



Tri County Canary

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

On the job with ...Carlos Mendez

By Karen Edelbach

Carlos Mendez is a certified reflexologist, calling his practice "Reflexions of Health". His story is one of dedication and success in a profession that may not be understood by many. In Europe, reflexology is studied and practiced a great deal more than in the United States, but more doctors here are also becoming aware of its usefulness.

Carlos says health care should be a team effort, and reflexology is not meant to replace a medical doctor. A reflexologist is not a doctor, so he refers to those who come for treatments as clients.

"You may go to a chiropractor, or have a massage, or to a medical doctor all for different reasons," he says. And he believes that a reflexologist should be a part of that team.

"It is a way to help your body help itself," he says. "The goal of reflexology is relaxation and to reduce stress. People are so much under stress, which is not good, and it is important to reduce the stress."

Carlos can identify those stress points, which connect to the nerves in the body. He sees that the result is often a lessening of pain and stress, and better sleep.

Reflexology is not foot massage, but reflex action techniques are used that involve a more direct application to the sensory nerves of the feet and hands, which results in the release of essential chemicals that the body utilizes for health and well-being. Reflexology has been studied for the science behind it, and the techniques and specific procedures of are very complex.

"If you have a neck or back problem, you should ask the question, 'Why?' Where is it coming from. You will find in the foot where some area in the body is under stress. This is a complete body approach, not for a foot problem, but works through the nervous system which contributes to the whole health of a person."

Reflexology affects the body in three ways – mentally, emotionally and physically.

"Balance in these three areas is the goal, because they are all interwoven."

Some of the benefits attributed to reflexology are that it reduces stress and anxiety, produces relaxation, improves circulation, improves emotional health, sharpens mental alertness, reduces pain, and improves sleep.

"People have physical problems, then may think so much about it that it becomes an

emotional or mental problem. Clients come here for relief. Some end up sleeping, snoring, or even crying during the treatment. This is an emotional release, and that is ok."

Carlos is from Chili, where he met Melanie Lange when she attended a Bible Convention there in 2003. They were married in Bagley in 2006.

It is quick to see that Carlos' wife, Melanie, is a strong support and cheer leader for Carlos, and very proud of his accomplishments. Carlos says Melanie is very important support to him in his work.

Melanie is from Gonvick, Minn., the daughter of Eugene and Beryl Lange. They owned a charter bus company there for many years, and now have retired and live in Bemidji.

Carlos found this calling in life after an injury ten years ago when a fork lift ran over his foot where he worked. He could no longer do the kind of work he was doing there as he was on his feet all the time. A concerned cousin who knew about reflexology thought this might be a direction Carlos could pursue in order to find a new occupation.

Melanie, who is an integral part of his business, started researching the field, and they traveled to Rockford, Illinois where Carlos completed a 300 hour course which included class attendance, practice, and home study in order to become certified.

"He passed his test with flying colors, and he is good at what he does," says Melanie. "He has an instinct, how he can find those points of stress," she says. "This is a proactive approach to health."

Carlos has a Spanish accent and this can be challenging, but it does not seem to hinder him in his work. Melanie says he is very patient, and Carlos and his clients work together to communicate. That helps him make connections with his clients.

"I see that I need to communicate to connect with my clients," he says.

"For foot reflexology to be effective, it is not a one-time treatment. To increase being healthy, you need to spend time. It can help in severe trauma such as from a car accident or a fall," according to Carlos.

"It can help the emotional stress also," Melanie adds. "The feet do not lie."

Carlos became certified in the Eunice Ingham Method of Reflexology in 2011. In 2012 he studied with a doctor from Spain who researches the science behind reflexology.

Cranio-Sacral Reflexology, which Carlos is currently learning, was developed by a medical doctor in England, who Carlos began studying with in 2014. This method is very precise, and a lot of attention is given to the toes, which represent the head and brain in reflexology. The training for this has been in New Mexico and Canada. He will be taking the test to be certified in this method in the spring.

Carlos says he has been told he is gifted in this field of learning how to identify points of stress in the feet which point to various areas of the body through the nervous system. He adds that it is also important to get exercise and do some walking everyday, and more as people improve.

Carlos works in Bagley, Bemidji, Grand Rapids, St. Louis Park, and St. Paul where he sees clients. He is in Bagley three days a week at Studio One

"Have an open mind to other therapies and to different approaches. It is hard to make changes," but Carlos emphasizes, "reflexology is a way to help your body help itself."



Carlos Mendez is a reflexologist, whose goal is to bring relaxation, reduce stress and often better sleep to his clients. His wife, Melanie, is an avid supporter and help in his profession. "Have an open mind to other therapies and to different approaches," Carlos emphasizes. "Reflexology is a way to help your body help itself."

Bemidji area residents can prevent Type 2 diabetes with proven program

Community members can prevent Type 2 diabetes with the year-long Diabetes Prevention Program starting Feb. 21, 2017 at Sanford Bemidji 1611 Anne St. Clinic. Guided by trained lifestyle coaches, participants will learn skills to make lasting changes such as losing a modest amount of weight, being more physically active and managing stress.

The program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is free to qualifying individuals.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop Type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes can be diagnosed with Type 2 diabetes within 5 years.

"One in three American adults has prediabetes, so the need for prevention has never been greater," said Heather Tverstol, Sanford registered nurse and a lifestyle coach for the program. "The Diabetes

Prevention Program offers a proven approach to preventing or delaying the onset of Type 2 diabetes through modest lifestyle changes made with the support of a coach and one's peers."

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes. The Diabetes Prevention Program groups meet for a year — weekly for the first 16 weeks, then once a month for the remaining 7 months to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make similar changes. Together participants celebrate their successes and find ways to overcome obstacles.

The Diabetes Prevention Program is based on research that showed that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing

type 2 diabetes by 58 percent.

Nationwide implementation of the program could greatly reduce future cases of type 2

diabetes, a serious condition that can lead to health problems

Type 2 diabetes...
 Continued on page 2 Canary

COUNTDOWN TO 2017

*Out with the old,
in with the new,
may you be happy the
whole year through.
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Sharing the wealth via Clearwater-Polk Electric Operation Round-Up



Clearwater-Polk Electric Cooperative's Operation Round-Up donated \$8,750 to 17 local area organizations on Wednesday, Dec. 14. According to Operation Round-Up Trustee Glenn Rettmann, this latest round of donations brings the total distributed since Operation Round-Up began to approximately \$355,000. All this raised by simply rounding co-op members' monthly electric bill up to the nearest dollar, an average donation of \$6 per year per member. On hand to receive checks were (from left, front) Lloyd Engen, Clearbrook-Gonvick Sr. Center; Jenny Bakke, Clearbrook-Gonvick After-Prom; Corrie Uhler, Bagley Early Childhood Initiative; Lorraine Brustad, Bagley Sr. Center; Gladys

Luecken, Project Linus; Jane Merschman, Clearwater Christmas Project; (back row) Patti Schrader, Civil Air Patrol; Jay Jones, Clear Waters Life Center after school program; David Lindmark, Birchmount Community Center north of Leonard; Becky Colebank, Clearwater County Food Shelf; Tamara Edevold, Clearwater County Historical Society and Northern Exposure to Lifelong Learning; Lori Buell, SWCD Envirothon; JaNelle Melbo, Bagley Elementary third grade trip to live play performance. Other donations went to (not pictured) Bagley After-Prom, Clearbrook-Gonvick School, Northwoods Caregivers.



