormsby. Kuehl's Coins, Fairmont, MN. 507-235-3886/507-399-9982. R32-34C

New Twin Mattress With Boxspring \$199, Full Size Set \$249, Queen Set \$299, All Sizes Available, Twin XL, KING, We Have Many Mattress Options and Bunk Beds, Sofas, Dressers, Tables Recliners at \$350 and Much More! BROTHERS FURNITURE Since 2012. Call 218-766-0064 -Delivery Available, brothersdiscountfurniture.com R32-33C

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 M20-46C

REAL ESTATE - RENTALS

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

RUMMAGE SALES

RUMMAGE SALE-Embassy Basement. 3rd & Eaton Fosston. Friday, Nov. 1 9-Noon. Hunting outerwear! Saturday, Nov. 2 **8-Noon** Note early start time. \$5/bag. Saturday Nov 2 Embassy upstairs. Our yearly fantastic Christmas sale!!! Hundreds of Christmas items. 8-Noon. R33C

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to richards@gvtel.com



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McIntosh Times
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-
Gryglä Eagle

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218-487-5225

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www.tricocanary.com



MCAN

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

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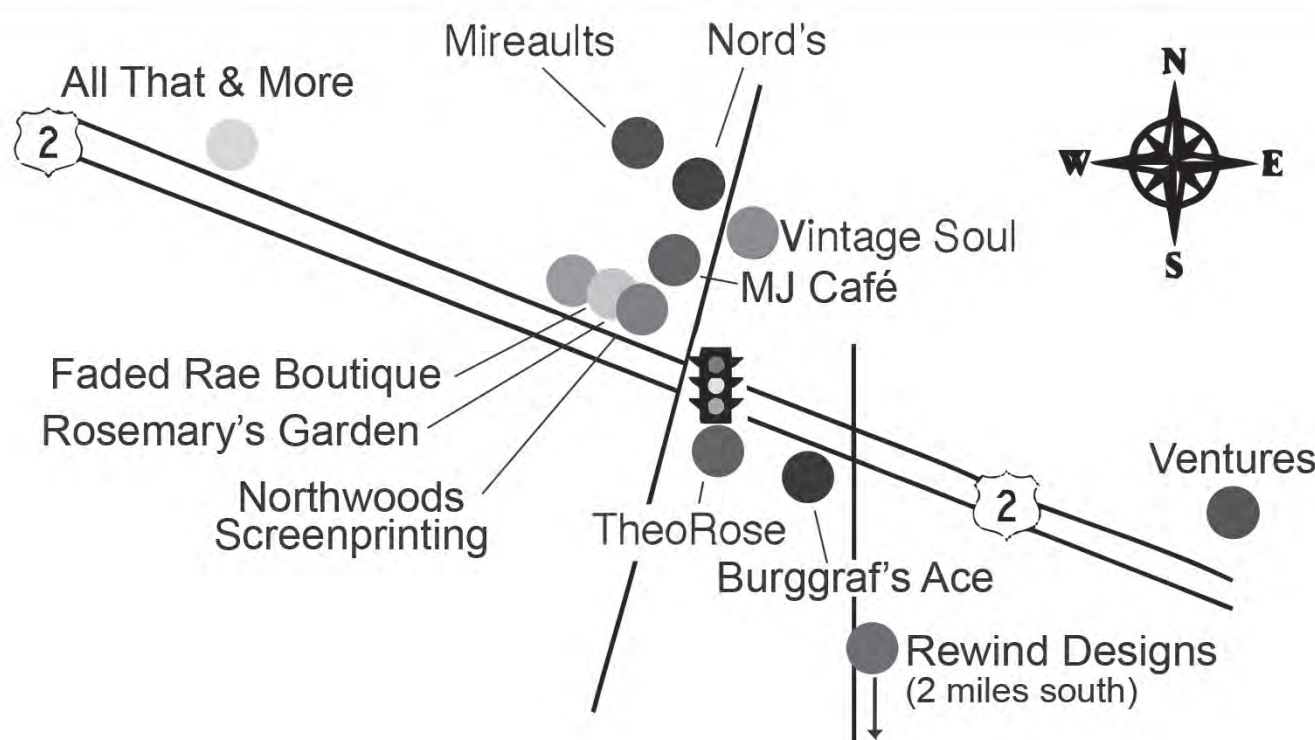


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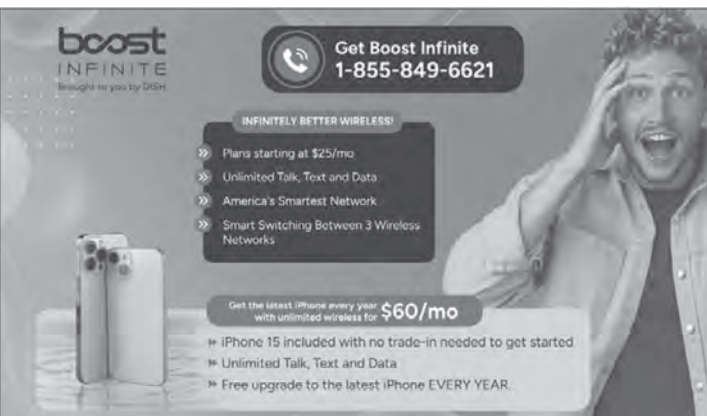
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Split Rock Lighthouse to Light Beacon During Edmund Fitzgerald Memorial

The public can watch the annual ceremony from anywhere with an online livestream

TWO HARBORS, Minn. (October 28, 2024) – On November 10, Split Rock Lighthouse will hold its annual memorial for the 29 lives lost during the SS Edmund Fitzgerald's sinking in 1975. For those who cannot attend the ceremony in person, an

online livestream will bring the event to the public throughout Minnesota and beyond.

