



Tri County Canary

A supplement of the:
Leader-Record * Oklee Herald * McIntosh Times * Grygla Eagle

Wednesday, May 18, 2016

Author Lewis talks about why gangsters liked MN

It was a interesting and fun way to spend the morning on Wednesday, May 4th, at the McIntosh Community Center. Chad Lewis, author of the book "The Minnesota Road Guide to Gangster Hot Spots", filled his presentation at the Northern Exposure to Lifelong Learning event, with bank robberies, explosions, shootouts, murders and kidnappings. He kept you in suspense and kept you chuckling as well.

Lewis has compiled a book that follows in the footsteps of some of history's most famous gangsters from the late 1920s and early 1930s, and why they were attracted to Minnesota. Lewis said the number one reason these gangsters came to Minnesota is credited to then St. Paul Police Chief, John O'Connor.

O'Connor collaborated with the gangsters with the Layover Agreement, an unofficial "Contract" between these wanted men and the Chief of Police. In exchange for tip-off about FBI activities as well as protection during their "layovers" in St. Paul, the gangsters would check in with the police upon arrival in the city, pay a portion of their gains to the police department, and also agreed to not commit any crimes in the city limits of St. Paul. They could go anywhere else in the state, including across the river to Minneapolis and it was fair game. Police Chiefs after O'Connor continued to use the "O'Connor System" in an effort to keep crime down in St. Paul and profit from the illegal activities of the gangsters.

Lewis talked about back in the days of gangsters, people would buy papers just to remember what happened when they passed through town. The gangsters back then were the celebrities people wanted to keep track of, Lewis said. It was the time of economic depression and prohibition. These gangster's did what the "average Joe" wished to do. They were stealing from banks, that just took money out of the hard working hands of America and bootlegging after the government took away these same people's rights to drink.

Lewis said gangsters, "robbed our banks, kidnapped our citizens and mowed down anybody who got in their way." He talked about different gangsters coming to Minnesota, such



Author of the book, "The Minnesota Road Guide to Gangster Hot Spots", Chad Lewis gave a fun and interesting talk about the days past when some of America's most wanted spent their time in Minnesota.

as Alvin "Creepy" Karpis, who once was noted as saying that is you were looking for a buddy, you would always think of two places, St. Paul or prison.

The author said one of the most compelling of all gangsters was George "Baby Face" Nelson, whose real name was actually Lester Gillis. He said that "Baby Face" was the best connected gangster of all time. He could provide a safe house, find you weapons or connect you to the "right people". Nelson was also reportedly devoted to his wife and two children. His dark side, however, was his temper. Many of his colleagues refused to work with him, because he was very unpredictable, and anything could set him off.

One of the first victims of a car bombings in the U.S. was "Dapper Dan" Hogan. On December 4, 1928 he started his car at his home in St. Paul and the car blew. The very large man was transported to the hospital where hundreds lines up at the hospital to offer to give him blood, but he eventually dies from his injuries.

The end of Prohibition was the beginning of the end of the gangster era. There was millions of dollars made in bootlegging and once Prohibition was repealed, that money dried up. "The gangsters couldn't continue forever", Lewis said. "Death



Earl Roed brought his daughter, Holly Breckel, along for the NELL presentation about gangsters in Minnesota at the McIntosh Community Center on May 4th.



Kathy Johnson and Donna Larson were at the NELL event held on Wednesday, May 4th at the McIntosh Community Center when Author Chad Lewis talked about 1920s and 1930s gangster activity in Minnesota.

came knocking, and for some it came very quickly."

Next week: Gangsters in Northern Minnesota

Go Fish: Catch 'em and Eat 'em



By Bonnie Brost, licensed and registered dietitian at Essentia Health.

Fishing and fish dinners are great Minnesota traditions. With the annual fishing opener in Minnesota upon us, it's time to catch some fun and enjoy some good eating.

Fish is an excellent source of high quality protein. It's also low in saturated fat and high in the good fat known as Omega 3 fatty acids. Fish offers a variety of vitamins and minerals, including B vitamins, selenium, iodine and vitamin D. Numerous studies show the nutrients in fish are particularly important for brain development in fetuses and nursing infants.

The federal government's 2015 dietary guidelines promote eating the "Mediterranean Way," which includes regular meals of fish. The American Heart Association recommends eating at least two servings of fish each week and sets a serving at three ounces. The Department of Natural Resources (DNR) in Minnesota set a serving at six ounces as part of their recommendations to limit the intake of contaminants, such as mercury and polychlorinated biphenyls (PCBs) that may be found in some fish.

Omega 3 fatty acids have been found to reduce the risk of heart disease and reduce triglycerides. They also decrease

inflammation and symptoms of rheumatoid arthritis as well as reduce the risk of Alzheimer's disease and the incidence of depression. Infants whose mothers consume Omega 3 fatty acids during pregnancy may gain benefits such as better vision and brain development.

The Wisconsin DNR shows fish commonly taken from our local lakes are rich with Omega 3 fatty acids. In 3½ ounces, you can get 1,013 milligrams from bass, 1,369 milligrams from trout, 465 milligrams from walleyes and 374 milligrams from perch.

Two contaminants found in local fish are mercury and polychlorinated biphenyls (PCBs). However, research confirms the benefits of eating fish outweigh the risk of consuming these two contaminants.

Mercury
All fish contain some mercury because it is found in all waters. Lakes and wetland areas are more likely to contain bacteria that change the mercury into a form more easily absorbed by fish. Walleyes and larger fish often contain relatively high mercury levels compared to smaller fish such as bluegills, crappie and yellow perch.

The larger the fish, the greater the mercury content. So eat the small ones.

Mercury occurs in the environment naturally. It is re-

leased into the air when rocks erode and soils decompose. It is also released when power plants burn coal, incinerators burn mercury-containing waste and during production of some chemicals. Airborne mercury attaches itself to water and dust particles that enter lakes in rain, snow and runoff.

Mercury affects our nervous system. It can damage children's developing brains and may affect their behavior and ability to learn. In adults, too much mercury may result in loss of coordination and affect vision, hearing and speech.

Mercury accumulates throughout the fish, including the part that you eat. Trimming, skinning and cooking do not reduce mercury levels. Our bodies can eliminate mercury over several weeks, so space out your fish meals and add a variety of fish with a lower risk for mercury.

The lowest mercury-containing fish include species you can catch such as bluegill, yellow perch, crappie, sunfish and inland trout. Commercial fish that are low in mercury include shrimp, farm-raised catfish, pollock, Pacific or Atlantic salmon and light canned tuna.

Recommendations for men and women who are not pregnant or breastfeeding place no limit on the amount of these fish to eat. Women who are pregnant or breastfeeding and children younger than age 15 should consume only one to two six-ounce servings each week.

Walleye, northern pike, bass and catfish along with white or albacore tuna and halibut have higher levels of mercury and should be limited to one six-ounce serving a week for men and women who are not pregnant. For pregnant women and young children, limit these fish to one six-ounce serving a

month.

Swordfish, shark and tile fish have the highest mercury for purchased fish. These, along with muskie and fish from lakes that have the highest mercury content, should be limited to one meal a month and eliminated from the diet of pregnant women and young children.

Polychlorinated biphenyls (PCBs)

Polychlorinated biphenyls (PCBs) are man-made substances that were used in the manufacture of electrical transformers, carbonless papers, cutting oils and hydraulic fluids. Manufacture was banned in the United States in 1979 but PCBs are slow to break down so they remain a problem. PCBs accumulate in sediments at the bottom of lakes and streams. The Great Lakes and rivers with heavy industrial use are more likely to have PCB-contaminated fish than inland lakes.

Studies indicate that people exposed to PCBs are at greater risk for a variety of health problems. PCBs may affect reproductive function and the immune system. They're also associated with cancer risk. Once eaten, PCBs are stored in body fat for many years.

PCBs accumulate in the fat of fish. You can reduce the amount of PCBs by properly trimming, skinning and cooking your catch to reduce fatty tissue. Broil, grill or bake the fish on a rack so the fat drips away and don't use the drippings to prepare sauces or gravies.

Remember, the benefits outweigh the risks from eating fish. Stick with the consumption guidelines and use information about our lakes and fish from the state Department of Natural Resources. Enjoy eating fish along with the chance to get outdoors and enjoy our lakes when you catch your own.



Kip Fontaine receives DFL Endorsement to succeed Stumpf in Minnesota Senate

At its endorsing convention held on May 14, 2016, in Newfolden, Minnesota, Senate District 1 Democrats endorsed Kip Fontaine of Mentor to succeed Sen. LeRoy Stumpf, D-Plummer, as their Senate candidate in the November election. Sen. Stumpf announced earlier this year that he would not seek re-election. "Northwestern Minnesota has been fortunate to have a leader of Sen. Stumpf's stature and reputation serving and representing us in St. Paul," said Fontaine. "I look forward to continuing his legacy and advocating for, among other things, education, small business development, transportation, quality housing, and good incomes for families in the district."

Fontaine has been a long-time resident of the area, growing up in Red Lake Falls and graduating from Lafayette High School. Upon graduation from the University of Minnesota Law School, Fontaine was appointed an Assistant Polk County Attorney in Crookston where he served until January of 1993. Fontaine was then appointed Clearwater County Attorney in Bagley, being elected and re-elected from 1994 to 2006. In 2007 he was hired by the Minnesota Public Defender's Office as the Managing Attorney in Thief River Falls. He currently manages the public defender's

offices in Thief River Falls and Crookston. Fontaine practices law and makes court appearances in all of the county seats in District 1.