Rose Hanson, Bailey Watne and Karina Tinnes each painted themselves a festive winter sign.



Grygla's Relay for Life team, Chix from the Stix, hosted a Hickory Backroads painting night at Yo-Hawn's Bar & Grill on December 7th. Proceeds benefited the Marshall County Relay for Life/American Cancer Society. Tammy Klein, and her daughter, Kia, were among those who enjoyed painting wooden signs! Hickory Backroads is based out of Gonvick and owned by Kelly Melin.

Grygla's Holiday blood drive is a success

The blood drive held in Grygla on December 7th was another success. According to Katie Bartelson, Senior Donor Recruitment Representative at United Blood Services, "Grygla had a good turnout. There were 46 people who volunteered to donate and 39 able to give. 14 people gave blood on the automated 2RBC machine that collects two units of red blood cells which resulted in 53 total products. There were even 2 people who volunteered for their first time!"

Ralph Rundell coordinated the drive with high school students serving lunch. Others who assisted the day of the drive include: Mildred Klamar, Sheldon Peterson, Nadine Wold and Ida Stanley. Space to hold the drive was provided at the Community Center.

The availability of blood is dependent on the success of blood drive held in many communities. The citizens of the Grygla area can be assured that their community is a good example of a well-run blood program. On behalf of the patients who benefited, United Blood Services appreciates all the thoughtful people who volunteered to help others by giving of themselves.

with a safe and confidential place to openly discuss personal issues and how their combat experience impacts their daily life.

"Post-traumatic stress disorder, or PTSD, is a condition many veterans struggle with after traumatic experiences such as combat or disaster," said Sletta. "What we want our vets to know is that it's real, you are not alone, and help is out there with groups like ours."

The support group can help veterans learn that:

- Combat did change them
- No matter what they do, they can't change what they've experienced

- Drugs, alcohol, isolation and denial don't work as coping behaviors
- With support of other combat vets, they can learn to live with PTSD

Any veteran interested in attending can simply show up at the scheduled meeting time. Call (218) 333-5165 or (218) 333-2582 to learn more.

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Type 2 diabetes...

Continued from Canary front page

including heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

"Small changes can add up to a big difference," said Tverstol. "Working with a trained lifestyle coach who provides guidance, Diabetes Prevention Program participants are making lasting changes together."

People are more likely to have prediabetes and type 2 diabetes if they:

- Are 45 years of age or older;
- Are overweight;
- Have a family history of type 2 diabetes;
- Are physically active fewer than three times per week; or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

To participate in the Diabetes Prevention Program, individuals must have a diagnosis of pre-diabetes with a blood test (A1c) and be willing to commit to the 12-month program.

For more information or to register, contact Sanford Bemidji's Diabetes Prevention Program at (218) 333-5373.

Sanford Bemidji hosts blood drive

BEMIDJI, Minn. – Sanford Bemidji Medical Center is hosting the Memorial Blood Centers Bloodmobile for a community blood drive from 8 a.m. to 2 p.m. on Dec. 30 at Sanford Bemidji Medical Center, 1300 Anne St., N.W., Bemidji. All registered donors will receive a free t-shirt and be entered for a chance to win a Polaris ATV.

All blood types are needed, especially type O.

The Memorial Blood Centers Bloodmobile will be located in the southeast parking lot of the Sanford Bemidji Medical Center.

Patients at local hospitals rely on Memorial Blood Centers for the blood type they need. But blood doesn't last forever—donated red cells last only 42 days, which is why donors are needed.

Donors will need a photo ID when they arrive at the hospital. To register, log onto mbc.org/searchdrives and enter sponsor code 2234. You may also register by contacting Linda at (218) 740-1526.

Once registered, save time by completing the health history questionnaire online on the day of your donation at MBC.ORG/iDONATE.

Need to write a note? Make a shopping list?



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Sound Off, combat veterans support group at Sanford Bemidji

Sanford Bemidji offers a support group, Sound Off, for combat veterans. It is held from 5 to 7 p.m. the first and third Tuesday each month at Sanford Bemidji Medical Center's Conference Room A, located immediately to the right through the hospital's main east entrance. The group will meet next on Jan. 3 and Jan. 17.

The group is free and open to men and women from all branches of service, regardless of conflict or disaster. It is facilitated by Billy Benso, United States Marine Corps (USMC) combat veteran, and Mike Sletta, behavioral health triage therapist at Sanford Bemidji.

The group provides members

Minnesota State Patrol

Accident December 18 claims life of Owens

An accident on December 18 claimed the life of Patrick Lee Owens, 46, of Redby the driver of a 1997 Chevrolet GMT 400. The driver of the second vehicle was Sherry K. Lein, 60 of Williams in a 2014 Ford Escape who sustained no life threatening injuries.

Incident Description: A Chevrolet Truck was traveling east on Highway 11. A Ford Escape was traveling west on Highway 11. The Chevrolet truck crossed over the center line and collided head on with the Ford Escape. The Minnesota State Patrol was also assisted by Lake of the Woods EMS, Williams Fire, and US Border Patrol.

Accident December 19 claims life of Swanson

An accident on December 19 claimed the life of Sandra Swanson, 71 of Gatzke the driver in a Chevrolet. The driver of the second vehicle was Alexander Schmidt, 21, of Thief River Falls who sustained non life threatening injuries.

Incident Description: A Ford truck was traveling west on Highway 1 east of Thief River Falls. A Chevrolet Blazer was traveling east. The Ford truck struck a deer and crossed over the center line colliding with the Chevrolet Blazer head on. Assisting the Minnesota State High Patrol were Pennington County Sheriff Office and Thief River Falls Police department.

Passport Photos at Richards Publishing 218-487-5225

Marshall County Sheriff

On December 10, 2016 at approximately 2129 hrs., Marshall County Deputies were dispatched to a rural Newfolden address for a Domestic Assault in progress. When Deputies arrived, they learned that the suspect had fled the scene on foot after assaulting four family members. K-9 Eva was deployed and was able to track the suspect about 1/2 mile to the front door of the neighboring residence. Deputies were granted access to the residence and learned the suspect was hiding in the upstairs of the residence. The K-9 Deputy gave the K-9 announcement at the bottom of the stairs. This announcement causes K-9 Eva to bark as she is trained to do. The suspect immediately advised he was coming downstairs and was arrested without incident. He was then transported to the Marshall County Jail. The incident remains under investigation by the Marshall County Sheriff's Office.

Crash closes Highway 32 south of Middle River

BEMIDJI, Minn. – (1:00 p.m.) Highway 32, approximately one mile south of Middle River, is currently closed due to a crash. The Minnesota Department of Transportation advises motorists to avoid the area and seek alternate routes.

