

Leader-Record



\$1.00

CONTINUING THE GONVICK RECORD AND CLEARBROOK LEADER
Serving the Communities of Clearbrook, Gonvick, Gully, Leonard and Trail



“Dana Fenske, Marathon Runner has competed in 14 different states including Minnesota, North Dakota, South Dakota, Nebraska, Kansas, Texas, Louisiana, Iowa, Wisconsin, Michigan, New Jersey, Rhode Island and Connecticut.

Dana Fenske-Marathon Runner with a Big Goal

By Bonnie Kirchman
Leader-Record

Although Dana Fenske has been running for less than three years, she has already completed 15 marathons. Dana also has an even bigger goal for herself, as she is working toward running a marathon in each of the 50 states.

Dana grew up in Gully and graduated from Clearbrook-Gonvick School. She actually hated running when she started. But in January of 2017, she made the decision to begin running to get in shape. Dana also wanted to set a good example for her kids by being healthy and active.

Dana started out by training for a 10K. Once she hit 6.2 miles, she thought that was pretty easy, so she moved her goal up to a half-marathon. It was only a few weeks after that when she decided to just go all the way and try for a marathon.

“People at the gym would see me running and ask what I was training for, and a marathon just seemed so much cooler than a 10K or a half,” Dana said of her decision to start running marathons.

In May of 2017, less than six months after she started running, Dana ran her first marathon in Fargo, North Dakota.

“I decided at mile 16.... NEVER AGAIN!” is how Dana described that experience. But she did go on, many times, even though each race is a challenge.

“That thought goes through my head in almost every race, around mile 16,” Dana continued, “You are so tired at that

point and you’ve gone so far, yet you still have 10 miles to go.”

Despite the challenges of the first marathon, it was right after that race that Dana decided to run a marathon in every state. She credits her husband with helping her to come up with the idea. So far, Dana has run in fourteen different states, plus Washington, D.C. The plan to run in every state provides Dana with a goal and keeps her motivated to continue running. An added benefit of her goal is that running races in other states is giving her a good reason to travel and see the country.

Dana regularly runs 5-6 times a week. Most days, she runs around six miles. Once a week she does a longer run of 12-20 miles. In addition to her running schedule, Dana prepares for a race by drinking lots of water and Gatorade in the week before a race. In the last few days before a race, Dana loads up on carbs.

“I tell myself that I didn’t come all this way to quit now,” is how Dana described her thought processes during a race. While running a marathon, Dana keeps herself motivated by reminding herself of all the work that she put into training for the race, as well as the time and money it cost to get there. Listening to music also helps Dana to keep going during her long races.

Dana’s friends and family are very supportive of her desire to run as she continues to challenge herself. Her husband, Wayne, is especially encouraging. Her kids Emma, Ella, Teagen, and Derek are also supportive of Dana’s running goals. Friends and family travel with Dana to different races and cheer her on as she runs. Her aunt, Stacy Halvorson of Gonvick, has run two marathons with Dana, one in Wisconsin and one in New Jersey. And this November, Dana’s 14-year-old son Derek, will do his first marathon in Tucson, Arizona.

Besides running with Dana or cheering her on, her family also takes time to see the sights wherever the race is located.

Dana also finds inspiration and support from the other runners she meets during races.

“I’ve met a lot of really awesome people during races. They know exactly how you are feeling because they are feeling it too. Everyone encourages and helps each other get through when they are struggling,” Dana said of her fellow runners.

Up to now, Dana has been focusing on getting in as many races as possible. Now that she has completed races in states within driving distance of her Bemidji home, she is considering a change to this focus. Dana plans to do fewer marathons each year, which might allow her to concentrate more on improving her times during races.

Although running has been part of Dana’s life for a relatively short time, she already has many experiences and memories to share. She summarized her experiences as a runner so far in this way: “When I started out, I couldn’t run a half mile without walking. I’m not a ‘natural runner’, anyone can run. It’s all about putting in the time and not giving up. Realizing that you are going to be tired, your body will hurt, your feet will have blisters, but you just keep going. The feeling you get when you finish is worth it.”



Dana after the Fargo Marathon.



Bemidji Blue Ox Marathon

Plans are gearing up for next summers celebration

There is a committee meeting on Wednesday, September 11 at the old school in Clearbrook at 6:00 p.m. They will be making plans for the Fall Fest and for the 2020 summer Celebration for next year.

The dates are set for June

26, 27 and 28 which is Friday, Saturday and Sunday. They are planning on combining the 30th anniversary of the swimming pool and the All-School Reunion.