The event will be streamed on Split Rock Lighthouse's Facebook Page, and the Minnesota Historical Society's YouTube channel. It will feature multiple camera angles including live drone footage (weather permitting), giving viewers an up-close look at the iconic

lighthouse, historic site, and Lake Superior. Those planning to watch the livestream are encouraged to register for event reminders online.

Lighthouse staff will be joined by members of the US Coast Guard for the ceremony which reflects on the memories of all lives lost on the Great Lakes. At 4:15 pm, the names of the Edmund Fitzgerald's crew will be read to the tolling of a ship's bell with a rendition of the navy hymn. The beacon lighting will take place immediately following the ceremony.

For those who plan on attending in-person, Split Rock Lighthouse will open at 10 am. Guides will provide information about the site and Lake Superior shipwrecks.



8 ways to honor veterans

Millions of people make considerable sacrifices to protect the freedoms of their fellow citizens. According to the Pew Research Center and data from the Department of Veterans Affairs and the U.S. Census Bureau, there are currently more than 18 million living veterans in the United States. The 2021 Census counted 461,240 veterans in Canada, according to Veterans Affairs Canada.

The term "veteran" refers to a person who served in the active military, naval, air service, or space service and was discharged or released under conditions other than dishonorable. In the U.S., there are actually five types of protected veterans, according to the Vietnam Era Veterans' Readjustment Assistance Act of 1974. Under VEVRAA, a veteran may be classified as a disabled veteran, recently separated veteran, active duty wartime or campaign badge veteran, or Armed Forces service medal veteran.

Veterans deserve respect and admiration all year long, but also get their own holiday each November. Veterans Day celebrates veterans' patriotism and willingness to sacrifice and serve. This Veterans Day, people can consider these eight unique ways to honor the veterans in their community.

1. Attend events. Organize or participate in local Veterans Day celebrations, such as parades and ceremonial events.

2. Get involved with veterans' affairs. Support veterans by volunteering with organizations that assist them, such as the VA, local veteran's groups, VA hospitals, or charities dedicated to veteran services.

3. Petition for veteran speakers. Reach out to schools, scout troops or other groups and arrange opportunities for veterans to share their stories and contributions. Learning about the sacrifices these men and women made can heighten individuals' appreciation for veterans.

4. Support the families of veterans. Reach out to veterans' families, who also must make sacrifices and concessions. Anything from shopping, babysitting, doing chores, or making a meal can help the families of veterans.

5. Make a donation. If finances allow, make contributions to reputable charities that provide services for veterans like those that offer mental

health counseling or job placement services. If there isn't a charity that fits with your vision, begin one.

6. Hire veterans to work. If you are a business owner or hiring manager, consider hiring veterans for open positions at your company. It can be challenging to re-enter the workforce after service, so make it known that your firm welcomes veterans.

7. Offer personal acknowledgements. Take the time to speak to veterans and thank them for their service. If possible, when dining out, ask the server if you can pay for the meal of a veteran who also is dining that day.

8. Don't forget the fallen veterans. Although Memorial Day is designed to honor those who lost their lives through military service, people still can honor the fallen veterans on Veterans Day by sharing stories or placing flags at veteran cemeteries.

Veterans Day is celebrated on November 11, marking an opportunity to express one's gratitude and support for the scores of veterans who have served honorably.

These states are home to the greatest percentage of U.S. veterans

By the end of 2023, the United States was home to more than 18 million individuals who had served in the country's military. That figure, based on data from the U.S. Census Bureau, the Department of Veterans Affairs and surveys conducted by the Pew Research Center, represents individuals from all walks of life.

Veterans come from diverse personal backgrounds, and they also call a wide range of states home. The USCB reports that some state populations feature a greater percentage of veterans than others. The share of the adult population that has served in the U.S. military is highest in these 10 states.

1. Alaska: More than 10 percent of Alaska's 533,000 adult residents have served in the military.

2. Wyoming: The 2020 U.S. Census indicated Wyoming is the least populated state in the country. Despite that, the Equality State is home to a veteran population of just over 42,000, which accounts for roughly 9.4 percent of the state's adult population.



3. Virginia: Perhaps not surprising given its proximity to the nation's capital, Virginia is home to a sizable veteran population that accounts for 9.2 percent of its roughly 6.68 million adults.

4. Maine: Though it's another state like Wyoming that does not boast an especially large adult population (a little more than 1.1 million individuals), Maine is home to more than 101,000 veterans.

5. Montana: The Treasure State features an adult population of just under 884,000, and 8.9 percent of those individuals (roughly 79,000 people) served in the U.S. military.

6. South Carolina: The Palmetto State is home to more than 344,600 veterans, and those individuals make up just under 8.5 percent of the state's adult population.

7. Nevada: Among the roughly 2.5 million adults

who call Nevada home, nearly 206,000 (roughly 8.3 percent) are veterans.

8. New Mexico: More than 136,000 veterans live in The Land of Enchantment, accounting for 8.3 percent of the state's adult population.

9. South Dakota: Like Alaska, Wyoming and Montana, South Dakota does not boast a particularly large adult population (roughly 685,000). However, more than 8.2 percent of adults who live in The Mount Rushmore State are U.S. military veterans.

10. Hawaii: The Aloha State rounds out the top 10, as the island state in the Pacific Ocean is home to nearly 90,000 U.S. military veterans, which accounts for 8.2 percent of its total adult population.