He and his wife Sheila have been married for nearly 29 years, and have three children, Karli, Keaton, and Kael. They have made their home in Mentor, Minnesota, on the grounds of the former Ulland's Campground, a family-run business started by Fontaine's grandparents in 1964.

Fontaine is an active member of his community in civic and volunteer roles. He is a member and Deacon at Maple Lake Lutheran Church in rural Mentor. Fontaine served on the board at the Northwest Minnesota Foundation from 1995-2005, the last three years as board chair. During his time on on the board, NWMF developed strategies to highlight the assets and qualities that make NW Minnesota a great place to live, work, and raise a family.

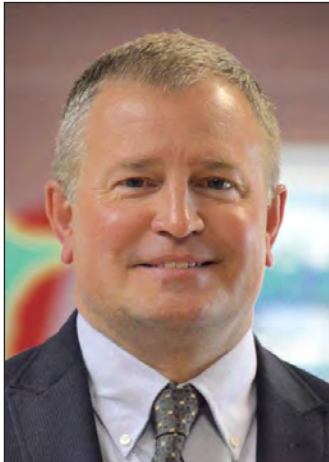
In his bid for the senate seat, Fontaine hopes to build on the assets that Northwest Minnesotans have worked hard to develop as a region. "I will work for good jobs with quality pay, strong education systems, quality healthcare access, a good transportation system, and enjoyment of our most obvious asset—our great outdoors."

McLean named President at Border State Bank of Thief River Falls

THIEF RIVER FALLS, MN – Border State Bank is pleased to announce Tony McLean as President at Border State Bank of Thief River Falls. "Tony has been with Border State Bank for over 13 years; his strong community connection and experience in Ag and Business lending will provide the Thief River Falls area a wealth of knowledge while experiencing banking from one of our most seasoned lenders," said Robert Hager, CEO of Border State Bank.

McLean grew up in Grygla and graduated from Grygla High School. He attended Minnesota State University – Moorhead and graduated with a Bachelor of Science Degree in Marketing & Business Administration. He worked for Arctic Cat in Marketing until 1999 and Northland Community College/Bemidji State University as a Small Business Development Center (SBDC) Counselor until 2003. He began his banking career with Border State Bank in October 2003 as an Ag/Business Officer; he was then promoted to President in 2007 of Border State Bank in Greenbush.

"It feels great to be working in such a tight-knit community and I look forward to getting to know the many great business owners in Thief River Falls, as well as, meeting the many customers throughout the area. Here at Border State Bank, we are truly people banking with people; our decisions are local and we work to provide you products that allow you to bank when it's most convenient for you," said Tony



Tony McLean

McLean, President of Border State Bank, Thief River Falls.

Tony and his wife, Janita, have 2 children: Taylor, 21, and Emily, 16. He serves on the Entrepreneur Loan Committee of the Northwest Minnesota Foundation, District 10 Director for the Independent Community Bankers of Minnesota (ICBM), and serves on his church council, is a volunteer Fire Fighter, and most and recently became a member of the Rotary Club of Thief River Falls. He has also been teaching as an adjunct instructor at Northland Community and Technical College for the past 16 years; teaching a night class to Digi-Key employees. In his spare time he enjoys reading and the outdoors by fishing and snowmobiling.

Border State Bank congratulates Tony on his new position at Border State Bank in Thief River Falls. We invite the Thief River Falls community to visit and meet Tony and his staff; he can be reached at 681-8085.



Miranda Magnell receives \$4000 scholarship from UND

Miranda Magnell, daughter of Dennis & Danielle, from Gully, MN has been awarded a \$4000 scholarship at the University of North Dakota, Grand Forks for the upcoming 2016-2017 academic year. Miranda is a senior at Red Lake County Central High School in Oklee, MN and will be attending UND this fall pursuing her Bachelor of Fine Arts Degree in Studio Arts.

Congratulations Miranda!

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Ronnie Kotrba
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from 2:30 to 5:30 pm

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Polk County Sheriff

On 05/12/16, the PCSO was looking for a vehicle that was involved in a gas drive-off, that occurred in Mahnomen County. A Polk County Deputy found the suspect vehicle on Co 1, west of Winger & conducted a traffic stop.

While investigating the matter, the driver, 27 yr old Andrey Anfilosieff of Bejou, engaged in a short struggle with the Deputy & fled in his car.

The pursuit went back to US Highway 59 & south into Mahnomen County. The suspect vehicle went down a residential driveway & drove around the farm yard.

As the suspect vehicle attempted to get back onto US Highway 59, the Polk County Deputy successfully conducted a PIT (pursuit intervention technique) maneuver on the suspect vehicle.

The driver was arrested without incident & brought to the NWRC in Crookston.

The Minnesota State Patrol assisted. No other information will be released at this time.

Need to write a note? Make a shopping list?

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Bethany Lutheran College Choir
Performing **Friday, May 20th**
6:30 pm ... at
Oak Park Lutheran Church
(rural Oklee)
Meal will be served prior from 5:00-6:15.
All are welcome to attend.

Syttende Mai Celebration at Vernes Church

Sunday May 22, 2016 at 9:00 AM

Syttende Mai which is Norway's Constitution Day, a wonderful spring holiday celebrated with red, white and blue ribbons and flags, national costumes and big smiles as Norwegians everywhere mark the historic signing of their Constitution (Grunnloven) in 1814.

We will also be celebrating the history of Vernes Lutheran from its beginning in 1884 to now-a-days. On May 2, 1993 this new church was dedicated—a big day for everyone! We want to hear more new stories as well as re-telling the old ones. Pastor Jill will be showing a power point presentation of Vernes' history as gleaned

from the One Hundredth Anniversary (1884-1984) booklet and the book High Hopes Amid Hard Times, written by Shirley Miller Winsley. We will be singing peppy songs in English and try some Norwegian ones as well. We will be praising the Lord with all our hearts and souls for bringing us together and keeping us a lively bunch of believers who are growing in grace day by day. We welcome everyone from the community and neighboring towns to join us. (You don't have to be of Norwegian ancestry but it doesn't hurt!) There will be a Norwegian lunch served following the service.

Trail Wants You

In the past Trail has hosted an annual Fourth of July Celebration. Traditional activities for this celebration have included a Kiddie Parade, Street games and races, a Dunk Tank, cotton candy and popcorn, plus a food stand featuring hot dogs, Barbecues, potato and Mac salad and lately home made pie. Plus coffee and soda pop. Also include are a jam session in the afternoon and dance and fire works in the evening.

This kind of celebration just doesn't happen with-

out organization so the Trail Community Club is putting out the word that they really need some help. They'd like to see new ideas, new muscles, and new people to help with the planning.

The Community Club will be meeting June 2nd at 7:00 p.m. at the Trail Pavilion and would like to see lots of people eager to help to keep the 4th of July tradition going.

If you have a question call Helen at 268-4465 or Virginian at 268-4314.

Sanford Bemidji Parent Connection

A support group for parents of kids with special health needs

BEMIDJI, Minn. – For a parent of a child with special health needs, it can be isolating. Many feel that no one else understands their struggles. But that is not the case, and Sanford Bemidji wants to bring those parents together in a new support group called Parent Connection.

The group will take place the last Thursday of every month from 5 to 6 p.m. in the 1611 Anne St., Clinic Conference Room. Free childcare will be provided. An upcoming gathering takes place May 26.

"We really saw the need in our community for a group like

this," said Sanford Bemidji pediatric RN health coach, Emily Aaker. "Parents are truly the experts on their children and sometimes we as medical professionals can't always get a full grasp on their day-to-day lives. We feel that this group will be incredibly beneficial for these parents to meet and discuss whatever is on their minds."

No registration is required. Visit sanfordhealth.org, keyword: Parent Connection for more information or contact Emily Aaker, Sanford Bemidji pediatric RN health coach, at (218) 333-2742 or Rachael Jarranson, LPN, at (218) 333-2631.

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Sanford Bemidji welcomes returning provider

BEMIDJI, Minn. – Sanford Bemidji welcomes back Carmen Briones, M.D., to its medical staff. Briones has returned to Bemidji and rejoined the pediatrics department at the Sanford Bemidji 1611 Anne St. Clinic.

Briones is originally from the Philippines and received her medical degree from the University of the Philippines Manila. She completed a residency at Children's Hospital of Philadelphia in Pennsylvania and a neonatal-perinatal medicine fellowship from the Medical College of Wisconsin in Milwaukee. She is certified by the American Board of Pediatrics in general Pediatrics and Perinatal Medicine and is currently accepting new patients.

Minnesota Corn Growers offering free nitrate screening in Crookston to help farmers address water quality

The Minnesota Corn Growers Association (MCGA) is encouraging farmers to bring in water samples from wells, ditches, streams or tile outlets for free nitrate screening from 10 a.m. – 2 p.m. on May 24 at the University of Minnesota Northwest Research and Outreach Center in Crookston, located at 2900 University Ave.

The screening is completely confidential and takes about 20 minutes. Nitrate testing is an easy way for farmers to get a better idea about water conditions and nutrient loss on their own farms.

Collecting a sample for testing is simple:

- To take a ditch, stream or tile water sample, collect 1 cup of water in a clean plastic or glass container. Freeze your sample and bring it in cool for testing.



Currently accepting new patients. To schedule an appointment, call (218) 333-4710.

Sportsmans Club meeting May 21
The Gully Sportsmans Club will have a meeting on Saturday, May 21 at 10:00 a.m. at Shorty's in Gully.