There will be a tent set up on the north side of the city

Municipal Liquor Store and on Friday "Acoust Hicks" will be playing and on Saturday "Steele River Band" will play.

People are needed for ideas and volunteers to help with the festivities.

Connection Mondays Clear Waters Life Center-Gonvick

Starting Monday, September 9, a Caregiver Support Group will be offered 10:30 AM to 12:00 PM in CWLC-Gonvick, 226 Elm St. It will meet the first Monday of each month and be led by trained facilitators. The support group will be a safe place for caregivers, family, and friends of those suffering from the challenges of aging to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs, and concerns.

In the afternoon 12:30 to 2:30 PM, you may participate in "The Virtual Dementia Tour". The tour is a hands-on experiential

tool kit created for anyone seeking to understand the physical and mental challenges of those suffering from Alzheimer’s and dementia. It is designed to let you feel and understand what your loved one might be feeling at any point in time by giving you a form of dementia that allows you to experience the symptoms of someone suffering from dementia.

Tour space is limited to six to eight participants. Please call 218-487-5290, Ext. 1 to reserve your space. If no one answers, leave a voicemail with your name, phone number, and “Dementia Tour”. This tour will be offered again, October 7, 12:30 to 2:30 PM.

The following Monday, September 16, will start a six-week

class, “Powerful Tools for Caregivers” which gives caregivers the skills needed to take care of their own health and well-being, so they can be better caregivers. The support group, tour, and class are offered in collaboration with Northwoods Caregivers of Bemidji. All of these will be offered at no cost to participants. For more information, visit www.clearwaterslife.org or www.adultdayservicesgonvick.org.

If you need care for a loved one while you participate in one or more of these activities, Senior Connection Adult Day Services will be open at 9:00 AM on Mondays. For more information, call Marilyn at 218-487-5290, Ext. 1.

Clearwater County Museum Open On National Grandparents Day September 8

The History Center in Shevlin will observe National Grandparents Day, Sunday September 8 with an open house from 1:00 -4:00 pm. This will also the “grand opening” of the new gas station exhibit. Several classic cars will be on display between 1:30 and 3:00 on the museum grounds (weather permitting.)

National Grandparents Day was begun in 1978 when President Jimmy Carter signed a proclamation making the Sunday after Labor Day “National Grandparents Day.” September was chosen for the holiday to signify the “autumn years.” Its purpose is to honor grandparents, give grandparents an opportunity to show love for their children’s children and to help children become aware of the strength, information and guidance older people can offer.

The Clearwater County Historical Society encourages Grandparents to bring their grandchildren to the museum on Sunday and share their



memories with them. Not a grandparent yet? Bring your grandparent or an older person to enjoy the museum. Admission is free. Coffee, Root beer floats and goodies will be served all afternoon.

For more information call the history center at 785-2000

Bold Action is Needed to Counter Big Tobacco and Prevent Nicotine Addiction

As students return to school, Minnesotans for a Smoke-Free Generation called for bold action to counter Big Tobacco and prevent youth nicotine use. Schools across Minnesota and the nation are facing an epidemic of youth nicotine addiction driven primarily by insidious, flavored e-cigarette devices like JUUL. In fact, skyrocketing teen use of high-nicotine e-cigarette products has led to the first increase in youth tobacco use in a generation in Minnesota. The 2017 Minnesota Youth Tobacco Survey found one in five high-schoolers is using e-cigarettes regularly and two in five have tried them.

“We all have a responsibility

to stand up for our kids and ensure they can live long, healthy lives free of addiction,” said Molly Moilanen, Vice President at ClearWay MinnesotaSM and Co-Chair of Minnesotans for a Smoke-Free Generation. “This school year, we urge lawmakers to pass bold policy measures to counter Big Tobacco’s aggressive marketing toward our kids. We support proven strategies to tackle youth addiction, including raising the tobacco age to 21, investing in tobacco prevention and quit-smoking programs, restricting access to flavored tobacco products and increasing the price of tobacco.”

For too many Minnesota

students, back to school means back to JUULing in bathrooms, hallways and classrooms. Schools across the state report problems with e-cigarette use that have led to disruptions in learning and school activities. High teen e-cigarette rates follow years-long youth-focused marketing campaigns by the company, which copied many Big Tobacco tactics. JUUL targeted kids as young as eight with a sophisticated marketing program that included summer camp, school programs and hundreds of young social media influencers.

Nicotine addiction..
Continued on page 3

3 Youth from Clearwater County participated in statewide engineering challenge

Over 200 youth demonstrated teamwork, creativity and innovation at the 4-H Engineering Design Challenge.