This Veterans Day, individuals in all 50 states are urged to thank local veterans for their sacrifices and service.

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By Gerald Fenske



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F Y S W N B R S Z F F C P S L H A A Y I
C T P N F K G E E S Y M R P O F F J D C
Z S T A A X N L B N C I B G O N V P R R
E A N R O C P O P I A B C M D P I J T O
Y T O K P H K D U F F K C R N X N F W
E F A F J O T D O O C C A L E K S U G A
B I P L K O P J G J O P R E T A E H T V
G L V V F O Z A B M S P A E X A S Y M E
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P F K P M G I I N T B M E S L J V W Y O
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C R P V Y A D T W R V N Y N D W Z Y T P
D T C S T A I A Z B A B W C K W C D A X
W D V I D Y R U A V I N K S A C O T W F E
V K O O W C X L A N W K S Z Z V F L W N
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FAIR
FIBER
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Answers on page 7

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

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A n s w e r: Yes, seat belt use is required. An airbag is a supplemental restraint system. Airbags work with seat belts to prevent injuries but are not designed to keep occupants from being ejected. For safety reasons, children under age 13 must ride in the back seat if it is available.



Theology in the Trenches

By Kathleen Kjolhaug

What Goes Around—Comes Around

Dad died this past year and today, I received my inheritance. In a one-gallon sealed plastic bag it was delivered. My fingers shake hands with the past and I open it. Dad worked hard for everything he ever had. Now, the evidence was before me.

As I broke the seal, the red, white, and blue pen made its way to the surface. PARAGUAY, the country in which I'd served in Peace Corp stood out in red letters upon the white thread on which it was displayed. I'd served as he did—somewhere far from home in hopes of building a better world. Dad didn't toss the inexpensive item I'd purchased for him so long ago, but kept it amidst his treasures. Now, once again, it was mine.

Next as the white tissue paper beckoned, I gently unwrapped that which was within. A three-inch two-toned brown statue with gold letters upon the base stood watch before me. "God Bless Dad," it said. The small bird next to the feet of St. Francis must have been gifted at some point along life's journey. It served as a gentle reminder his heart had received that which had been given.

As my fingers reached further into the clear gallon bag, a Father's Day card sent long ago came to light. "Wouldn't have wanted any other dad in the world!" was the hand written note within. The truth is, dads don't always feel adequate in their role. Each of us can only

live out our imperfections to the best we know how, leaving the rest to Our Father.

A small weighted book was next. "My Daily Bread" were the golden words upon the cover and within its pages were tucked: one decorative plastic cross shaped book mark looking just like the ones his mama made. A yellowed Veteran's prayer pushed its way out as did a prayer from a retreat he'd gone on a time or two. The words of wisdom were tucked not only into the folds of the book, but also into the folds of dad's heart. If dad had taken time to go on retreat, it had made an impact deep within.

The final object to roll on out was a stash of cash. For years we'd heard the story behind it. It wasn't the cash that was so important to us, but wisdom gained in the process of gaining it.

I removed the weighted object tucked within paper fingering it carefully. The words, "Silver" upon the red roll and "\$10 Quarters" was now in my hands. You see, dad had saved. In fact, for a long time, he'd stored up some of his hard-earned money in order to invest in what he'd hoped would be something for his future.

Into the bank he went one day, plopping down his cash in front of what he thought was a trusted employee of the institution. Sooner than later, the man before him had just the right investment—it was SILVER. It just so happened the man had some (albeit his own

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personal property). Dad agreed to purchase not one, but six rolls of his quarters that were pure silver. Wouldn't you know, the price came to exactly \$2,000.00. Opening the drawer within the desk, the banker pulled out the quarters and handed them over to dad.

Dad left with the quarters, and the banker left with the cash as well as one more piece of information that dad knew nothing of. The silver market was about to crash, and the next morning, when it made news around the world, dad knew he'd been had.

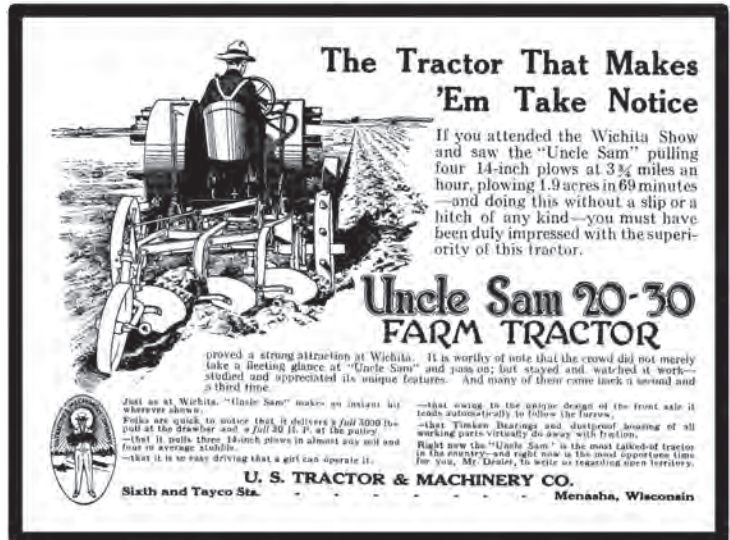
What did dad do? Did he go into the bank and demand a refund? Did he go to the bank to expose the crooked behavior of the local banker? Dad did not. With integrity, he owned it and understood he had a part to play. Today, I received my roll he'd purchased that day and dad's five other children received theirs.

We are all blessed to have an inheritance. It says so in Proverbs 13:22: "A good man leaves an inheritance to his children's children." What dad passed down will be passed on. Dad's ability to see the good in mankind when mankind was not so good to him, was pure gift.