College News

Kelsey Smith awarded degrees

Minnesota State University, Mankato awarded 2,371 degrees at the end of the spring 2016 semester, with approximately 1,500 students participating in three graduation ceremonies on Saturday, May 7 in Taylor Center's Bresnan Arena.

Kelsey Smith, from Mentor, received an MS in Speech Communication.

MSUM has more than 925 students graduates

Minnesota State University Moorhead will award degrees to more than 925 students during its spring commencement program Friday, May 13 in the university's Nemzek Fieldhouse. The College of Arts, Media & Communication, College of Business & Innovation, College of Humanities & Social Sciences, and Graduate Studies will participate in the 10 a.m. ceremony. The College of Education & Human Services, College of Science, Health & the Environment, and Graduate Studies will participate in the 2 p.m. ceremony.

Eric Piela, a 2000 MSUM speech communication graduate and vice president of Marketing and Customer Engagement at Summit Group Software, will be the commencement speaker at both ceremonies.

Students from the area include:

Bailey Benson, Mentor, Fertile-Beltrami School, Degree(s): Bachelor of Arts, Major(s): History

Veronica Birkholz, Clearbrook, Clearbrook-Gonvick School, Degree(s): Bachelor of Science, Major(s): Business Administration

Kora Christian, Erskine, Fertile-Beltrami School, Degree(s): Master of Science, Major(s): Speech-Language Pathology

Jenna Schommer, McIntosh, Win-E-Mac School, Degree(s): Bachelor of Science, Major(s): Business Administration

Kain Schow, McIntosh, Win-E-Mac School, Degree(s): Bachelor of Science, Major(s): Mathematics Education, Honors: Magna Cum Laude

Christina Torgerson, Leonard, Clearbrook-Gonvick School, Degree(s): Bachelor of Fine Arts, Major(s): BFA Studio Art Zachary Page, Red Lake Falls, Lafayette High School, Degree(s): Bachelor of Science, Major(s): Mathematics Education

Holly Wavra, Red Lake Falls, Lafayette High School, Degree(s): Bachelor of Social Work, Major(s): Social Work

Summer at Maple Lake Pavilion
MENTOR, MN
Sun., May 29, 9:00-12:30 am
THE JOHNNY HOLM SHOW
Beverage service avail.
Adm.: \$20
35th Annual Arts & Crafts Festival
Sat., July 2nd, 10-5 pm
Sun., July 3rd, 10-4 pm
Sun., July 3rd 9:00-12:30 am
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GROUND BEEF..... LB **\$3.29**
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TOP ROUND ROAST..... LB **\$3.49**
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ANGUS FARMS BEEF BONELESS FAMILY PACK
BALL TIP STEAK LB **\$4.79**
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RIBEYE STEAK..... LB **\$9.99**
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COUNTRY STYLE RIBS LB **\$1.39**
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WHOLE, 2%, 1% OR SKIM
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OR FLASHIN FRUIT PUNCH
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FRITO LAY 15.5-18 OZ **\$4.49**

CHICKEN CORN CHOWDER, NEW ENGLAND CLAM CHOWDER,
CLASSIC CHICKEN NOODLE, HEARTY TOMATO WITH PASTA,
GRILLED SIRLOIN STEAK OR OLD FASHIONED VEGETABLE BEEF
**CAMPBELL'S
CHUNKY SOUP**
3/\$4
18.6-18.8 OZ
ESSENTIAL EVERYDAY SCALLOPED OR AU GRATIN
POTATOES 4.7 OZ **5/\$6**

CLASSIC ROAST, SUPREME BLEND, 100%
COLUMBIAN OR FRENCH ROAST
**ESSENTIAL EVERYDAY
COFFEE**
\$5.99
27.8-33.9 OZ
GRANDMA ALICE'S
WATER ..24 PK - 1/2 LIT BTLs **\$2.99**

**LAND O LAKES
HALF & HALF**
5/\$4.50
PINT
CASS CLAY
WHIPPING CREAM.... PINT **\$1.99**

ORIGINAL, STRAWBERRY, ORIGINAL LITTLE
BITES, CHOCOLATE LITTLE BITES,
BLUEBERRY OR MAPLE & BROWN SUGAR
KELLOGG'S MINI WHEATS
3/\$10
15.2-18 OZ
KELLOGG'S
RAISIN BRAN 18.7 OZ **3/\$10**

ASSORTED
**DUTCH
CRUNCH**
2/\$4.50
8-9 OZ
FRITO LAY WALKING TACO
NACHOS..... 12 PK SACK **2/\$8**

GARLIC & HERB, MUSHROOM OR TRADITIONAL
**HUNT'S
SPAGHETTI SAUCE**
10/\$10
24 OZ
SPAGHETTI, TRI-COLOR ROTINI OR
TRI-COLOR PENNE
RONZONI PASTA 12 OZ **10/\$5**

NABISCO SNACKS
ASSORTED SNACK CRACKERS
3.5-9.1 OZ
ASSORTED RITZ CRACKERS
8.8-13.7 OZ
ASSORTED CHIPS ANDY COOKIES
9.5-13 OZ
4/\$9

ASSORTED
**LAND O LAKES
COTTAGE CHEESE**
\$1.99
16 OZ
ASSORTED LAND O LAKES
SOUR CREAM..... 16 OZ **\$1.79**

DARK BROWN, LIGHT BROWN OR POWDERED
**CRYSTAL
SUGAR**
3/\$5
2 LBS
ESSENTIAL EVERYDAY SEMI-SWEET
CHOCOLATE CHIPS ... 12 OZ **\$1.89**

ASSORTED
**KEEBLER
CLUB CRACKERS**
\$1.99
11-13.7 OZ
ASSORTED SUNSHINE
CHEEZ-ITS 8-12.4 OZ **\$2.79**

**HUNT'S
TOMATO SAUCE**
4/\$2
8 OZ
HEINZ
KETCHUP 38 OZ **\$2.59**

ASSORTED
**COLGATE
TOOTHPASTE**
\$1.79
6.4 OZ
RED OR BLACK
SHARPIE MARKERS **3/\$1**

DAIRY
ASSORTED
CHOBANI YOGURT 5.3 OZ **\$1.19**
ESSENTIAL EVERYDAY STRAWBERRY OR BLUEBERRY
YOGURT BLEND 32 OZ **\$2.19**
CRESCENT OR CINNAMON
ESSENTIAL EVERYDAY ROLLS 8 ct **\$1.69**
ESSENTIAL EVERYDAY
STRING CHEESE 24 OZ **\$5.79**
DAISY 2% SMALL CURD
COTTAGE CHEESE 24 OZ **\$2.89**
KRAFT
AMERICAN SINGLES 12 OZ **\$2.39**
CRYSTAL FARMS CHUNK OR SHREDDED
GARLIC JACK CHEESE 7 OZ **\$1.99**
ASSORTED CASS CLAY
COTTAGE CHEESE 22 OZ **\$2.59**
ASSORTED
LAND O LAKES YOGURT 24 OZ **\$2.59**

FROZEN FOOD
SAUSAGE/PEPPERONI OR SUPREME
BREW PUBS PIZZA 26.45 OZ **\$5.99**
ASSORTED
JACK'S PIZZA **3/\$10**
ESSENTIAL EVERYDAY
WHIPPED TOPPING 12 OZ **\$1.59**
ESSENTIAL EVERYDAY
CRINKLE CUT FRIES 5 LBS **\$3.99**
ASSORTED EDWARD'S CREME
PIES 25.5-36 OZ **\$5.39**
ESSENTIAL EVERYDAY
CORN 16 OZ **\$1.19**
ESSENTIAL EVERYDAY STEAMY VEGETABLE
BROCCOLI FLORETS 12 OZ **\$1.19**
NEW YORK
GARLIC BREADSTICKS 10.5 OZ **\$2.19**
ESSENTIAL EVERYDAY BUTTERMILK, HOMESTYLE
OR BLUEBERRY
WAFFLES 12.3 OZ **\$1.19**
FAT BOY MINI
ICE CREAM SANDWICHES 9 PK **\$2.59**
FAT BOY VANILLA OR COOKIES 'N CREAM
ICE CREAM SANDWICHES 6 PK **\$2.59**
DEAN'S VARIETY
ICE CREAM NOVELTIES 30 PK **\$10.99**
DEAN'S CHOCOLATE OR STRAWBERRY
ECLAIR BARS 6 PK **\$1.89**
DEAN'S
ICE CREAM SANDWICHES 6 PK **\$1.79**
ASSORTED
DEAN'S SHERBET QT **\$1.79**
ASSORTED DEAN'S
ICE CREAM PINT **\$1.79**
ASSORTED KEEBLER OR SUNSHINE
CADDIES 12-14 PK **\$4.39**

FRUITS & VEGETABLES
**SWEET
STRAWBERRIES**
\$1.99
16 OZ
WHOLE
WATERMELON LB **49¢**
FRESH
BLUEBERRIES PINT **\$2.99**
RED OR GREEN
GRAPES LB **\$2.49**
FRESH
RASPBERRIES 6 OZ **\$2.49**
CRISP
PINK LADY APPLES 3 LB **\$3.99**
FRESH GREEN ONIONS OR
CUCUMBERS **2/\$1**
RED, YELLOW OR ORANGE
PEPPERS EACH **\$1.19**
ON THE VINE
TOMATOES LB **\$1.19**
MEDIUM
YELLOW ONIONS 5 LB BAG **\$3.99**
RUSSET
POTATOES 10 LBS **\$1.99**
**WE HAVE ORGANIC
DAIRY AND PRODUCE**