For tips on safe winter driving, go to www.mndot.gov/workzone/winter.html.

For updated road condition information, call 511 or visit www.511mn.org.

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Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycc.org. Send completed application and resume to D'Anne Johnson, ICCC Head Start Director, P.O. Box 189, Oklee, MN 56742 or djohnson@intercountycc.org. Applications must be received by 4 pm on Thursday, January 5, 2017. Call 218.796.5144 ext. 28 for more information.

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DNR OFFICE in Bemidji, MN

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am January 11, 2017 at
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Cornerstone Residence, an assisted living community downtown Fosston,

**Accepts HUD Rental Reimbursement
for Studio Apartments**

Cornerstone Residence of Fosston announces:

"In order to meet the needs of the community and surrounding area, Cornerstone Residence is happy to announce that they will begin accepting HUD RENTAL REIMBURSEMENT for Studio apartments on August 1, 2016 for those individuals that qualify."

Applications for HUD reimbursement can be picked up at Cornerstone Residence, 115 1st St. East, Fosston or at the HUD office in Mentor, MN.

Other payment sources for Assisted living apartments and services include: assistance through the County, Long term care Insurance and Private pay.

For more information to see if you qualify for financial assistance for assisted living apartments and services, call Nicole Harmon, Housing Manager, at **218-435-6333**.

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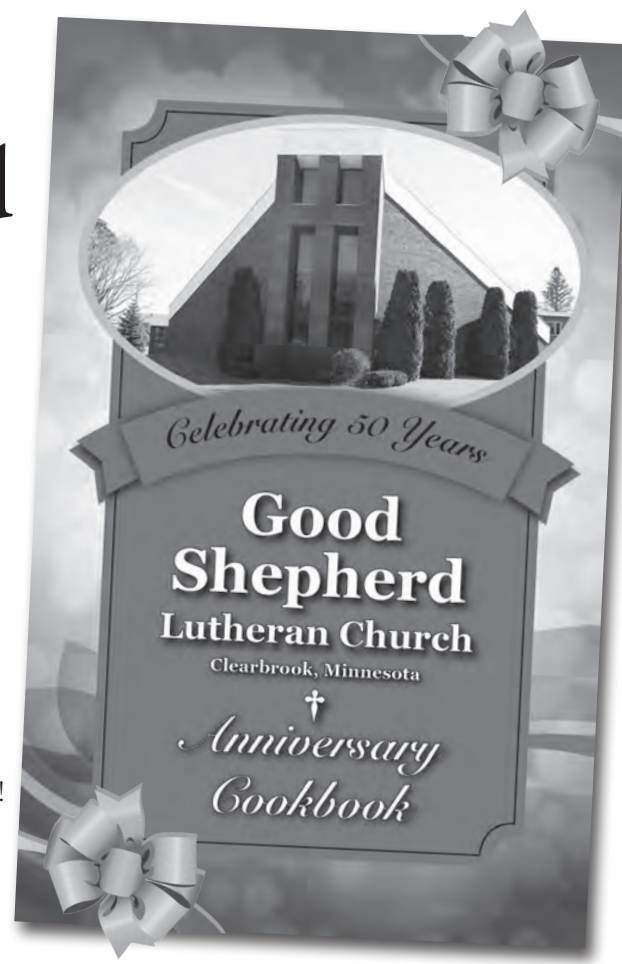
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R37NC

DINING & entertainment

GULLY CAFE

NEW YEAR'S EVE

Gully Cafe will **CLOSE** at 1:30 pm Dec. 30 and will be **CLOSED** all day New Year's Eve Day, Dec. 31

NEW YEAR'S DAY

Gully Cafe will be **CLOSED** Jan. 1 & 2 and will be **OPEN** regular hours on Jan. 3

Potato KLUB will return JAN. 6.

Thank You to all our Customers for your patronage in 2016.

NO BINGO SAT., DEC. 31

BINGO RESUMES JANUARY 7TH

FRI. & SAT. SPECIAL 5:00-10:00 pm **RIBEYE**

New Year's Eve 9:00-1:00 Open Jukebox **BALLOON DROP** at midnight with prizes

SMEAR TOURNNEY every TUESDAY at 7 pm

SHORTY'S PLACE, GULLY

BAR BINGO! Jan. 7, 2017

PLEASE NOTE: We will **NOT** have Bingo Dec. 31st. Bingo will resume Jan. 7th.

SATURDAY • 7:00 PM

62 #'s at \$1000 - UP TO \$1000 MAXIMUM -

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BINGO Fri., December 30th at 6:30 pm

Blackout in 59#s or less for \$1000!!

Sat., December 31st **NEW YEAR'S EVE BASH**

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Specials - Fri. & Sat.: Prime Rib, Chicken & BBQ Ribs, Steak & Shrimp

RESERVATIONS APPRECIATED BUT NOT REQUIRED

COMING EVENTS:

JAN. 1: (New Year's Day) ★ Open regular hours.

SMEAR ... JAN. 4

BINGO resumes JAN. 7

FRI., JAN. 20 Kickin' Up Country **Karaoke CONTEST**

Music 9:00-1:00 by "Wild Wes" Register for Karaoke Contest at 8 pm

HOURS: M-SAT: 8 A.M. - 1 A.M. SUNDAY: 11:00 A.M. - MIDNIGHT

Kitchen now open until 10:00 p.m.

New Year's Eve Party

Champagne will be served at midnight, party favors and sloppy joes with chips!

Come ring in the "New Year" with us at the Liquor Store!

THE BAR WILL BE CLOSED ALL DAY ON MONDAY, JANUARY 2ND FOR INVENTORY AND IN OBSERVANCE OF THE HOLIDAY.

From all of us at the "Liquor Store" thank you for your patronage this past year see you in 2017!

Clearbrook Liquor Store

SATURDAY, Dec. 31st

starting at 8:00 p.m.

"Open Juke Box" till 1:00 a.m.

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SPECIALS

Monday: *Taco Night*

Tuesday: *Pizza & Beer*

Wednesday: *Rib Night*

Thursday: *Chicken and Shrimp Alfredo*

Friday: *Surf & Turf (Steak & Shrimp)*

Saturday: *Prime Rib*

Sunday: *Home Cooked Meals (Comfort Food)*

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every Tuesday 11 am - gone

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New Year's celebrations across the globe

Much of the world rings in the new year in grand fashion. Celebrations may include fireworks, concerts and, of course, champagne. But while there might be common elements to New Year's celebrations regardless of geography, the parties can vary greatly depending on where celebrants happen to be. The following are some of the more raucous places in the world to ring in the new year.

New York, NY

Times Square is in the heart of midtown Manhattan and is a sight to behold any time of year. But the New Year's celebration in Times Square is a truly unique event that many people insist they must experience at least once in their lifetimes. Each year, roughly one million revelers gather at the intersection of Broadway and Seventh Avenue, so anyone planning to attend the celebration should aim to get there long before midnight if they want to see the famed ball drop.

Paris, France

Fireworks dominate the Parisians' celebration of the dawn of a new year. The world renowned Champs-Élysées is lined with revelers who can't wait to catch a glimpse of the fireworks that explode from the Eiffel Tower at the stroke of midnight.