Dad lived his life still able to trust others and in the end, gave the roll of quarters as he'd promised—times six. "It is more blessed to give than to receive," says Acts 20:35. May we each be as blessed in giving that which will be ours to give in life. Amen.

Uncle Sam Tractor

By Auctioneer Eric W. Mickelson



On November 11th we will be celebrating Veterans Day. When first celebrated as Armistice Day, the day marked the end of World War I, formally recognized on the "11th hour, of the 11th day, of the 11th month" in 1918. When we celebrate Veterans Day, still recognizing the original tie with November 11. That means Veterans Day is on the same day every year -- November 11 -- regardless of on which day of the week it falls, although businesses may recognize the official day as well as the following Monday, if the 11th falls on a weekend.

This reminded me of an article I recently read about a tractor with an interesting name, the Uncle Sam tractor. The U.S. Tractor and Machinery Company was founded by G.D. Harris in Chicago. Shortly after it's debut in 1918 the factory was placed in Menasha, Wisconsin. Two unique features of the Uncle Sam Tractor were an extended right front wheel which was placed in the furrow while the rest of the tractor remained on land when plowing. Another interesting feature, for such an early model, was a handy light also on the furrow side of the tractor.

The first tractor introduced by the company was the 20-30. In 1920 they introduced another model the 12-20. The 12-20 boasted another great feature, a self starter. The tractor appeared successful and even had dealerships in several foreign countries. By 1922 advertising

for the tractors seemed to stop and a new venture of automobile manufacturing began in 1923. Unfortunately the car manufacturing venture failed and the tractor company fell by the wayside. Sadly another seemingly successful tractor company disappeared. I have never seen an Uncle Sam tractor....but I will keep my eyes out for one!!

How about a little tractor trivia!

1. The 20-30 tractor had a Beaver Engine with _____ cylinders.
A) 2 B) 4 C) 6 D) 8
2. Living up to it's expectations the 20-30 was tested in Nebraska actually producing _____ drawbar hp, and _____ belt hp.

- A) 20 and 30 or B) 22 and 31

3. T or F The Pabst Brewing Company operated a farm near Oconomowoc, Wisconsin using Uncle Sam tractors.

4. The 12-20 self starting system used _____.
A) A 6 volt system, B) a shotgun shell C) a 12 volt system D) compressed air

5. What do you think was another advantage of the extra-wide offset right front wheel used for plowing?

Answers: 1. B. 4 cylinders
2. B. 22 and 31 3. True, they also raised Holstein Cattle and Percheron Horses 4. D. Compressed Air 5. Easy belting for the thresher or other machines.

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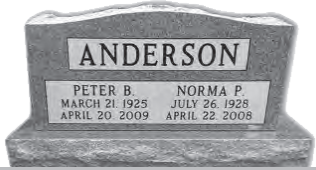
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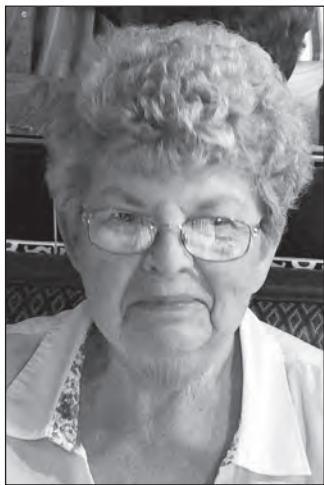
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OBITUARIES



Obituary for
Sharon Ramberg

Sharon Ramberg, age 80, of Mentor, MN, passed away on Sunday, October 20th, at Riverview Hospital in Crookston, MN. Funeral services were held at 10:30 a.m. on Friday, October 25th, at Gosen Lutheran Church, rural McIntosh, MN, with Pastor Gary Johnson officiating. Interment in Rosehill Cemetery, rural Mentor. Visitation was held for one hour prior to the service on Friday morning at the church. Arrangements are with Carlin Family Funeral Service of Erskine and messages of condolence may be shared at www.carlinfuneral.com.

Sharon Louise (Quant) Ramberg was born August 7, 1944 in Crookston, MN to John and June Quant. She passed away Oct. 20, 2024, peacefully with family by her side at Riverview Heath in Crookston, MN.

She lived all of her life

(except when she & Donnie spent the winters in Exotic Quartzsite, AZ) in the Fertile/Mentor area. She attended school in Fertile, MN and also the school of Cosmetology in Thief River Falls, MN.

Sharon married Veryl Wilkinson, and they produced the most precious daughter ever – Tammy. Sharon worked as a hairdresser, restaurant owner/cook, book-keeper, Oof-da Taco Goddess. She rarely sat still. Even in her busiest times, she always made time for praising God, her family & friends.

She married Donnie Ramberg in 1973. They were both very proud of the fact that on the first Monday in June 1979, they accepted Jesus as their Lord and Savior. Until her last peaceful breath, Sharon praised Jesus and spread his Love.

In 1982 they started a 'little' business called Oof-da Tacos. That business boomed for them and they were able to winter in AZ with their taco stand from 1985-2000 when they both retired.

Survivors include daughter Tammy (Steve) Olson of Hope, ND; brother Keith Ramberg of Mentor; sister Val Kolstad of West Fargo, ND; three grandchildren; three step-grandchildren; 17 great-grandchildren; nieces; nephews; and an eternal list of friends that she considered family.