ORIGINAL OR CHIPOTLE CHEDDAR
PRINGLES 5.86-5.96 OZ **3/\$5**
CHOICE OF 2 KELLOGG'S
RICE KRISPY TREATS 8 PK **\$1.89**
ASSORTED KELLOGG'S
FRUIT SNACKS 8 OZ **\$1.89**
ESSENTIAL EVERYDAY
DELUXE MIXED NUTS 8.75 OZ **\$4.99**
ESSENTIAL EVERYDAY
WHOLE CASHEWS 8.5 OZ **\$4.99**
ASSORTED NABISCO
HONEYMAID GRAHAMS 12.2-14.4 OZ **\$3.39**
ASSORTED HERSHEY'S XLARGE
CANDY BARS 4.25-4.5 OZ **\$1.39**
WHOLE GRAIN BROWN, ROASTED CHICKEN OR LONG
GRAIN & WILD READY RICE
UNCLE BEN'S 8.8 OZ **\$1.59**
TONY CHACHER'S
FISH FRY 10 OZ **99¢**
MEL-O
HONEY 32 OZ **\$3.99**
LEMON POPPYSEED, HONEY RAISIN BRAN, CHOCOLATE
CHUNK OR WILD BLUEBERRY
KRUSTEAZ MUFFIN MIX 17-18.25 OZ **\$2.49**
ESSENTIAL EVERYDAY
SLOPPY JOE SAUCE 15 OZ **89¢**
CRANBERRY APPLE COCKTAIL
LANGER'S JUICE 64 OZ **4/\$9**
ORIGINAL
SPAM 12 OZ **\$2.99**
ESSENTIAL EVERYDAY
CANOLA OIL 48 OZ **\$2.29**
KRISPY KREME
CAKE MIX W/GLAZE 16.3 OZ **\$2.59**
NEWMAN'S OWN
ALFREDO SAUCE 15 OZ **\$1.99**
HORMEL
CORNEED BEEF HASH 15 OZ **\$2.59**

HOME, HEALTH, BEAUTY
CUTTER BACKWOODS
INSECT REPELLENT 7.5 OZ **\$3.99**
EQUALINE
COTTON BALLS 200 CT **2/\$3**
SEASONAL ESSENTIALS RED OR PINK
NAPKINS OR PLATES 8-20 CT **99¢**
ESSENTIAL EVERYDAY OLD FASHIONED OR QUICK
OATMEAL 42 OZ **\$2.29**
RACHEL RAY'S ALL NATURAL LOW SODIUM
CHICKEN STOCK 32 OZ **\$1.19**
KEN DAVIS
BBQ SAUCE 18.5 OZ **\$1.99**
GARLIC PEPPER
TABASCO SAUCE 2 OZ **\$1.19**
CHI CHI'S MILD
THICK 'N CHUNKY SALSA 16 OZ **\$2.19**
CLASSIC MACARONI & CHEESE, BUNNY PASTA OR
SHELLS & CHEDDAR
ANNIE'S DINNERS 6 OZ **\$1.29**
ESSENTIAL EVERYDAY
MILD TACO SAUCE 16 OZ **\$1.39**
ESSENTIAL EVERYDAY
TACO SEASONING 1.25 OZ **3/\$1**
BEAR CREEK
WILD RICE SOUP MIX 10.2 OZ **\$2.99**
KOOPS
YELLOW MUSTARD 18 OZ **89¢**
DAWN W/OLAY HAND RENEWAL
DISH LIQUID 18 OZ **\$2.99**
ESSENTIAL EVERYDAY 20 OZ SIZE
FOAM CUPS 21 CT **\$1.99**
ESSENTIAL EVERYDAY
PLASTIC WRAP 200 FT **\$1.59**
VIVA STRONG & SOFT OR VANTAGE
PAPER TOWELS 6 PK **\$5.99**
HARTZ FRESH SCENT
MULTI CAT LITTER 22 LBS **\$5.99**

CLASSIFIED ADS!

Red Lake County Seasonal Environmental Assistant

Duties include but are not limited to: assist in spraying operations, operate spray truck, assist as rodman for surveying, maintain cleanliness and organization of recycling sites, and operate and maintain various equipment as needed.

This is a Seasonal full-time position. The position works May 1st - Nov. 1st, Mon.-Thurs. 40 hrs./wk., length of hrs./day are subject to change based on business needs. Candidates must be able to lift 50 lbs. and have a valid MN Class B Commercial driver's license. Candidates may obtain a MN Class B CDL within 1 month of their hire date. If qualified, employee could be eligible for unemployment after season ends. Wage starts at \$14.83 per hour.

Applications are available at www.co.red-lake.mn.us/employment. For further information contact Angie at 218-253-2590 or email hr@co.red-lake.mn.us.

R7-8C

ERSKINE®

ATTACHMENTS
A CEG Company
CEG

Currently Hiring: Day & Night Shift Paint Production Workers

Erskine Attachments has immediate openings for day and night shift positions in our production area. Applicants should be capable of lifting 50 pounds, be a team player and be willing to work in other areas as needed. Preference will be given to applicants with experience in media blast and/or powder paint application. Erskine is a leading manufacturer of skid steer and compact tractor attachments and has been in the attachment industry for over 62 years. We offer competitive salary and full benefit package.

Please apply in person: 920 Airport Road Fosston, MN 56542

A written application is required.

R7-8C

ERSKINE®

ATTACHMENTS
A CEG Company
CEG

Currently Hiring: Night Shift Assembly Production Workers

Erskine Attachments has immediate openings for night shift assembly positions in our production area. Applicants should be capable of lifting 50 pounds, be a team player and be willing to work in other areas as needed. Preference will be given to applicants with past relatable experience or good mechanical aptitude. Erskine is a leading manufacturer of skid steer and compact tractor attachments and has been in the attachment industry for over 62 years. We offer competitive salary and full benefit package.

Please apply in person: 920 Airport Road, Fosston, MN 56542

A written application is required.

R7-8C

ERSKINE®

ATTACHMENTS
A CEG Company
CEG

Currently Hiring: Day & Night Shift Weld Production Workers

Erskine Attachments has immediate openings for day and night shift weld positions in our production area. Applicants should be capable of lifting 50 pounds, skilled at operating a wire feed welder, tacking and welding processes, be a team player and be willing to work in other areas as needed. Preference will be given to applicants with past relatable experience or good mechanical aptitude. Erskine is a leading manufacturer of skid steer and compact tractor attachments and has been in the attachment industry for over 62 years. We offer competitive salary and full benefit package.

Please apply in person: 920 Airport Road, Fosston, MN 56542

A written application is required.

R7-8C

HELP WANTED

Part-time bartender wanted.

Please call 938-4151. Ask for Mike or Char after 4:00 pm.

Moran's Supper Club, Winger
R6-9C

Hagen Construction

is looking for a full-time person for truck driving, machine operating, and light shop work. Pay depends on experience. Must have clean CDL record. Call 218-779-9384 or 218-779-9385. Hagen Construction is an E.O.E.

MSC-11C

Ad deadline 4:30 Friday



CORNERSTONE™
A SOLID FOUNDATION IN HEALTHCARE
Cornerstone Nursing & Rehab Center
416 7th St. NE • Bagley, MN 56621
218-694-6552

NURSING ASSISTANT

Cornerstone Nursing and Rehab Center, Bagley, is accepting applications for full and part time Nursing Assistants. Great starting wage, shift differential, and a full benefit package.

Applications available at www.cornerstoneshc.com or call Nicole at 218-694-6552.

E.O.E.

R8-9C



Scoular

MENTOR, MINNESOTA

OPERATOR ASSISTANT -- Scoular Special Crops is seeking motivated individuals to work in their sunflower processing facility in Mentor, MN. Scoular offers competitive wages and a comprehensive benefits package including medical and dental insurance, a retirement program, and vacation and holiday pay. For more information, call us at 218-637-8204.

R6-11C

NOW HIRING!

Laborers, operators, directional drill operators, locators, drivers with CDL license.

— MUST BE WILLING TO TRAVEL —

Tony Torgerson • 218-487-5230
TJ UNDERGROUND

R52-11C

HELP WANTED:

The Marshall County Sheriff's Office is accepting applications for 1 part time Dispatcher/ Jailer/ 911 Operator Position. Must have a high school diploma or equivalent. Experience is preferred but not necessary. This position includes working rotating shifts, weekends & holidays. Must have good people skills, self motivated, computer skills, get along well with the public and co-workers and be able to handle high stress situations. Starting pay is \$18.24/hr plus a nice benefit package. Application deadline is Friday May 20, 2016. Applications may be picked up at the Marshall County Sheriff's Office, 208 E. Colvin Ave. Ste #1, Warren, MN 56762 or print out an application off the Marshall County website at www.co.marshall.mn.us

"Marshall County is an equal opportunity employer"
Sheriff Jason Boman

R7-9C

PUBLIC UTILITIES MANAGER

Bagley Public Utilities Commission is seeking a qualified candidate for the position of Public Utilities General Manager. BPU provides to the City of Bagley utility services including electricity, natural gas, water, wastewater, cable tv and internet. This is an administrative position overseeing general operations of all utilities and utility construction projects. Responsibilities include planning, organizing, and reviewing the construction, daily operations, maintenance and repair of municipal systems; maintenance of necessary records; preparation of periodic reports; and supervision of safety program. Position requires good communication skills and the ability to work with public. 4-year degree in business or public administration, or equivalent administrative experience preferred.