Sydney, Australia

Fireworks fanatics who can't make it to the City of Light might want to book a trip down under to Sydney. Each year, revelers in Sydney gather to witness awe-inspiring fireworks displays that explode from the Sydney Harbour Bridge and some surrounding buildings. The Sydney waterfront adds to the celebratory ambience.

London, England

New Year's waterfront celebrations are not exclusive to Sydney, as London also hosts celebratory fireworks displays along the River Thames. When the fireworks are finished exploding from the tower around Big Ben, one of the world's most recognizable tourist attractions, the magic then continues at another of London's famous landmarks, the London Eye. Fireworks explode from the famed ferris wheel as Londoners ring in the new year in style.

Rio de Janeiro, Brazil

New Year's revelers who want something slightly different might want to try Rio, where residents take to the beaches to celebrate the dawn of a new year. Flowers are thrown into the waves at the stroke of midnight before the city erupts into parties loaded with dancing and music

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Getting Kids Interested in Water Conservation

Most kids today are aware of the obvious ways to protect our environment like recycling, avoiding littering and turning off the faucet while brushing your teeth because as adults we tell them this information. But the question remains.... Do they know the basics of why this is important? How can they appreciate the need to do these things if they don't know the basics?

Children are inheriting a significantly complex environment compared to the past. And getting their attention on issues such as this is difficult as there are many more distractions in this technology, instant gratification age.

Wikihow outlines some ways that you can generate interest in water conservation with kids:

1. Instilling an appreciation for Nature: Lead by example, participate in outdoor activities together, and foster interest in nature in your backyard or neighborhood
2. Encourage conservation at home: Show your children how to practice conservation as it relates to their own life and teach them that they are the custodians of the natural world.
3. Learning about conservation at school

The good news is there are many programs and resources available that provide online information and interactive activities for this new age of future conservationists. One such resource is Project WET (Water Education for Teachers). Project WET's mission is to reach children, parents, teachers and community members of the world with water education that promotes awareness of water and empowers community action to solve complex water issues. From their headquarters in Montana, they develop and deliver the world's best water education resources, organize special water events, manage a worldwide network of local implementing partners and advocate for the role of water education in solving the world's most pressing water issues.

Specifically, Project WET has developed an online educational tool that is practical in both the classroom and home setting. www.discoverwater.org. Discover Water.org offers the basics in the water cycle, watersheds, using water wisely and other important pieces in the conservation puzzle. The site provides an interactive, visual based experience that is fun and engaging for all ages.

This winter while you are sitting in doors at home and listening to how bored your children or grandchildren are, get out your computer or device and learn about the ways you can conserve that works for you and your family. Then make an action plan. That way when spring arrives you will be ready to go.

For more information and ideas on how to nurture your future young conservationists, please visit www.discoverwater.org.

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Itasca State Park Naturalist programs for January through February 2017

JANUARY 2017
First Day Hike: A Back-country Exploration
Sunday, January 1, 2017 from 12:30-3:30 p.m.
Meet at the Jacob V. Brower Visitor Center
Get your New Year's resolutions going on the first day of the New Year! Join us for an invigorating snowshoe hike as we explore the backcountry area of Itasca. The hike will go along the shores of several lakes, over a rolling landscape and through a mature mixed old growth pine and deciduous forest. This will be a strenuous hike.

Notes: Dress for being outdoors, bring along your snowshoes, water and sunglasses. A limited number of snowshoes are available at the Jacob V. Brower Visitor Center for use during the program and are first-come-first-serve. Please check out the snowshoes before the start of the hike. Route may change based on weather and snow conditions. Trail route will be selected based on snow conditions.

Itasca's Lantern Lit Snowshoe Event along Schoolcraft Trail
Saturday, January 7, 2017 from 5-7:30 p.m.

Meet at Mary Gibbs Mississippi Headwaters Center
Come out and snowshoe by the light of the moon and the kerosene lanterns along Schoolcraft trail. Snowshoe at your own pace along the lantern lit route during this drop-in program. For added fun, bring along your s'mores fixings or hot dogs for cooking at the campfire.
NOTES: Limited snowshoes will be available on a first come-first served basis. Program is held outdoors. Dress warmly for outdoor winter conditions. If snow conditions are poor, the event will become a snow boot walk.

Pizza and Wings Sampling at the Mary Gibbs Mississippi Headwaters Café
Saturday, January 7, 2016 from 4:30-7 p.m.

Inside the Mary Gibbs Café
Join the Douglas Lodge staff and cast your vote for your favorite pizza, wings, salad, and dessert samples during the Lantern Lit snowshoe. Help choose the next flavors for the upcoming summer season at the Mary Gibbs Mississippi Headwaters Café!
Itasca's Music Under the Pines: Julie and Bill Kaiser
Saturday, January 7, 2017 from 5:30-7:30 p.m.
Held in the Cafe at the Mary Gibbs Mississippi Headwaters Center.

From the north woods of Minnesota, Bill and Julie Kaiser will be performing the night of the Lantern Lit Snowshoe event. Bill and Julie's music has been described as acoustic "folkgrass" with a mix of bluegrass, folk, and original. Come inside the Mary Gibbs Café and enjoy a wonderful night of music!

Circle Time Under the Pines: M is for the Moon
Tuesday, January 10, 2017 from 10:30-11:15 a.m.

Meet at the Jacob V. Brower Visitor Center Classroom (look for the big building under the big pine trees.)
Children 2-5 years old, come explore and have fun at Itasca as we learn about nature through stories, songs, crafts, and outdoor discovery. Bring your winter outdoor clothes (including snowpants and boots)... if weather permits, part of the program will be exploring the outdoors. NOTES: Adults must accompany children. Consider bringing a picnic lunch and enjoying your noon meal around the fireplace in the visitor center lobby after the program.
Saturday, January 21
Get Outside and Snowshoe!
Saturday, January 21, 2017 from 10:30 a.m.- Noon
Meet at the Jacob V. Brower Visitor Center Classroom
Ever wanted to find a fun, winter activity that will get you outside? Enjoy the beauty of winter on snowshoes! This beginner's class will teach you the basics of snowshoeing as well as great places to visit in Itasca while wearing snowshoes.
Dress warmly and include snow boots. Part of the program will be outside on the trail trying out your new skills. Call ahead at 218-699-7251 to reserve a pair of snowshoes or bring your own. The number of snowshoes available is limited. Outdoor portion of program is dependent on snowfall.

FEBRUARY 2017
Lantern Lit Snowshoe and Ski Event

Saturday, February 4, 2017 from 5:30-8 p.m.
Meet at the Jacob V. Brower Visitor Center
Visit Itasca and ski or snowshoe by the light of the moon and kerosene lanterns along the trail. Trail follows the Many Lakes Road (South Entrance). Classic ski, skate ski or snowshoe at your own pace along the lantern lit route during this drop-in program. For added fun, bring along your s'mores fixings or hot dogs for cooking at the campfire.
NOTES: Limited snowshoes

will be available on a first come-first served basis. Program is held outdoors. Dress warmly for outdoor winter conditions. If snow conditions are poor, the event will become a snow boot walk.