She was preceded in death by her parents; husband Donnie; sister Eileen; brother-in-law Gary; sister-in-law Donna.

liked to keep busy. After retirement, she went to work for Gustafson & Goudge. In her spare time, Phyllis bowled, golfed, danced, oil painted, rosemaled, gardened, went shopping, sewed, rode bike, jogged and skiing, both downhill and cross country. She liked to go to the Casino and was very lucky playing her favorite game, Keno. Phyllis was known for decorating for holidays and always having plenty of food around for all her visitors. She enjoyed music concerts, and she and Lloyd attended We Fest for 12 years, since it began in the 80's. She was a member of the Auxillary, and ran the Senior Center Craft Shop in Clearbrook for several years. Phyllis was a member of the Good Shepherd Lutheran Church in Clearbrook and was very involved in the Ladies Aid. Family was most important to Phyllis, especially her grandchildren. Her grandkids were everything and she cherished spending time with them. Phyllis and Lloyd traveled to all of their sporting events and games.

Phyllis is survived by her husband – Lloyd Engen of Clearbrook, Minnesota

Daughter – Debby Beckstrand of Clearbrook; daughter – Jeanne (Chris) Cannon of Chisago City; Son – Craig (Patty) Beckstrand of Clearbrook; Daughter – Susie Lene of Clearbrook; daughter – Cheri (Mark) Wilcox of Bemidji; daughter – Trudi (Dale) Hannes of Clearbrook; Son – Darin (Sharon) Beckstrand of Clearbrook; Sister – Shirley (Duane) Falardeau of Grand Rapids; Sister – Margi Cole of Chaska; Brother – Phillip "Ole" (Karen) Johnson of Clearbrook; Brothers-in-law Sheldon (Judy) Beckstrand of Circle Pines, Don Winter of Waconia, Bob Engen of Minneapolis. Sisters-in-law – Melva Patten of Hopkins; Carole Beckstrand of Clearbrook.

22-Grandchildren and 37-Great Grandchildren.

Phyllis was preceded in death by her parents, her husband – Carroll Beckstrand, sister – Marion Winter, many brothers-in-law and sisters-in-law and nieces and nephews

Messages of condolence may be sent to ceasefuneral-home.com



Obituary for
Phyllis Engen

Phyllis Engen, 90, of Clearbrook, Minnesota died on Monday, October 21, 2024, at the Altru Hospital in Grand Forks, North Dakota.

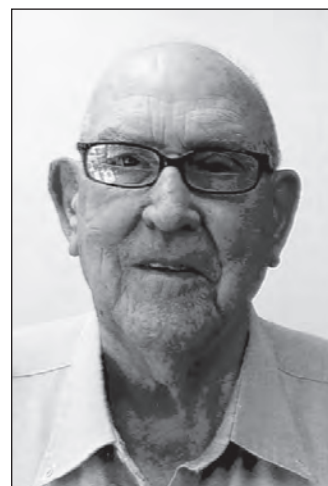
Funeral Services were held on Saturday, October 26, 2024, at 11:00 a.m. at the Good Shepherd Lutheran Church in Clearbrook with a visitation one hour prior to the service at the church. Interment will be held at both the Silver Creek and the Seljord Cemeteries at Clearbrook, Minnesota. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Phyllis was born on September 17, 1934, at Queen Township, near Fosston. She was the daughter of Pedar and Severina (Ramsrud) Johnson. Phyllis attended school in Fosston, and graduated from Clearbrook High School in 1953. Growing up, Phyllis was involved in 4-H. In June of 1953, she married Carroll Beckstrand and together they had seven children. Carroll was in the military and worked on elevators. The couple moved around a lot and lived in several places such as Texas and Florida. They moved back to Clearbrook in 1960, and Carroll started work as a carpenter. Phyllis started working in 1967, at the Clearwater Clinic in Bagley, where she worked for 23 years. Carroll passed away in September of 1970. Phyllis married Lloyd Engen on July 6, 1973, at Clearbrook, Minnesota and the family moved into town. Phyllis also worked for FHA, the Clothing Store in Clearbrook, and she was the Church Coordinator where she retired. Phyllis always



Services for Robert Anderson

Robert Anderson, age 75, died at his home in Clearbrook on October 22, 2024. A celebration of his life will be held on November 30, 2024 at 11 o'clock at Country Faith Church in Rural Clearbrook. A complete obituary will follow.



Obituary for
Ralph Reeder

Ralph Reeder, 91, of Mahanomen, MN died on Monday, October 21, 2024, at Mahanomen Health Nursing Home.

Graveside services will be held at Maple Hill at Clearbrook in the spring. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Ralph was born on October 29, 1932, at Albert Lea, Minnesota. He was the son of Elmer and Evelyn (Hellie) Reeder. Ralph graduated from Freeborn County High School in 1950.

Ralph entered the United States Army in April of 1953 at Fort Lewis, Washington. After serving our country, he was honorably discharged at Fort Hood,



Texas in April of 1955. He married Darlene Carol Jobe on February 17, 1957. Ralph worked as a Peace Officer for 37 years. He worked in Albert Lea, MN at the Police Department; worked for the Sheriffs Dept. at Lane County, OR and for the Sheriffs Dept. in Lonn County, OR. He retired from the Stearns County Sheriffs Dept. in 1990. He was a driver and leadman for Mid-State Auto Auction in New York Mills for 11 years.

Ralph had many hobbies such as gardening (both vegetable and flowers), fishing, watching birds & wildlife and traveling to Northern Minnesota with his beloved wife Darlene. Ralph enjoyed working with the elderly and the mentally challenged. Ralph loved Polka Music especially "Whoopie" John who played at his wedding dance. Ralph loved driving and spent many retirement years driving for auto dealers and Mid State Auto Auction.