Resumes may be sent to Bagley Public Utilities, 18 Main Ave. S., PO Box M, Bagley MN 56621 or via email to vfletcher@bagleymn.us, and will be received through 4:30pm on June 3, 2016. Bagley Public Utilities is an equal opportunity provider and employer.

R7-8C

NEW QUEEN MATTRESS SET \$199. Pillowtop \$229. Full \$179. Brother's Discount Furniture. All Sizes Available Today. For Pick Up or Delivery. Call 218-766-0064. A Family Owned/Operated Business since 2012.

R6-9C

AD DEADLINE
4:30 PM
FRIDAYS

MOVING SALE

8:00 am-5:00 pm
Fri., May 20 & Sat., May 21
2004 Ford F-250 pickup with Boss 8'3" V plow, like new; 1994 Mercury Sable; 2003 Mercury Sable; Heavy duty factory made commercial wood splitter, will split up to 4' long, has log lifter, splits both directions & is highway legal; Air conditioning tools; 80 gal. horizontal air compressor; Automotive supplies & wood working tools; Furniture; Household items; and many items too numerous to list.
16598 460th St., Clearbrook, just W. of B&M Supply on Cty. Rd. 6 (460th St.) on No. side of road.

R3-8C

Cars, Trucks, etc.

FOR SALE: 1997 Ford F-150 truck. Very well maintained, new tires, top-per, new battery. Runs well, drives well. \$2500.00 OBO. (Might trade for a riding lawn mower plus cash.) Call for more info. Gonvick, 218-487-5222, or 320-349-0773.

R811C-NC

Recreation

FOR SALE: '83 Chevy motorhome, 23'. Call evenings, 218-487-5260.

R711C-NC

FOR SALE: 14' Lund boat, 30 hrs., Honda trailer, like new. Call evenings, 218-487-5260.

R12-11C-NC

Lawn & Garden

FERTILE GARDEN CENTER, 1 mile North of Fertile on Hwy 32 is now open. Beautiful Blooming Plants ready for your gardens and pots. Blooming 5" geraniums - \$2.99 each. We grow our own flowers and vegetables at low prices. Let us all support a drug free community.

R5-9C

FOR SALE

1949 toy shot cork gun, homestead property, \$700.

218-686-7108

R8-9C

Hay, Grain, Seed

HAY FOR SALE: Medium square alfalfa/orchard grass 1st, 2nd & 3rd crop, stored inside, starting at \$35.00 per bale, volume discounts. Also medium square wheat straw, rotary combined, stored inside, \$20.00 per bale. David Olson, Gully, 218-766-9575.

R421C

Mentor Farmers' Market

OPEN EVERY SAT., 8 AM to 12 NOON

Mentor School yard
(Rain or Shine)

Large variety of local foods, produce, meats, baked goods and unique craft items. We take pride in the quality of our products.

www.mentorfarmersmarket.org

✓ Check us out on Facebook at **Mentor Farmers Market**

MAY 28th THROUGH SEPTEMBER

R3-8C

Garage Sale

Your one stop baby girl clothes shop is at 316 4th Ave SW Clearbrook. Some boy clothes, too. Lots of 3-18 months, some misc. sizes up to 4T. Sunday, May 22, 4-6PM.

R8C

Flea Market

LIMITED SPOTS AVAILABLE for the June 18th flea market held the same day as the McIntosh community-wide rummage sales. If interested, please contact Philip Lee at 563-2337 and leave a message or write to: McIntosh Community Club, PO Box 1, McIntosh, MN 56556.

M7-8C

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. **FOR SALE:** Sectional couch. Tan. Call 218-556-6944.

R4511C-NC

For Rent

1 bdrm. apartment / 4 Bdrm. house

All utilities included
On site mail delivery/
washer & dryer

For this rental opportunity

Call Carol @ 800-504-6093
Carol.saga@gmmco.org

**Main Street Manor/
Oklee Rentals**
OKLEE, MN

R411C

RICHARDS PUBLISHING COMPANY, INC.

HELP WANTED in NEWSPAPER ADVERTISING - COMMERCIAL PRINTING - SALES & SERVICE - Gonvick Office -

Contact:

Dick Richards
P.O. Box 159
Gonvick, MN 56644
Email: dick4richards@gvtel.com
Phone: 218-487-5225



R11111C-NC

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High Quality Color copies
218-487-5225

ARCTIC CAT ATV'S, PROWLER SIDE-BY-SIDES, WILDCAT PERFORMANCE UTV'S. HONDA ATV'S, PIONEER SIDE-BY-SIDES, GENERATORS. HONDA MOTORCYCLES AND SCOOTERS. ALUMA UTILITY TRAILERS. YOUR WORK OR RECREATION NEEDS ARE STARTING AT RV SPORTS, HIGHWAY ONE WEST, THIEF RIVER FALLS, MN. 218-681-1007 OR VISIT WWW.RVSPORTS.COM

R6-9C

We Want YOU!

To Rent an
Apartment

**Gonvick Rentals
(Ness Apartments)**
Gonvick, MN

Pay only 30% of
adjusted income for rent

On-site laundry/
Mail Delivery



Contact
CAROL at

800-504-6093

Carol.saga@gmmco.org

TDD # 800-627-3529

R411C



MCAN

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

Minnesota Classified Advertising Network



EMPLOYMENT

KMS PUBLIC SCHOOLS
elementary music teaching position available fall 2016. Current MN License required. Apply at EdPost or www.kms.k12.mn.us, job postings with letter of interest, resume, transcripts, license and three letters of recommendation.

RAILROAD VEGETATION CONTROL: Full-time traveling opportunity, 60-80 hours/week, \$12-\$15/hour starting, meal allowance, paid lodging & benefit package. RAW, Inc. in Cooperstown, ND 888/700-0292 info@rawapplicators.com www.rawapplicators.com

HELP WANTED - DRIVERS

CDL A DRIVERS
\$7,500 sign-on-bonus. Medical benefits on day 1 & earn \$65k+ your first year!!! Guaranteed pay. 401k with company match & more! Apply online: driveformcane.com/goto/minnesota or call Hollie at 507/664-3038

NOW HIRING
company OTR drivers. \$2,000 sign on bonus, flexible home time, extensive benefits. Call now! Hibb's & Co. 763/389-0610

YOUR AD HERE!
One phone call & only \$279 to reach a statewide audience of 3 million readers!!!
1-800-279-2979

FOR SALE

COLORADO BLUE SPRUCE:
1yr old: \$0.87/each for a full box of 180 (\$156.56). Includes shipping & taxes. Replacement guarantee. Smaller quantities available. 866/873-3846 or treetime.ca/cs

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700 ESTATE GUNS
at Auction! Sat. May 21- Prairie du Chien, WI Fine Collectible & Modern Arms! www.kramersales.com 608/326-8108

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pay Top \$\$\$ to hunt your land. Call for a free Base Camp Leasing info packet & quote: 866/309-1507 www.BaseCampLeasing.com

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PROTECT YOUR HOME
with fully customizable security and 24/7 monitoring right from your smartphone. Receive up to \$1,500 in equipment, free (restrictions apply). Call 800/203-6905

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Back Pain? Shoulder Pain? Get a pain-relieving brace - little or no cost to you. Medicare patients call health hotline now! 800/755-6807

DONATE YOUR CAR
truck or boat to Heritage For The Blind. Free 3 day vacation, tax deductible, free towing, all paperwork taken care of 800/439-1735

MISCELLANEOUS

GEO THERMAL HEATING & COOLING SYSTEMS
Commercial, residential & shop buildings. Economical heating & cooling. Federal tax Credits/electric rebates. Earthloop Geothermal Systems, Fosston 218/435-6379 or 218/230-5533

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Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and free shipping. Call 800/259-1096

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Make an impact with your advertising dollar with classified advertising that reaches over 3 million readers!

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Your newspaper representative can provide complete details.
The 24 Hour Network is a program of the MNA, phone 800-279-2979

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NOW HIRING SHOOTING STAR CASINO - BAGLEY OPENING THIS SUMMER

Competitive Wages. Exceptional Benefits.

Career Advancement.

Shift/Wknd Differential \$1.25/hr to \$2.50/hr or more!

OPEN POSITIONS:

Food & Beverage Manager

MIS Site Coordinator

Security Guard Level II

Slots Assistant Manager

Slot Tech Level I

CALL: 218.936.2549 OR Apply Online

Visit our website for the latest open positions!

STARCASINO.COM/EMPLOYMENT

R8,9MNA



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DINING & entertainment

OKLEE'S COUNTRY MUSIC JAM SESSION

Music Jam Correction!
In last week's paper the date for the Oklee Music Jam was incorrect. It was held on the 14th, and will not be held on the 21st as listed in the ad. Sorry for any inconvenience this has caused.

was Saturday May 14th

LAST OF THE SEASON

Ribeye steak, baked potato, wild rice, garlic bread, dinner salad, coffee & water.
Cost is **\$15.00**

Saturday, May 21st
serving from **5:00-7:30 pm**

Cake & coffee for Pete's retirement starting at 6:00 pm

RIBEYE STEAK FRY

in the Banquet Room at the Clearbrook Community Center

(For to-go orders, call 776-3200)

Sponsored by the Clearbrook American Legion Auxiliary

Everyone welcome!

Cake & coffee for Pete's retirement starting at 6:00 pm

TRAIL'S END

Bar & Grill

Old-Time Dance MUSIC

SUN., MAY 22

MUSIC by "Cathy Erickson"

EVERNING DINNER SPECIALS

EVERY SUNDAY 5:00-9:00

CAROL'S COZY BAR & GRILL

Brooks, MN • 218-698-4608

COMING EVENTS:

SUNDAY, JUNE 5TH
Music by "Cathy Erickson" 5:00-9:00 p.m.