Itasca's Music Under the Pines: Jim and Molly Bauer
Saturday, February 4, 2017 from 5:30-7:30 p.m.

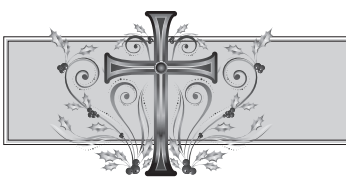
Meet at the Jacob V. Brower Visitor Center Lobby
Warm up by the fireplace as you enjoy music from Jim and Molly Bauer. Performing the night of the Lantern Lit Snowshoe and Ski event, Jim and Molly will share stories along with familiar folk and folk rock songs.

Circle Time Under the Pines: S is for Secrets in the Snow

Tuesday, February 7, 2017 from 10:30-11:15 a.m.
Meet at the Jacob V. Brower Visitor Center Classroom (look for the big building under the big pine trees.)
Children 2-5 years old, come explore and have fun at Itasca as we learn about nature through stories, songs, crafts, and outdoor discovery. Bring your winter outdoor clothes (including snowpants and boots)... if weather permits, part of the program will be exploring the outdoors. NOTES: Adults must accompany children. Consider bringing a picnic lunch and enjoying your noon meal around the fireplace in the visitor center lobby after the program.

Old Time Logging Demo
Saturday, February 11, 2017 from 11 a.m.-1 p.m.

Meet at the Jacob V. Brower Visitor Center
Discover the history of early horse logging, an industry common to this area in the late 1800s. Watch lumberjacks fell trees with a 2-man cross-cut saw, buck the log into sections, skid the logs with the teamster's trained horses, and cross-haul logs onto a horse drawn sled. Also, explore the history of firewood from the need for this resource to heat homes and the equipment used to provide the firewood. Members of the Lake Itasca Region Pioneer Farmers will be on hand to demonstrate these early logging methods.
NOTES: Dress according to the weather. Program is held outside in the woods. Please be prepared with warm hats, gloves, snow pants and snow boots. Be prepared to walk/stand in deep snow. In case of poor weather, event will be cancelled. Duration of program will be weather dependent.



Theology in the Trenches

By Kathleen Kjolhaug

Sears

Perhaps through the eyes of a ten year old, the metal doll house in the window of the Sears store down on main looked like a mansion. Granted, proportionately it took up a mere quarter of the display case at best, but to one able to peer in at eye level window height on tip toe, the dimensions looked much bigger. Place that within the heart of a child, and it was a must have on the Christmas list. Add to that the fact that your mama works at the store, and you got yourself one big pile of hope that it will land under your tree Christmas morn.
Mom knew the heart of her little girl, and a busy mama she was as much more than her little girl did she have on her mind. There were six of us in all, and I'll guarantee you that all six of them she did have on her mind. She was a sensitive one who tried to fulfill wish lists, but she was also practical, and fair, and wise, and honest. However, when it was Christmas time, honesty would be a gamble as ploys were necessary to keep surprises a secret. And so I held out hope

that the doll house would soon be mine.
With only two weeks to go before Christmas, a friend and I walked by the window where the doll house had its temporary home, and it was nowhere in sight! I, however, knew better. I knew that mom had, without a doubt, tucked it away for safe keeping. I just knew it. It was about that same time though when the rumblings began that someone had come into the store and unbeknownst to her, it was sold while she was not on duty.
The more she insisted, the more I thought she was trying to cover up the surprise. I held out hope that she had the doll house hidden safely away for me, her Christmas hopeful. I smiled and went along with things because I just knew that come Christmas morning I would have the hoped for doll house.
Christmas morning came. Under the tree we dove, and as gift after gift was unwrapped, I soon realized that the doll house was nowhere to be seen. As the conflicting feelings of knowing I should be grateful for what I'd gotten and the

sheer disappointment of knowing I'd never get the hoped for doll house came crashing down...I did what every good little girl does. I was thankful for what I had gotten so as not to disappoint mama. After all, she had worked hard to give me the very best she had to offer.
Thank God faith isn't something sitting in a Sears window waiting to be given to just one who is lucky enough to buy it. Nope...it's way better than that. "Now faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). Faith is assurance.
I hope for much this Christmas. My list is a big heart list. And as He scratches things off one by one...letting me know that they are not to be...I hold out hope that He knows what's best. In Him alone is my assurance. I continue to trust. I do not put my trust in things, or people, but in Him alone. Perhaps next year he will choose to give what is on my list, but for today, I am thankful for what He does give...and in Him alone do I place my trust. Amen.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol



Question: What are the legal ramifications if someone is arrested for DWI with a child in a vehicle?
Answer: If the child is less than 16 years of age and is greater than 36 months younger than the driver, the DWI the violation would be enhanced to include Child Endangerment.
• First offense DWI under a 0.16: 90 days in jail and/or \$1,000 fine.
• First offense DWI under a 0.16 with a child: 1 year in jail and/or \$3,000 fine.
• First offense DWI over a 0.16: 1 year in jail and/or \$3,000 fine.
• First offense DWI over a 0.16 with a child: 1 year in jail and/or \$3,000 fine and vehicle forfeiture.
• Subsequent DWI/DUI and impaired driving offenses will result in longer potential jail time, higher fines, longer driver's license suspensions, and harsher penalties.
For a complete list of the criminal and administrative

penalties you may face for subsequent DWIs, please visit the Minnesota Department of Public Safety (DPS) website: <https://dps.mn.gov/divisions/ots/laws/Pages/impaired-driving.aspx>
Minnesota's enhanced DWI enforcement and education efforts have contributed to the continued reduction of alcohol-related deaths. Still, impaired driving remains a serious threat.
In the past five years (2011 – 2015), there were 462 drunk driving-related deaths in Minnesota – 95 people were killed in drunk driving-related crashes in 2015 alone. In addition, each year approximately 27,000 people are arrested in Minnesota for DWI with one in seven Minnesota drivers having a DWI on their record.
Help Prevent Impaired Driving:
• Plan for a safe ride – designate a sober driver, use a cab/public transportation or stay at the location of the celebration.
• Offer to be a designated driver, or be available to pick up a loved one anytime, any-

where.
• Buckle up – the best defense against a drunk driver.
• Report drunk driving – call 911 when witnessing impaired driving behavior. Be prepared to provide location, license plate number and observed dangerous behavior.
It is important to note that DWI laws apply to all vehicles including: cars, trucks, boats, motorcycles, snowmobiles, ATVs, riding lawn mowers and golf carts.
You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.
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).

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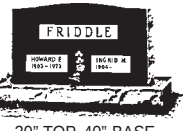
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OBITUARIES



Services held for Muret Berhow

Muret Berhow, 99, Fertile, MN, died Monday, December 19, 2016 at Pioneer Memorial Care Center, Erskine, MN.

Muret Carrol Berhow was born to Oliver (August) and Alma (Overland) Berhow on May 20, 1917 in Liberty township northwest of Fertile, Minnesota. He was the oldest of seven children.