Ralph is survived by his cousin David Skoloda of Onalaska, WI

Ralph is preceded in death by Father – Elmer Reeder; Mother – Evelyn Reeder Huber; wife – Darlene C. Reeder; sister – Eloise Jensen; brother – Richard Reeder and niece Ann Troska.

Messages of condolence may be sent to ceasefuneral-home.com



How to choose a
hospice facility

Hospice programs are designed to provide care to those facing end-of-life illnesses and offer support for such individuals' families and caregivers. The hospice philosophy is a relatively recent one, at least in the United States. According to Harvard Medical School, in the 1970s a growing number of terminally ill people were dying alone in hospitals. In response to that, the hospice movement began to offer services that would enable individuals to die free of pain and with dignity. Resources were available to families facing tough decisions.

Hospice is fully covered by Medicare in the United States for all eligible patients and is covered by most Medicaid and commercial insurance plans. Canada has universal health care, which provides basic health services without user fees. Palliative care, which hospice care falls under, is a basic service in all provinces and territories, so it's likely these services, when provided in a hospital, will be covered. Hospice care provided outside of a hospital in Canada may not be free of charge.

Choosing a hospice provider is an important decision. Depending on where a person lives, there may be a variety of hospice options, and each may differ in a number of ways, including quality of care. The following tips can help families as they seek hospice facilities.

· **Start with a state or national website.** Organizations like the National Hospice and Palliative Care Organization offer databases of hospice providers across the U.S. This enables families to filter their options by provider type as well as geographic location.

· **Determine the care outcome.** You can decide which type of services will be needed for your loved one. Hospice programs can manage pain and symptoms; provide drugs, medical supplies and equipment; teach family members how to care for loved ones; help with emotional and spiritual aspects of death; and provide services like speech and physical therapy. Identifying the

desired course of hospice treatment ensures families ask the right questions when visiting facilities.

· **Know the screening requirements.** Ask about the qualifications of hospice workers and volunteers as well as the level and type of training they receive before being placed with families.

· **Determine caseload and how busy the hospice provider may be.** Some hospices assign a certain number of patients to each staff member, while others offer only one-on-one assignments. This can affect how flexible scheduling may be.

· **Where does care take place?** Hospice services may occur in hospitals, skilled nursing homes, private residences, or specialized hospice centers. Identify which scenario works for you and find services that align with it.

· **Learn the reputation and read reviews of hospice providers.** It may be easy to go with an initial recommendation, particularly when you want to offer fast relief to a loved one. However, families should read reviews and verify referrals before choosing a facility.

Taking the time to evaluate various factors pertaining to hospice care ensures that families choose a provider that emphasizes compassionate, high-quality care.

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INVITATION TO BID

Sealed bids for the Tri Valley Bus Garage will be received at the ICON Architectural Group Office, 4000 Garden View Drive Suite 101, Grand Forks, ND 58201 Phone: 701-772-4266 until 2:00 p.m. local time, Thursday November 14th after which they will be opened and read aloud at that time and that place. Bids also may be mailed to the same address above, attention Tanner Naastad. Bids received after that time will not be accepted. Interested parties are invited to attend. It is the responsibility of the bidders to see that mailed or delivered bids are received by the deadline listed above. Bids received shall be for the General Construction contract for a 9,300 square foot pre-engineered metal building for storage of Tri Valley Opportunity Council, Inc. vehicles. The General Construction Contract is responsible for all subcontractors, and is required to list on the bid form the major subcontractors as called out. Bids shall be labeled "Bid for Tri Valley Bus Garage" with the bidder's name and address marked clearly on the envelope.

Drawings and specifications prepared by Icon Architectural Group, and their consultants may be seen and examined at the Architect's office or the following locations:

Minnesota Builder's Exchanges at Minneapolis

North Dakota Builder's Exchanges at Grand Forks, Fargo, Bismarck & Minot

Bidders may secure copies of the proposed contract documents from the office of the Architect; ICON Architectural Group, 4000 Garden View Drive, Suite 101, Grand Forks, North Dakota 58201, telephone (701) 772-4266 on the following basis:

One copy of the Drawings and Specifications, upon non-refundable payment of \$150.00.

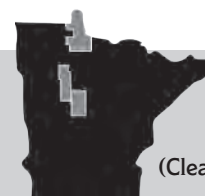
PDF version of construction documents – contact Laura Kendall at ICON Architectural Group laurak@iconarchitects.com or 701-772-4266. Documents and addendums will be e-mailed.

No partial sets will be issued.

Each bid shall be accompanied with a cashier's check, certified check or Bidder's Bond in a sum equal to five percent (5%) of the full amount of the bid, including all add alternates, executed by the bidder as principal and by a Surety Company authorized to do business in this state, conditioned that if the principal's bid be accepted and the contract awarded to them, they, within ten days after notice of award, will execute and effect a contract in accordance with the terms of his bid and a Contractor's Bond. All bidders must be licensed for the highest amount of their bids as provided. No oral, telegraphic, e-mailed or faxed bids or modified bids will be considered. No bidder may withdraw their bid within thirty (30) days of the scheduled closing time for the receipt of bids. The owner reserves the right to reject any and all bids or part of bids and waive formalities in the bidding. **No bid will be read or considered which does not fully comply with the above provisions as to bond and any deficient bid submitted will be resealed and returned to the bidder immediately**

A pre-bid site visit is arranged for Monday November 4th at 11:00 am local time at Tri Valley Opportunity Council, Inc. Office, 107 N Broadway Suite 200, Crookston, MN 56716 for all questions regarding this project. All interested parties are encouraged to attend.