THURSDAY, JUNE 9TH
Wine & Wood Party starting at 6:30 p.m.

BINGO resumes in August

Coming soon: ALL STAR WRESTLING

We have... **BREAKFAST & LUNCH SPECIALS DAILY**

HOURS: M-SAT: 8 A.M. - 1 A.M. • SUNDAY: 11:00 A.M. - MIDNIGHT
Kitchen now open until 10:00 p.m.

R. J. Hunt Brand

Alfalfa, Wildlife Plot Mixes, Lawn Seed and other Forage Grasses and Legumes: 645 Brand and Yield Plus Brand Alfalfa; Proven performers in the area, High yield and disease resistance. Reasonably priced.

ORDER EARLY TO ASSURE YOUR SEED SUPPLY

Clearbrook Elevator, 218-776-3511; Farmers Union Oil, Grygla, 218-294-6153; Goodridge Creamery, 218-378-4144; Pete Anderson, Gully, 218-268-4546; Neal Anderson, Fosston, 218-435-6428; Merschman Sales, Bagley, 218-694-6168

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

PRE-AUCTION NOTICE

THE NEXT ST. HILAIRE AUCTION will be **SATURDAY, JUNE 11TH**

ACCEPTING FARM EQUIPMENT, LAWN & RECREATIONAL ITEMS & VEHICLES OF ALL KINDS

AD DEADLINE WILL BE SATURDAY, MAY 28TH

— CONTACT —
RON @ 218 686-2048
Email **ron@redriverron.com**
...or... STOP BY

AUCTION

Verlyn and Arlene Skersick, Sellers

Saturday, May 28 -- 10 a.m.

Location: From the intersection of Hwy #71 south and US #2 southeast of Bemidji, go south on #71 - 2 and 6/10ths mi. to 51079 HWY 71 So., Bemidji, MN 56601

Note: Pay special attn, Ladies, there's plenty here for you too! From the finest in home furnishings to glassware, lawn furniture, household goods, antiques and more.

Ultra Rare totally restored '59 Chevy 3100 4wd pickup short box step side, runs great

EQUIP & TRLRS & TRACTOR '87 GMC ¾ ton 4wd plow truck, '67 Massey Ferguson 135 industrial tractor, '51 D6 Caterpillar, 1H 3444 loader, '56 Ford 850 tractor, '68 Massey Ferguson 150 tractor, Ford 2N tractor, '97 DCT car trailer; **FIRE ARMS** - Over 30 guns many very collectible, several hand guns, and a rare 1908 Marbles Game Getter 18"; **HOUSEHOLD & ANTIQUES** - Loads of quality household goods and furniture, many pieces of antique furniture as well; **SCALE MOD TRACTORS** - Extensive scale model tractor collection approx 2 doz pieces; **SHOP** - a shopload of tools and equipment. Go to the net for more pictures!

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This sale has very little in the way of miscellaneous, mostly large, like new merchandise, be early 'cause the sale will only last a couple of hours

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2000 Kubota tractor and loader, 2012 14' enclosed household, small farm equip, several pieces trlr, 2012 Can Am RTS trike, 2006 21' trvl trlr, new lawn & garden equip, wood working tools, over ½ doz guns, gun safe, sporting goods, mechanics tools, hitches and more!

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The UDLX Minneapolis Moline

By Auctioneer, Eric Mickelson

When I was young dad used to tell a lot of stories about the tractors. Once in a while he would mention the Minneapolis Moline “Comforttractor.”

It was foreign to me but dad had some old sales literature about the UDLX. UDLX stood for U-Deluxe. The engine was basically a standard U Minneapolis Moline motor with sleek fenders and a cab. It was advertised as the first tractor with a factory cab. But, not just a cab. The UDLX featured a seat for two people, radio, heater, cigarette lighter, starter, and lights with high and low beam, all standard equipment. The five speed transmission could work in the field or head down the road at forty mph!

Although a lot of tractor advances were happening at this time, the UDLX was simply ahead of its time. In 1938, John Deere “styled its model A’s and B’s. In 1939, Farmall’s sleek H’s and M’s replaced replaced the F-20 and F-30. Unfortu-



nately Minneapolis Moline the UDLX was just to much for the average farmer. Some say it was ahead of its time. Others say the price was too high. Whatever the reason the UDLX was a sales flop. But in todays collector market they can fetch prices from \$150,000 to \$200,000!

Back in my younger days, before tractor collecting had really gotten popular, I ran an ad in the Farmers Union Paper-Wanted: Minneapolis Moline Comforttractor. I never got a response and if I would have I suppose I wouldn’t have had enough money to buy it anyway! But, I kinda look back and dream a little! What if.....?!

How About a Little Tractor Trivia

1. How many UDLX’S were produced?
A. 100 B) 125 C) 150 D) 200
2. What year was the UDLX’s only year of production?
A. 1936 B) 1937 C) 1938 D) 1939
3. What was the approx. price of a new UDLX?
A \$1700 B) \$1800 C) \$1900 D) \$2100
4. What did Minneapolis Moline call their yellow color?
A. Persian Yellow B) Flambough Yellow C) Prairie Gold D) Moline Yellow
5. T or F. The engine was a Minneapolis Moline 4 cyl., 283 cu. in. engine.

Answers: 1. B 2. C. 1938 3. Tractor data says the price was over \$2100, answer D. Other sources say \$1800 or \$1900. So answers B, C, and D would be accepted. 4. C Prairie Gold 5. T- same engine a the standard U

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: Can you talk about what is legal when it comes to ATV operation and where they can be operated?

Answer: When it comes to all-terrain vehicles (ATVs) laws and regulations it all depends on what type of ATV you have and where it will be operated. There are two classes of ATVs. This had changed on July 1, 2015.

Class 1 is an ATV with a total width of 50 inches or less.

Class 2 is an ATV with a total width that is greater than 50 inches but not more than 65 inches wide.

ATV General Operations

A valid driver’s license is required to operate an ATV on a road right-of-way, except when on a designated trail that includes a road right-of-way. A person with a valid driver’s license may operate an ATV:

- Registered for private use and being used for agricultural purposes on a public right of-way of a trunk, county, state aid, or county highway, if the ATV is on the extreme right side of the road. A left turn may be made if it is safe to do so.
- On the far right-hand side of a township road, unless prohibited by local regulations. If traveling at a slower speed than other traffic on the township road, the ATV should be driven as close as practical to the right-hand edge of the road.
- On a bridge, a roadway shoulder, or the inside bank of a public road right-of-way if necessary to avoid obstructions to travel or environmentally sensitive areas. You must remain in the farthest right-hand lane, enter the roadway within 100 feet of the bridge, obstacle, or area, and make the crossing without delay.

You may operate a Class 2 ATV on private land; frozen lake surfaces; state forest roads; and with a valid driver’s license on the shoulder or extreme right side of county roads and on the right side of township roads and city streets—if not prohibited by the road authority or other local laws, on designated Class 2 trails and use areas and in road right-of-way of a trunk, county state-aid, or county highway but only to access businesses or make trail connections. A left turn may be made if it is safe to do so.

Class 2 ATVs may be operated on the shoulder or extreme right side of county or township roads and city streets if not prohibited by the road authority or

other local laws. Class 2 ATVs may NOT be operated on the shoulder of a state trunk highway. Class 1 (side/side) ATV must have a steering wheel, seat belts, and roll-over protective structure to be operated like a Class 2 on roadways.

You may NOT ride

- Crossing a bridge that is part of the traveled lanes of an interstate highway.
- An ATV on controlled access/freeway portions of state highways.
- Exceeding 10 mph on the frozen surface of public waters within 100 feet of another person who is not on an ATV (including people that are fishing) or within 100 feet of a fish house or other shelter.
- On the median of a four-lane highway.
- Within the right-of-way of any interstate highway or freeway.
- On the right-of-way between opposing lanes of traffic.
- On grant-in-aid snowmobile trails.
- On designated non-motorized trails. (Others listed on MNDNR website).

Youth age 12 through 15 operation.

Youth age 12-15 can now operate an ATV on a roadway if they possess a valid ATV safety certificate AND are accompanied by a parent or legal guardian that is on a separate ATV. All other riding requirements apply.

Please use good judgement and obey all the laws when operating an ATV. Conservation officers, deputy sheriffs, police officers, and state troopers, all enforce off-highway vehicle rules. You must stop when signaled by a law enforcement officer.

For additional information go to: www.mndnr.gov/OHV

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).

AD DEADLINE
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Theology in the Trenches

By Kathleen Kjolhaug,
Guest Contributions: Joni Woelfel

Muddy Buddies

Chatting away with a friend who lives several states away, I mentioned that I had just made a batch of “Puppy Chow.”

“What is that? I’ve never heard of it!” she responded.

“What? You’ve never heard of Puppy Chow?”

For those of you who do not know, it is a mean mixture of crunch and munch in one bite. The Corn-Chex cereal smothered with a chocolate peanut butter melt, topped off with powdered sugar satisfies the taste buds. Mid-winter, it’s a must. When under stress, there simply isn’t anything better. When arriving home after a full day of work, grabbing the tub of treats from the freezer makes anything that wasn’t quite up to snuff seem, quite frankly, unimportant.

Telling my friend of the delectable treats was one thing, but rattling off the recipe brought pure joy as I knew I was introducing her to one of life’s finest treats. She paused once she saw it on paper, and said, “Oh! This sounds like Muddy Buddies. That’s what we call it out here.”