Muret was baptized and confirmed at Varnes Lutheran Church, Liberty Township. He attended Lakeview School and Liberty School near Fertile, MN. As a child he was an avid hunter and trapper.

While a young man Muret farmed with his parents NW of Fertile. During the depression, at 17 years of age, he left home for 3 years to join the Civilian Conservation Corps (CCCs) and in 1942 at the age of 24 he joined the United States Navy. Muret sailed on the USS Joseph Hewes, USS LST 173, and USS Waukesha. He survived the



sinking of the Joseph Hewes during an attack at Casablanca and hid along the shore of Africa until being rescued. Muret did tours taking him to Africa, Italy, France, England, Hawaii, Okinawa and the Philippines. While on the USS Waukesha he was present for the Japanese surrender and participated in the occupation of Nagasaki, Japan after the atomic bomb was dropped there. He was honorably discharged on February 28, 1946 with the rank of Chief Ship Fitter.

While on leave in Washing-

ton DC he met Dorothy Pilger. They married in 1946 and made their home on the family farm NW of Fertile. Here they raised two daughters, Patrice and Terese. Muret was active in Varnes Church his entire life. Muret also served on the Fertile Beltrami Schoolboard, and was an active member of the National Farmers Organization.

Muret had a knack for problem solving, designing, and building things. One of his favorite projects was a functioning four wheel drive tractor made from scratch. His retirement found him enjoying his projects in the shop. Muret especially loved his wife Dottie and his kids and grandkids, often telling them he loved them more than they'd ever know. He was thrilled to get to know his great granddaughters Louisa and Eva in his very old age. He also loved his nieces and nephews, friends, his Norwegian descent, and farm life. Building things in his shop, visiting with friends or family, telling a good story, and making new acquaintances were his favorite pastimes.

Muret is survived by his daughters Pat Wilson (Jim), Terry Hest (Jim); grandchildren: Michael Wilson, Katherine Wilson, Ben Hest (Kelsey); two great granddaughters, Louisa and Eva Hest; nieces, nephews and many grandchildren and grandnephews.

Muret was preceded in death by his wife Dorothy, father August, and mother Alma; Siblings: Burnice (Elden) Engelstad, Marvin (Stella) Berhow, Carna (Ward) Trager, (Bill Russell), DeLoris (Don) Doak, Arlene (Bill) Blewett, Leon (Corrine) Berhow. Nephews and nieces: Gary Doak, Alex and Bob Toebbe, Kelly and Dianne Engelstad, Wayne Berhow, and one Grandnephew: Chris Doak.

A funeral for Muret was held at 11 a.m. on Tuesday, December 27, 2016 at Concordia Lutheran Church, Fertile, MN.

Burial at Varnes Lutheran Cemetery, rural Fertile.

Arrangements with Erikson-Vik-Ganje Funeral Home, Fertile, Minnesota (218-945-6141). www.eriksonvikfh.com

Silicosis a rare but potentially harmful disease

In recent decades, much has been done to improve workplace safety. The Occupational Safety and Health Administration instituted one such effort by requiring protective equipment to be used in the workplace. That resolution aimed to limit silica dust inhalation, which can increase workers' risk for a potentially harmful disease known as silicosis.

A lung disease caused by breathing in tiny bits of silica, silicosis mostly affects workers in the mining and glass manufacturing industries. People who work in foundries may also be vulnerable to silicosis. Understanding silicosis and its potential side effects can help workers protect themselves against this diseases that the American Lung Association notes accounts for more than 100 deaths per year in the United States alone.

What is silica?

Silica is a naturally-occurring crystal that is found in most rock beds. During activities such as mining, quarrying, glass manufacturing, and tunneling, silica dust can form. Exposure to that dust can cause scarring of the lungs that can affect a person's ability to breathe.

What causes silicosis and who is most vulnerable?

Exposure to crystalline silica and silica dust causes silicosis. The ALA notes that such exposure may result from chipping, cutting, drilling or grinding soil, sand, granite or other minerals. As a result, workers who work in certain industries are most vulnerable to silicosis. These industries include but are not limited to:

- mining (coal and hard rock)
- construction



Workers in the construction industry may be vulnerable to a harmful lung disease called silicosis.

- glass manufacturing
- steel
- ceramics
- masonry

Are there different types of silicosis?

There are three types of silicosis, and which type a person has can affect his or her prognosis.

• Chronic silicosis: The U.S. National Library of Medicine cites this as the most common form of silicosis. Chronic silicosis results from exposure to low amounts of silica dust for more than 20 years. Trouble breathing may occur in people with chronic silicosis, as silica dust can cause swelling in the lungs and chest lymph nodes. The ALA notes that chronic silicosis appears 10 to 30 years after exposure.

• Accelerated silicosis: Accelerated silicosis occurs after exposure to large amounts of silica in a five- to 15-year time



Services held for Mavis Erickson

Mavis Darlene Erickson, 88, of Clearbrook, MN died on Sunday, December 18, 2016 surrounded by her family and her pastor, Larry Dorman, who she loved as her own.

Funeral services were held on Thursday, December 22, 2016 at 1:00 p.m. at Country Faith Church in Clearbrook, MN. Interment at Clover Cemetery. The Cease Family Funeral Home of Bagley assisted the family with the arrangements.

Mavis was born September 29, 1928 in McIntosh, Minnesota, the daughter of Thomas

and Petra (Haugen) Swanson. Her family lived in Clover Township where she and her siblings attended Clover Country School. She was raised with strong family values and a good work ethic. Ernest always had his eye on Mavis because she was such a pretty little thing. Ernest went into the Army and when he came home on leave, he began a short courtship with Mavis and they quickly fell in love. They began their life together on October 17, 1945. The newlyweds moved to Fort Hood, Texas where Ernest was stationed during WWII as a prison guard. They moved back to Clearbrook, after Ernest was discharged, and began their family. In 1971 they purchased the Erickson homestead, where Ernest was born. It has been home to the both of them ever since. Every place they lived, Mavis always made it into a home filling it with so much love.

Mavis was a stay at home mom until her youngest, Lori, was in school. Mavis worked at various jobs until 1977 when she started with Clearwater County Nursing Services as a home health aid. She would always go above and beyond for those she was taking care of. Mavis's passion for helping

and caring for people continued for 21 years when she retired at the age of 70 in March of 1998.

Mavis was such a giving lady. She would have given her last penny to someone who needed it. She put everyone else before herself. The coffee pot was always on and everyone was welcome at her home.

In her younger years, Mavis loved to dance. She also loved cooking, baking, canning, and flowers. But nothing compared to her love of spending time with family. In her later years, Mavis enjoyed going out for "a bite to eat". Her favorite was to go on weekly trips to "PaluDick's" in Fosston with her husband and then go to the Dairy Queen for lunch. She was a member of the Legion Auxiliary of Clearbrook and a member of Country Faith Church since it started. Mavis had a love for life and everyone loved her spunky personality, even up to her last day.