By: Jason Carlson
Chief Executive Director, Tri Valley Opportunity Council, Inc. M32-34C



NORTH COUNTRY
HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old. SIDS is sometimes called crib death. This is because the death may happen when the baby is sleeping in a crib. The death of a baby that is sudden and unexpected and that doesn't have an obvious cause before an investigation is called a Sudden Unexpected Infant Death (SUID). SUID is an umbrella category that includes all sudden, unexpected infant deaths—those from known causes, such as an injury or accident, and those from unknown causes, such as SIDS. SIDS is one type of SUID that occurs during sleep.

SIDS is one of the leading causes of death in babies from ages 1 month to 1 year. It happens most often between 2 and 4 months old. Researchers don't know the exact cause of SIDS. Studies have shown that some babies who die from SIDS have problems with brain functioning, heart functioning, differences in genes, and infection. SIDS happens more often during the colder months, when respiratory illnesses are more common.

Risk factors for the mother include being a young mother, smoking during pregnancy, late or no prenatal care, not breastfeeding, and using alcohol or illegal drugs. Risk factors for the baby and the environment include preterm birth, low birth weight, sleeping on the belly, not getting routine childhood shots, being around cigarette

smoke, sleeping on a soft surface, sleeping with loose blankets, pillows, or other objects, sharing a bed with parents or siblings, especially in places where there is alcohol or drug use, and being too warm or over bundled.

There is no way to tell which babies will die from SIDS. But known risk factors for SIDS and other sleep-related deaths can be controlled by:

- getting prenatal care
- putting babies on their back for sleep and naps
- putting babies in other positions while they are awake
- using proper bedding
- not overheating
- sharing a room
- not sharing a bed
- not allowing smoking around your baby
- taking your baby for check-ups and vaccines
- breastfeeding your baby
- pacifier placement during sleep time
- not using positioning devices and home cardiorespiratory monitors
- always placing cribs, bassinets, and play yards in hazard-free areas

Your baby should sleep in the same room with you for at least the first 6 months. Place the baby close to your bed, but in a separate bed or crib for infants. If you or someone else in your home smokes, talk with your healthcare provider about quitting. If you have any questions or concerns about SIDS risk factors, talk with your baby's healthcare provider.

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Minnesota Vikings and the NFL

By Eric Mickelson

We are 8 weeks into the NFL season diehard Minnesota Vikings fans are busy with the highs and lows associated with what life is like being a Vikes fan! The years started with questions about the quarterbacking but boom, success-the Vikings started 5-0. Spirits were high, then now a 2 game losing streak. Yes, us Minnesotans are used to the roller coaster ride. Don't get me wrong, it is OK to keep our hopes up.

I happened to grow up in the days of the Vikings making it to the Super Bowl. On January 11, 1970 they played the Kansas City Chiefs in Super Bowl IV. Under wet field conditions the Chiefs dominated and held the Vikings to a mere 67 yards rushing. The Chiefs quarterback, Len Dawson, was named MVP. The Vikings returned again in Super Bowl VIII to face the Miami Dolphins, on January 14, 1974. Again the Vikings trailed after 3 quarters 24-0, eventually losing 24-7. Larry Csonka of the Dolphins became the first running back to win the MVP award. The Viking were back again in Super Bowl IX, on January 12, 1975. This was the first Vikings Super Bowl I remember well, as the Vikings took on the Pittsburgh Steelers. Two great quarterbacks faced off in this game. Terry Bradshaw of the Steelers and Fran Tarkenton of the Vikings. The Steelers defense dominated and the Vikings only score came on a blocked punt and the extra point was missed. Steelers run-



ning back Franco Harris was named MVP. Two seasons later, January 9, 1977, the Vikings returned again to Super Bowl XI. This time their opponent was the Oakland Raiders who were coached by John Madden. It turned out to be a Raiders dominated game. The Raiders gained a Super Bowl record of 429 yards leading 16-0 at half and heading on to a 32-14 victory. Raider's receiver Fred Biletnikoff was named the MVP catching 4 passes for 79 yards that set up 3 of the Raiders touchdowns. So I cheered them on just like many of you.....and we keep our hopes up!

On October 25, 1964, another Viking event took place. Now this one was before my time but we have all heard about

it many times. In a game vs the San Francisco 49ers, starting defensive lineman of the Vikings, Jim Marshall, picked up a fumble and rambled 66 yards....to the wrong end zone! Marshall believes he scored a touchdown and throws the ball out of bounds resulting in a safety for the 49ers. Despite the mistake the Vikings went on to win the game 27-22. Jim Marshall played 20 years for the Vikings and recorded 130 career sacks and played in 282 consecutive games, one of the longest streaks in NFL history. But, he is probably best known for his wrong way run. Norm Van Brocklin was the Vikings coach at the time. Van Brocklin was known for being hard on players when a mistake was made. After the Vikings win he reportedly told Marshall, "Hey Jim, just forget about it!" But, as you can imagine on the plane ride home Marshall took a lot of ribbing from his teammates. One of the jokers told Marshall to fly the plane that way they may end up in Hawaii instead of Minnesota!

Along with Jim Marshall, Alan Page, Carl Eller, and Gary Larsen were known as the Purple People Eaters.(Later after Larsen retired-Doug Southerland joined the ranks.) This lineup was one of the most iconic front fours in the history of the NFL.

Sorry Jim for the wrong way run, but let's not forget all the accomplishments of the Vikings of years gone by and remember...SKOL!



Simple safety protocols that can protect hunters

Hunting is big business in North America. In 2017, more than 15 million people hunted in the United States. The National Shooting Sports Foundation reports that sportsmen and women contribute nearly \$9.4 million to the economy every day.