Once the situation was clarified, I was able to ask if she had ever made her very own batch. With much delight, I learned that she had not.

A few days later, the call came announcing that she was just polishing off her first batch of homemade Puppy Chow



or Muddy Buddies, whichever you prefer. I needn’t have asked how it tasted cause I could hear her smile amidst the crunching. She was now a fan!

Soon after, I found myself roaming the isles of a convenient store and noticed “Muddy Buddies” upon a rack amidst the munchies section. They had been in my midst masking as a make-shift “Puppy Chow” sort of treat for quite some time. Sort of, was the key. It was sort of like “Puppy Chow,” but not really. It sort of reminded me of a few other “sort ofs”:

I sort of believe in God, but not really the part that Jesus was the son of God.

“I am the way the truth and the life. No-one comes to the Father except through me” (John 14:6).

I sort of believe in the Bible, but not that it is the Word of God.

“In the beginning was the Word, and the Word was with God, and the Word was God” (John 1:1).

I sort of think I’m a Christian, after all, I believe in something.

“Verily, verily, I say unto you, He that believeth on me hath everlasting life” (John 6:47).

I sort of like John’s book. Look him up, and enjoy the process. Amen.



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15 Ways to Reduce Nutrients in Lakes and Streams

We all understand how important it is to protect and conserve our water resources. The Minnesota Pollution Control Agency (MPCA) has many tips to help keep our water clean and safe. No matter who you are or where you live, there are many ways you can help. Just start by doing one thing for our water. Small changes can make a big difference!

5 Ways for Residents

• Use no-phosphorus fertilizer on lawns and gardens
Be sure to check the bags when you buy them. Look for the package formula of nitrate-phosphorus-potassium, such as 22-0-15. The middle number, representing phosphorus, should be 0.

• Keep grass clippings in the lawn

When mowing the grass, avoid blowing grass clippings into the street, where they wash into storm sewers that drain to lakes and rivers.

• Keep leaves and other organic matter out of the street

Again, streets drain to storm sewers, which in turn drain to rivers and lakes.

• Sweep it
Sweep up any grass clippings or fertilizer spills on driveways, sidewalks and streets.

• Leave a wide strip of deep-rooted plants along shoreland

Instead of planting and mowing turfgrass here, plant wildflowers, ornamental grasses, shrubs or trees. These plantings absorb and filter runoff that contains nutrients and soil, as well as provide habitat for wildlife.

More information at reduce.org (<http://www.reduce.org/garden/index.html>).

5 Ways for Farmers

• Buffer strips help
Leave a wide strip of deep-rooted plants along ditches, streams and lakes to absorb and filter runoff. Many programs, including ditch authorities, pay rent for these filter strips.

• Change the plan on marginal land

Plant marginal cropland to perennial crops or convert to water retention areas.

• Use smarter drainage
Install controlled drainage systems instead of traditional pattern tiling.

• Manage the nutrients
Follow nutrient management plans to ensure efficiencies and protect water resources.



The History of Memorial Day

Though many people are quick to refer to Memorial Day as the unofficial beginning of summer, the day is much more than that. Initially known as Decoration Day, Memorial Day is a day to remember those military members who died in service of the country.

The origins of Memorial Day remain a topic of debate. In 1966, President Lyndon Johnson declared Waterloo, N.Y. as the official birthplace of Memorial Day. However, the roots of Memorial Day likely run much deeper, as researchers at Duke University note that during the Civil War, organized women’s groups in the south had begun to decorate the graves of fallen soldiers.

Memorial Day as we know it today can likely be traced to Charleston, S.C., where teachers, missionaries and some members of the press gathered on May 1, 1865 to honor fallen soldiers. During the Civil War, captured Union soldiers were held at the Charleston Race Course and hundreds died during captivity. Upon their deaths, soldiers were buried in unmarked graves. When the Civil War ended, the May Day gathering was organized as a memorial to all the men who had died during captivity. The burial ground was landscaped, and those freed as a result of the Civil War played an integral role in the event at the Charleston Race Course.

While the event in

Sanford Health of Northern Minnesota celebrates the field of nursing

BEMIDJI, Minn. – Every year, Sanford nurses work to save lives and improve the health of thousands of individuals. With over 490 nurses, Sanford Health of Northern Minnesota (SHNM) is the largest employer of nurses in the region. To celebrate the profession, SHNM honored nursing staff with a Nursing Recognition Reception. At the reception several individuals received recognition.

The Nursing Innovation Award recognizes a nurse or nursing team involved in innovation in the practice of nursing through behaviors, actions and delivery of care. This team represents the future of nursing practice at Sanford.

The recipient of the 2016 Nursing Innovation Award was CiOps Team. Team members include: Sarah Sherwood, Claire Frenzel, Debra Dittman, Ashley Wavrin, Andrea Flack, Erin Petrowske, Karla Svingen, Nicholle Bieberdorf and Rebecca Meisner.

The Rising Star Award recognizes a professional nurse in the first two years of practice who has demonstrated passion for their newly chosen career. This nurse has transitioned from student to a professional nurse and represents a commitment to continuous learning, demonstrates caring practices for self and patients and contributes to unit or nursing department initiatives or council. This nurse shows promise for the future of professional nursing.

The recipient of the 2016 Rising Star Award was Amber Wendorff, BSN, RN. She is a registered nurse at Sanford Bemidji Medical Oncology.

The Friend of Nursing Award was established to recognize an individual who is not a nurse, but who has helped the profession of nursing. This award recognizes an individual who

Charleston might have been the first Memorial Day-type celebration in the southern United States, General John A. Logan is often cited as inspiring similar events in the north. As commander-in-chief of the Grand Army of the Republic, a veterans’ organization for men who served in the Civil War, General Logan issued a proclamation just five days after the Charleston event that called for Decoration Day to be observed annually across the country. Logan preferred the event not be held on the anniversary of any particular battle, and thus the day was observed for the first time on May 30. Celebrating the day in May also was significant to event organizers because May is a month when flowers are in bloom, making it easier for observers of the holiday to place flowers on the graves of fallen soldiers.

In 1868, events were held at more than 180 cemeteries in 27 states, and those figures nearly doubled in 1869. By 1890, every northern state officially recognized Decoration Day as a state holiday. But southern states honored their dead on a different day until after World War I, when the holiday was changed to recognize Americans who died in any war and not just the Civil War. Nearly every state now celebrates Memorial Day, a name for the holiday first used in 1882, on the last Monday in May.

Sanford Health of Northern Minnesota celebrates the field of nursing

has demonstrated significant contributions to the nursing profession and to the work environment of the health care team.

Kari Knudson, the volunteer manager at Sanford Bemidji Medical Center, was the 2016 recipient of the Friend of Nursing Award.

The Florence Nightingale Professional Nurse Award was established to recognize nurses who are involved in the provision of the art and the science of nursing. Through strength of character, commitment and competence, this recipient is recognized by peers as one who contributes to the evolution of the nursing practice. This nurse also participates in community and organizational affairs, demonstrates the Sanford values and has a positive innovative outlook.

The recipient of the 2016 Florence Nightingale Award was Laurel Bessler, RN. She is a nurse with Sanford Bemidji Pain Management.

In addition, several nurses were honored for achieving certification in their area of specialty during the past year, including:

Dacia Bessler, Penny Bohlman, Sarah Branham, Susan Cole, Sarah Duncan, Natalie Haglund, Charity Hanevold, Rebecca Hansen, Christina Hawver, Delores LaDuke, Jenna Palmer, Crystal Sauer, Cindy Schuppert and Alethia Yoder.

“We are privileged to be able to honor the many great men and women who work in the nursing field,” said Sanford Health of Northern Minnesota’s Vice President of Nursing Vicky Korynta. “We recognize all the hard work, commitment and dedication nurses demonstrate throughout the year. This dedication and commitment to providing quality patient care make them the true spirit of caring.”

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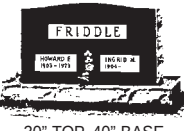
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OBITUARIES

Services held for Kim Lee Ohman

Kim Lee Ohman was born in Bagley Mn, September 15, 1956 to William Ohman & Myrtle Ohman (Tegner). He passed away at age 59 on April 23, 2016.

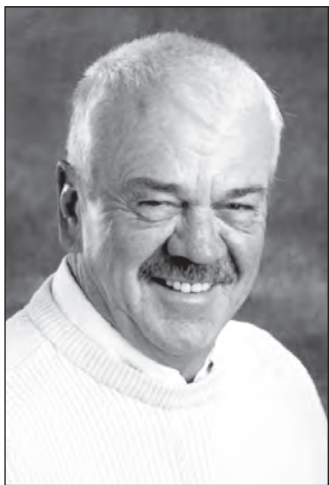
Kim was raised near Pinewood and moved to Alaska just after graduating from Clearbrook High School. He worked on the pipeline project and settled in Alaska. Kim met his wife, Bertha, in Fairbanks and moved to Tununak to be with her. Kim

moved with family to Bethel and lived there for 7 years and then moved back to Tununak where he was residing at the time of his death.

Kim was preceded in death by his parents, William and Myrtle Ohman and his brothers Alan (Gary) and Darrell Ohman.

He is survived by his wife Bertha, children Miriam, William, Dakota and Ravin, grandchildren, brothers, Darwin and Jim Ohman, nieces and nephews.

Services were held on May 2, 2016 in Tununak.