Her family was her life and Mavis always made sure they were taken care of and provided for. She was a true Prayer Warrior for her family. She always kept up on all her children's and grandchildren's lives. She made everyone feel special and loved. She was called "grandma" by many more than her own. She

was an amazing lady and will be tremendously missed.

Mavis is survived by her spouse of 71 years, Ernest Erickson; her children, Jerry (Cindy) Erickson, Patsy (Greg) Boe, Linda Ubert, and Lori (Greg) Bjerke; her daughter-in-law, Barb Erickson; 18 grandchildren; 42 great grandchildren; 3 great great grandchildren; her siblings, Ordean Swanson and Aileen Erickson; her special aunt, Minnie Smith; her godson, Mark Erickson; and many beloved extended family members and friends.

She was preceded in death by her parents, Thomas and Petra Swanson; her son, Larry Erickson; her grandchildren, Thomas Bjerke, Jesse Bjerke, and Kory Joppru; her great grandchildren, Lucas Ubert and Wyatt Eck; her siblings, Newell Swanson, Laverne "Bucky" Swanson, Jean Fuchs, Mildred Ballard, and Larry Swanson.

The family would like to thank the staff of the Good Samaritan Center in Clearbrook for all the loving care they gave Mavis.

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



Services Friday for Viola Wikstrom

Viola Wikstrom, 95, of Thief River Falls died Thursday December 22, 2016 at Thief River Care Center, Thief River Falls, MN.

Funeral services will be held at 10:30 AM on Friday, December 30, 2016 at Grace Lutheran Church, Grygla, MN, with Rev. Vicki Worthington officiating. Interment will follow at St. Petri Lutheran Cemetery, Grygla, MN.

Visitation will be held from 5:00 PM – 7:00 PM, with

a 7:00 PM Prayer Service on Thursday, December 29, 2016 at Johnson Funeral Service, Thief River Falls, MN. Visitation will also be held one hour prior to the funeral service at the church on Friday.

Viola Adeline Lundell was born February 25, 1921 at Minot, ND, where her father was employed as a carpenter. Her parents were Edna (Swanson) Lundell and Lewis M. Lundell. They moved to rural Argyle, MN, where Viola attended country school District #50 with about 30 pupils and one teacher. She attended high school at Stephen, MN, where she worked for her room and board, only coming home once a month.

On June 3, 1939, Viola was united in marriage to Vernon Wikstrom, by Judge Nels Hanson. The first year the couple lived in Kennedy, MN, where they both worked. Viola worked in a restaurant where she was paid \$5.00 a week. The couple moved to Grygla, MN in 1940, where they farmed and raised their 4 children. When Vernon died in July 1999, Viola continued to live on the farm almost 10 years longer, after which she moved to Grygla in Senior

housing in 2008. The family were members of Minnesota Farmer's Union Association, where Viola held various offices for many years. They also were members of Marshall County Democratic party, where Viola was chairwoman over 16 years. She also served as 7th District Vice chairwoman for many years. She was a member of Lull Awhile Home Makers for over 65 years. She was a homemaker, loved to cook and bake, especially pies and buns and raised a large garden and had a large strawberry patch.

Viola loved the farm and would help Vernon with haying and at harvest time. She worked 6 seasons at the turkey plant in Thief River Falls. In her older years, she embroidered and made many quilts. Every new baby got an embroidered quilt and she won many Grand Champion Ribbons at the fair.

Vernon and Viola loved to travel by car or bus. They visited every state except Hawaii and every province in Canada. They enjoyed one trip overseas, visiting Sweden, Norway, Germany and Denmark. Viola loved when her family came to

visit and all family gatherings.

Viola is survived by children: Allan (Phyllis), Baxter, MN, Jeanne Johnson, Thief River Falls, MN, Dianne (Derwin) Tabor, Maple Plain, MN and Keith (Yvonne), West Fargo, ND; 13 grandchildren; 1 step-grandson, 31 great-grandchildren; 13 great-great-grandchildren; sister: Joanne Lucius, Alexandria, MN; sister-in-law: Dorothy Anderson, Osseo, MN; many cousins, nieces, nephews and Vernon's extended family.

She is preceded in death by husband Vernon; parents, step-father John Anderson, sister Amy and husband Helmer Lind, sister Eunice and husband Smiley Holmes, brother Milo Lundell and wife Barbara, brothers-in-law, Don Lucius, Truman Strand, step-sister Alice and husband LeRoy Adams, step-brother Leonard Anderson, son-in-law Leroy Johnson, daughter-in-law Mable Wikstrom and 2 nephews Loren and Jerry Holmes.

Family condolences may be sent at www.johnsonfuneralservice.com

Learn the facts about lung cancer

One of the more prolific and leading causes of cancer-related deaths among both men and women, lung cancer continues to affect the lives of millions of people each year. The American Lung Association says lung cancer is the most common cancer across the globe, accounting for roughly 1.8 million new cases each year. Although more men than women are diagnosed with lung cancer each year, more women live with the disease. The rates of lung cancer diagnoses in women have risen 98 percent over the past 37 years.

Despite the prevalence of lung cancer, some people remain in the dark about the particulars of this potentially deadly disease. Misinformation may also lead some to believe they are safer than they truly are. The following are some lung cancer statistics that may help men and women gain a better understanding of this deadly yet often preventable disease.

• Lung cancer claims more lives than breast, prostate and colon cancer combined, says the American Cancer Society.

• Survival rates among other cancers are higher than those of lung cancer. The five-year-survival rate of lung cancer is only 16.8 percent, compared to 89.2 percent for breast cancer.

• The National Cancer Institute says black men and women are more likely to develop and die from lung cancer than any other racial or ethnic group. The lung cancer incidence rate for black women is roughly equal to that of white women, despite the fact that black women smoke fewer cigarettes.

• Lung cancer is not exclusive to smokers. The ACS says almost 80 percent of new lung cancer cases occur in former smokers or people who have never smoked. Current smokers account for 20 percent of lung cancer cases.

• According to the Mary Horrigan Connors Center for Women's Health and Gender Biology of Brigham and Women's Hospital, and Harvard Medical School, lung cancer is among the least funded cancers in terms of research dollars per death.

• Lung cancer patients are

Information for young parents to include in their wills

A will is a legal document that contains instructions as to what should be done with a person's money and property upon that person's death. While no young parent wants to think of their own mortality, parents must have wills to ensure their families are taken care of how they see fit in the wake of their deaths. When devising a will, young parents should consult a legal professional to ensure they have covered all the bases. But the following is some of the basic information young parents should include in their wills.

• Guardianship: Young parents should include instructions regarding guardianship of their children should they pass away while the children are under the age of 18. Parents should not assume that their wishes regarding guardianship, even if those wishes had been expressed often, will be followed should they pass away without a will. If no will has been written, laws may dictate that children go to a spouse or the deceased's

closest relative. Even if parents' wishes regarding guardianship align with the law, they should still spell those wishes out in writing in their wills.

• Assets: Young parents should use their wills to assign their assets so their money and property is distributed to their heirs in accordance with their wishes. Parents should be as specific as possible when dictating their wishes regarding their assets. Doing so will prevent disputes and ensure their assets are assigned exactly how they intended them to be. For example, parents who have invested in real estate and own more than one home should list the address of each property when assigning the homes to their heirs.