Millions of hunters take to forests and fields every year. Seasoned hunters and novices alike can benefit from revisiting some safety procedures before their first outing this season.

Weather

Weather should be a consideration whenever people spend a significant amount of time outdoors. Hunters typically leave before dawn and arrive home after dusk. Hypothermia is a very real risk for hunters who may be out in snow or wet conditions. It's possible to get hypothermia by overdressing as well. Sweating and then being exposed to dropping temperatures puts people at risk for hypothermia. Hunters should dress in layers with moisture-wicking materials and a water-repellant outer layer. In addition, check the weather forecast before heading out as a last second precautionary measure.

Firearm safety

Firearm safety is a critical component of safe hunting. Hunters use rifles, shotguns and other firearms. Each gun is

different, so hunters need to familiarize themselves with new firearms before using them. The following are some additional firearm safety tips, courtesy of State Farm Insurance and Southern Land Exchange.

- Always treat a firearm as if it is loaded.
- Keep your finger off the trigger until ready to shoot.
- Only point at what you plan to shoot.
- Clearly identify your target and what is beyond it.
- Fire within the zone-of-fire, which is the 45-degree area directly in front of each hunter.
- Firearm chambers should be emptied when guns are not in use.
- Use appropriate ammunition.
- Never modify or alter the gun.

- Never cross a fence, jump a ditch or climb a tree with a loaded gun.

· Never rely on a gun's safety.

Additional safety tips

Hunters should always let others know where they will be when leaving in the morning. If something should happen, people back home can alert authorities if something goes awry. Always check equipment and maintain it properly. Equipment should include gear colored in hunter's orange. That extends to dogs if they are accompanying hunters on a trip. This makes hunters more visible to other hunters. Also, carry a first aid kit, a charged mobile phone or a satellite phone to maintain contact with others in case of emergencies.

These are just some of the safety protocols that should be followed when hunting. Non-hunters should exercise caution during hunting seasons, particularly when entering forests and areas that hunters frequent.



The basics of hunting seasons

Hunting has been around a long time. According to Britannica, hunting as many know it today began in ancient Greece. Various game were hunted to provide food, fuel and materials to make clothing and blankets. In the Middle Ages, hunting was the privilege of nobility and linked to land ownership. Hunting is now strictly regulated in many countries and is typically used as a way to control wildlife populations that would otherwise overrun certain areas.

Hunting limits and clearly defined hunting seasons are often spelled out in detail in local hunting laws. Wildlife commissions across states, provinces and territories set up strict time periods that govern which game can be hunted. Legislation also dictates size limits and the amount of game that can be killed. The North Carolina Wildlife Resources Commission breaks down hunting seasons into big game, waterfowl, small game, and webless migratory game birds. Seasons vary depending on where hunters live.

The hunting education re-

source Hunter-Ed says hunting seasons are determined by the type of animal, the environment and animal characteristics like mating season. Wildlife biologists in various regions study animal populations and make recommendations on hunting seasons. "Open season" is when a species may be legally hunted, and tends to coincide with when the population of that species is at its highest, without interfering with breeding times.

Many hunters eagerly await "opening day" so they can start their hunting right away. The season is "closed" when hunters are no longer allowed to go after that game. Food shortages, extreme temperatures and low population numbers may affect season duration. Archery seasons tend to begin before firearm seasons in many states. Hunting outside of seasons is known as poaching and is punishable by law.

Turkey is typically hunted in the spring or fall. Migratory waterfowl hunting tends to open in late September and early October. The seasons to hunt

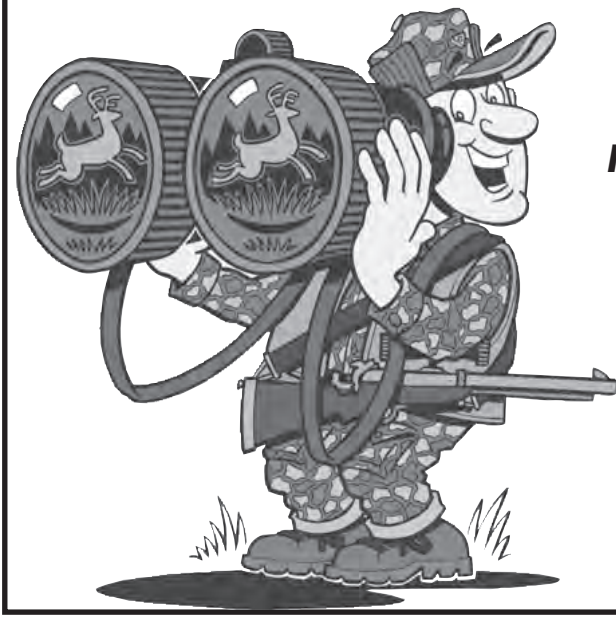
deer, and their close cousins like caribou, moose and reindeer, open in late September and early October, continuing into November for firearms hunting. However, according to the hunting guide CleverHunters.com, deer seasons open up in the summer in Florida, South Carolina and Idaho.

Hunters will be required to obtain a hunting license. At the time of licensure, hunters also may be given tags for their game animals. A tag is a physical permit the hunter carries with him or her that must be attached to an animal immediately after it is felled. Hunters are reigned in by the number of tags they have, which will coordinate with game limits. The tag will need to be completed with the date and time of harvest and the location.

To learn more about hunting seasons where you live, contact your local fish and wildlife organization or visit www.huntingseasonhq.com for a state-by-state listing of hunting seasons.

Wishing You a Safe Hunting Season!

Submit your deer hunting pictures!



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