Services for Larry Sigerud

Larry Sigerud, age 73 of Goodridge, MN died peacefully on Saturday, May 14, 2016 at his residence surrounded by his loving family.

Funeral service to celebrate his life will be held at 10:00 AM on Friday, May 20, 2016 at Faith Lutheran Church in Goodridge, MN with Rev. Philip Johnson officiating. Burial will follow at Rosendal Cemetery rural Goodridge, MN. Visitation will be held from 5:00 PM until 8:00 PM with a 7:00 PM prayer service on Thursday, May 19, 2016 at Johnson Funeral Service in Thief River Falls, MN.

Larry Clayton Sigerud was born on November 6, 1942 on the Sigerud family farm in Reiner Township, Pennington County, MN the son of Harry and Mabel (Tangen) Sigerud. He was baptized and confirmed at Rosendal Lutheran Church, rural Goodridge, MN. Larry attended the Goodridge School graduating with the class of 1960.

Following high school, Larry went to work for Nabisco in Minneapolis, MN and in 1962 moved to Buffalo, WY where he went to work on road construction for Reeves Construction. He soon met his future wife, Doreen Gibson while she was working at her mother's firework's business. They were married on August 1, 1964 at the First Methodist Church in Buffalo, WY. They made their home in Buffalo for a short time and were blessed with a son, Kurt in 1965. The family moved to Lake City, MN where Larry worked for a Steel Foundry.

In 1966 they moved to Milwaukee, WI where Larry

worked for North Central Airlines. While in Milwaukee they were blessed with a daughter Janita in 1967 and a son, Jon in 1971. His work with the air freight moved the family a number of times, including a transfer to Memphis where he was Vice President of Operations, along with moves to Atlanta, GA, Houston TX and then to Minneapolis, MN where they made their home in Lakeville, MN. In 1979 the family moved to Goodridge, MN and started farming. Larry spent the winters of 1990 and 1991 working construction in the Virgin Islands after Hurricane Hugo. The last ten years before his retirement in 2004, Larry worked for Swingen Construction building bridges.

He loved spending summers with his family and friends at Springsteel Resort on Lake Of The Woods. He and Doreen looked forward to their vacations in Mexico and the Caribbean and the past four winters were spent in Rockport, TX. Larry enjoyed fishing, driving his golf cart, deer hunting, reading, and keeping in touch (early in the morning) with family and friends on his cell phone. Larry was a member of the Lakeville Jaycees and Goodridge Lions Club. Larry and Doreen have also been licensed adult foster care providers for the past 30 years.

Survivors include his wife of 51 years, Doreen of Goodridge, MN; children, Kurt (Cherie) Sigerud of Goodridge, MN, Janita (Tony) McLean of Greenbush, MN, Jon (Rena) Sigerud of Otsego, MN; grandchildren, Aaron Sigerud, Amanda (Brady) Nelson, Taylor McLean, Emily McLean, Caden Sigerud, Katie Sigerud, Cody Sigerud; step-grandchildren, Nolan Schuler, Nicholas (Stephanie) Schuler, Great Grandchildren, Talia Nelson; step great-grandchild, Jase Schuler; brother, James (Judy) Sigerud of Pewaukee, WI; sister, Debbie (Lance) Kohlmeyer of Fargo, ND; brother-in-law, Allen Horning; aunt, Hulda Sigerud; and many other relatives and friends.

He is preceded in death by his parents; sister, Marilyn Horning; and grandson, Ty Sigerud.

Obituary Notices also on our website www.tricocanary.com

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7th Annual “Get Wild With Wild Rice” Recipe Contest Kicks Off

Your Culinary Expertise Could Win You Cash & Prizes

It's time to get wild with your cooking skills - the Minnesota Cultivated Wild Rice Council is seeking your imaginative and creative recipes for its 7th Annual “Get Wild with Wild Rice” Recipe Contest.

Whether you're a culinary professional, an aspiring chef, or someone who simply enjoys cooking and the culinary arts, we invite you to participate in our national wild rice competition. Get your creative juices flowing and enter your most imaginative creation featuring the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

Here's how it works - recipes entered go head-to-head in a taste test conducted by our culinary specialists. Participants have three opportunities to win: 1) Up to 16 finalists will be selected to have their recipes published and win wild prizes; 2) A Grand Prize of \$500 will be awarded to one winning recipe chosen by a panel of judges; and 3) In September, winning recipes will be posted on our website for an online contest celebrating National Rice Month. America will vote for their favorite recipe and one lucky winner will receive a \$250 People's Choice Award. The contest opens May 16 and the deadline for recipe submission is June 13, 2016. Visit www.mnwildrice.org for full contest details.

The “Get Wild with Wild Rice” Contest also serves as an Automatic Qualifier for the 2016 World Recipe Championship (theme: Breakfast). The World Recipe Championship is one of 9 competition categories being held in Orange Beach, Alabama, at the World Food Championships. What does that mean for you? It means one lucky winner will receive a Golden Ticket which qualifies him or her to compete for a total purse of \$300,000 in cash and prizes!

The “Get Wild with Wild Rice” contest, now in its 7th year, is a popular contest attracting scores of “wildly” imaginative culinary creations demonstrating both participant creativity and wild rice versatility. See for yourself - try these wildly delicious prize winning recipes:

2015 People's Choice Winner - Wild Bacon-Bleu Stuffed Filet Mignon (Sharon Holland, St. Louis Park, MN) Filet mignon tender enough to cut with a fork, stuffed with spinach, bacon, wild rice, thyme, and bleu cheese makes the 2015 People's Choice winning recipe simply irresistible. Wild Bacon-Bleu Stuffed Filet Mignon is an elegant creation sure to impress even your most discriminating guests, yet easy enough to prepare for that special family occasion as well.

2015 Grand Prize Winner - Wild Rice Chicken Chowder (Roxanne Chan, Albany, CA) The 2015 Grand Prize winning recipe is a home-style comfort food. Wild Rice Chicken Chowder combines wild rice with ground chicken, cream-style and niblets corn, spinach, and shredded cheese for a deliciously hearty meal your whole family will love.

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online (www.mnwildrice.org/search.php).

Healthy, nutritious, and

delicious – no wonder wild rice is the grain of choice for those who love versatility, freshness, and flavor.

Tradition! Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 50 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called “manoomin,” which translates into “good berry.” Today, most wild rice is cultivated, yet it remains a natural product.

Simple & Convenient! One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat, and simmer 30-45 minutes or until grains begin to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.

Gourmet Flair! Wild rice adds flair to entrees, soups, and salads, lending nutty texture and unique flavor to any dish. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your familiar favorites with style:

Pilaf: Stir in wild rice, dried cherries, and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

Pancakes: Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with real maple syrup.

Omelets: Saute fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

Italian Rice Salad: Combine chopped tomatoes, red onion, olives, and capers with a splash of Italian salad dressing and wild rice for a lovely, no-fuss accompaniment to grilled tuna or salmon.

Nutritious! Did you know wild rice has only 83 calories per ½ cup serving? It is a good source of fiber, protein, B-vitamins, and potassium. This nutritional grain is free of sodium, preservatives, and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes, and versatility.

To receive your free copy of the Council's latest recipe brochure, “Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions,” featuring contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrees, and side dishes, send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council

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WILD BACON-BLEU STUFFED FILET MIGNON
Sharon Holland, St. Louis Park, MN

4 - 8 oz filet mignon (tenderloin steaks), 2" thick
 3 tbsp canola oil
 4 strips thick cut bacon, diced
 1 cup cooked wild rice
 1 cup diced baby portabella mushrooms
 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
 4 garlic cloves, minced
 1/4 cup dry sherry
 1 tbsp minced fresh thyme
 salt and pepper to taste
 1 cup crumbled bleu cheese
 2 tbsp Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 400°F. In large skillet, sear steaks in oil, 5 minutes each side; cool. In skillet, fry bacon. Stir in wild rice, mushrooms, spinach, and garlic; coat with drippings. Stir in sherry; cook until nearly evaporated. Cool slightly. Stir in seasonings and bleu cheese. Cut deep “X” into filets, lift corners and snip to make flap; stuff with mixture, top with parmesan; roast 20-30 minutes. 4 servings.



Wild Bacon-Bleu Stuffed Filet Mignon. Credit: Minnesota Cultivated Wild Rice Council.

WILD RICE CHICKEN CHOWDER
Roxanne Chan, Albany, CA

1 pkg (16 oz) Gold'n Plump® Ground Chicken
 2 tbsp canola oil
 1/2 cup chopped onion
 1/4 cup each chopped: celery and red pepper
 1 tsp poultry seasoning
 2 tbsp flour
 2 cups chicken broth
 1 can (14.75 oz) Green Giant® Cream Style Sweet Corn
 1 box (9 oz) frozen Green Giant® Steamers Niblets® Corn
 1 1/2 cups half and half
 2 cups cooked wild rice
 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
 1 tsp lemon zest
 1/2 tsp each: ground pepper and salt
 1/3 cup Sargento® Chef Blends® Shredded 4 State Cheddar® Cheese, divided

In large saucepan, brown chicken in oil. Add onion, celery, red pepper, and poultry seasoning; cook 3 minutes, stirring occasionally. Add flour, stirring until bubbly; gradually stir in broth. Stir in cream style corn, niblets corn, and half and half; cover and simmer 5 minutes. Stir in wild rice, spinach, zest, pepper, and salt; heat through. Adjust seasonings. Spoon into bowls; top with cheese. 4 servings.



Wild Rice Chicken Chowder. Credit: Minnesota Cultivated Wild Rice Council

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