• Executor: This person ensures the deceased's wishes are met and works with the deceased's attorney to ensure assets are allocated in adherence to the will. Before naming an executor, parents should first speak with the person to deter-

mine if they are willing to do so. The responsibility of serving as an executor is an enormous one, and parents' initial choice may already be serving as executor of another estate and not want the additional responsibility. When choosing an executor, parents should choose a trustworthy person who has agreed to serve as an executor and understands all of the responsibility that comes with that task.

• Trustee: Young parents who desire to establish a trust for their children in the wake of their death also must name a trustee to oversee the assets left to their children if their children are too young to do so themselves. The responsibilities of a trustee are similar to those of an executor, but overseeing a trust can last considerably longer than executing a will. For example, trustees may be asked to manage investments and periodically disburse funds for children of the deceased, and such responsibilities can last decades

Tri County Canary Area SPORTS



The Goodridge/Grygla 9th grade girls basketball team is pictured after a fun day at a tournament in Roseau on December 3rd. Back row, L-R: Morgan Burns, Vivian Coan, Kayla Kiesow, Trinity Walseth, Daria Waletzki. Front, L-R: Elise Monson, Maloni Henrickson, Amy Wiskow, Layla Jelle (Submitted)

Robert Johnson took the corn off his field northwest of Clearbrook last week. The field is just south of the Clearbrook-Gonvick school which has the Bears for their mascot.

Robert came upon a mother bear and two young ones who had settled down for the winter in his corn field. They had eaten quite a bit of the tasty morsels before Johnson was out in the field cultivating.

They had also been over to Chuck Aakre's field getting their supply of corn.

The picture below shows how they had prepared for the winter. They headed north to the woods to find another place.



Basketball Results

Boys basketball

Fosston 45, Crookston 43
Fosston 15 30-45
Crookston 24 19-43
Fosston - Brock Hemmesch 7, Jesse Sather 18, Hunter Kroening 9, Brett Sundquist 2, Cory Drellack 2, Karsten Broadley 6, Jason Voxland 1
Crookston - Todd Boerger 7, Matt Garmen 10, Nick Garmen 4, Ryan Swenson 11, Mitchell Olson 3, Luke Froeber 6, Carter Winand 2

Warroad 74, Red Lake County 39
Warroad 44 30-74
Red Lake Co 13 26-39
Warroad - Jimmy Philajack 2, Tyler Skarp 1, Phillip Ness 11, Tyler Fox 10, Jeremy Cole 2, Tommy Vilayphone 14, Jeff Shoen 10, Zach Hepper 2, Isaac Falk-Stoskopf 19, Kyle Spenst 4
Red Lake County - Ben Cardinal 2, Matt Vettleson 2, Justin Nemec 7, Ethan Vettleson 16, Conner Lambert 2, Seth Paradis 2, Adrien Verbout 5, Austin Jensen 3

Fosston 66, Climax-Fisher 35
Climax-Fisher 16 19-35
Fosston 42 24-66
Climax-Fisher - Devin Betterly 2, Brady Klein 3, Paul Gapp 11, Cole Vatnsdal 1, Trea Byklum 3, Hayden Reitmeier 6, Pelon Pruneda 2, Tristian Rowley 5, Matt Nesvig 2
Fosston - Brock Hemmesch 7, Jesse Sather 18, Hunter Kroening 2, Brett Sundquist 11, Cory Drellack 4, Karsten Broadley 12, Isaac Dryburgh 2, Jason Voxland 10

Badger-G-MR 51, Clearbrook-Gonvick 48
Clear-Gonvick 24 24-48
Bad-Green-MR 2526-51

Clearbrook-Gonvick -- Jonathan Hamnes 2, Ethan Dorman 2, Trevor Rogstad 7, Tristan Bakke 7, Erick Bergman 11, Andrew Barrett 3, Nathaneal Dahl 16
Badger-G-MR -- Brandon Sorenson 12, Skyler Forst 7, Conner Graff 7, Austin Aune 4, Jake Taggart 14, Jared Davy 1, Dylan Heggedal 3, Shaun Waage 3

Goodridge-Grygla 83, Roseau 78, 2 OT
Roseau 3543-78
Good-Grygla 3746-83
Roseau -- Eric Hoffer 18, Nels Braaten 6, Nate Corbit 26, Jordan McMillin 3, Zach Fevold 9, Jacob LePard 14, Tyson Monsrud 2
Goodridge-Grygla -- Blaine Kriel 32, Hogan Lundeen 4, Dylan Walker 4, Jesse Wiseth 4, Brandon Stanley 1, Blake Nerhus 8, Dylan Manderud 12, Ben Groven 18, Stephen-Argyle 58,

Girls Basketball

Fertile-Beltrami 57, Bagley 31
Bagley 6 25-31
Fertile-Beltrami 36 21-57
Bagley - Kylii Anderson 4, Bailey Engesether 6, Alex Syverson 11, Kaci Schultz-Reese 4, Carly Lewis 2, Rylee Aufforth 4
Fertile-Beltrami - Bailey Mulcahy 9, Marlee Steffes 11, Lauren Harstad 2, Anne Sykes 9, Emily Motteberg 5, Annika Sorenson 2, Jaden Christianson 19

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After being reunited with a recurve bow built by his late father, Frank Lien, John Lien decided to hunt with it and was able to take this Minnesota doe on November 27, 2015.



John Lien's son Hunter with his first doe that he shot with an archery bow.



This ZR120 Arctic Cat could be yours.

Eftland donating ZR120 Arctic Cat

Lance Eftland topped a field of 30 riders to win Semi-Pro Stock in last years snowmobile races on Pine Lake. This year he is donating a ZR120 snowmobile to the races that will be held on Pine Lake January 7 and 8, 2017 just south of Gonvick. The Gerald Dyrdaahl Memorial Pine Lake 200 is part of the USXC, United States X-County Snowmobile Racing circuit that starts on Pine Lake.

Lance Eftland stated, "Well it's that time of your again! I hope everyone has been enjoying their Christmas! I'd like to go ahead and share a story

with everyone. I remember a long time ago when I got my first kitty cat! It was one of the best gifts I'd ever gotten, not only because it's a kitty cat and what kid wouldn't want one, but because it sparked a passion for snowmobiling at such a young age that I've never lost to this day! That passion for snowmobiling has taken me to a ton of places and introduced me to alot of great people in the past few years while racing cross country that I'm very thankful for! So with that being said, this year, I'd like to put some emphasis on a motto from a brand that

supports all of us who love the sport of snowmobiling! That brand is Arctic Cat and their motto is "Share Our Passion"! So now the fun part, this year at the Gerald Dyrdaahl Memorial 200 on Pine Lake on January 7th and 8th I'd like to go ahead and "share my passion" by giving this ZR120 I picked up at Dakota Cat in Fargo to one of the youngsters that come out to the races! So help spread the word and come on out to enjoy a weekend of USXC racing and put your name in the bucket for a chance to win this sled!"

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