The energetic buzz of more than 200 youth preparing for show was hard to miss at Minnesota 4-H’s annual Engineering Design Challenge on Aug. 5, 2019. The event welcomed youth from across the state in a fun learning event that encourages teamwork, innovation and lots of creativity.

Using the engineering design process, teams of 3rd – 12th graders built complex machines that accomplished an important task: Help a superhero save the planet! “It was fun to build and put stuff together. I like working with my friends to figure out how to make it,” said Brennen Roepke of his experience. “I enjoyed watching the boys figure out how to solve problems with their build. Communication takes practice, and each team member improved their ability

to explain their thoughts and ideas to one another,” said the team coach Sam Roepke.

Each team spent weeks, and in some cases months, building the perfect machine to meet the challenge.

They used 4-H curriculum to explore engineering principles and tested multiple designs and equipment as they went. 4-H adult volunteers guided each team, providing meeting space, helping to secure materials and learning right alongside the young people.

“I think the best part of the 4-H Engineering Design Challenge is how much youth and adults learn and grow together,” reflected Michael Compton, Extension educator and 4-H STEM director. “They discover how to engineer machines, but also about STEM careers and important life skills they can use no matter their future path.”

Youth participants also

engaged in STEM learning activities, met with business representatives and toured the St. Cloud State University engineering department during the day long event. It wrapped up with an awards ceremony,

recognizing several teams for their high-quality designs.

Jack Pine Pals Engineering Design Challenge Team consisted of, Brennen Roepke, Micah Tramm, and Ivan Marsh coached by Sam Roepke.



Community Calendar

City Council meeting Sept. 12

The Gonvick City Council Meeting dates have been changed to the 2nd Thursday of each month.

The next meeting will be held on Thursday, September 12th at the Gonvick Community Center at 5 p.m.

NOTICE

To the residents of Clover Township.

The regular meeting will be held Sept. 6th Fri. at 5pm at the Clover Town Hall.

Joel Wraa - Clerk R24C

Gonvick Legion Meeting Sept, 10

Gonvick American Legion Post #304 & Auxiliary will meet Tuesday, September 10th at 7pm.

Clearbrook Legion Meeting Sept. 19

Clearbrook American Legion Post # 256 & Auxiliary will have a membership dinner for all paid up members on Tuesday, September 10th, 2019 at 5:30 pm in the Banquet Room at the Clearbrook Community Center.

DFL fund Raiser

The Clearwater County DFL Party Pot Luck Supper and Fund Raiser will be held on Thursday September 5th from 5:30 pm to 7:30 pm at the Bagley City Park at the picnic shelters.

Brats, Buns and Ice Cream will be furnished.

Bring your pot luck, table service, drinks and lawn chairs.

Sand Valley Sunday School Begins

Sand Valley Sunday School will begin the 2019-2020 year on Sunday, September 15 at 9:00 a.m. at the Sand Valley Lutheran Church in Trail. Children from age 4 and older are invited to attend weekly classes and join in the fun! For more information, call Shirley at 268-4432 or Bonnie at 268-4212. Hope to see you then!

Humane Society meeting Sept. 12

Clearwater County Humane society will have their public meeting September 12th at The American Legion in Bagley at 6pm.

Everyone is welcome.

Joy Anderson, Clearwater County Humane Society, President

History Center in Shevlin Open Sunday September 8

The Clearwater County Historical Society will host an open house at the History Center in Shevlin on National Grandparents Day, Sunday September 8 from 1:00- 4:00.

The newest exhibit, the Trail Gas Station will be open. The historic buildings will also be open with several new exhibits in each building.

There will be an Informal Car Show between 1:30- 3:30. (Please bring a car if you have one to show off- winner of people's choice vote will receive a small gift.)

Rice Krispy Bars & Root Beer Floats served 1:30- 3:30.

Admission to the museum is free; donations are encouraged. For more information call 218-785-2000

Clearbrook Flag Retirement

The Clearbrook American Legion will be having a flag retirement ceremony on September 10, 2019, 4:00 p.m. at the City Park. If you have a worn flag and you would like to retire it, give to any Post 256 Legion member.

Blood drive to be held in Clearbrook

It is that time again for the blood drive to be held in Clearbrook sponsored by the American Legion Auxiliary #256 of Clearbrook.

Janet Olson stated that it will be held on Monday, September 16 at the Clearbrook Community Center, Westrum gym from 1:15 to 5:30 p.m.

Call to set up a time to Janet at 218-280-4905 or leave a message at 776-3741.

Humane Society meeting Sept. 12

Clearwater County Humane society will have their public meeting September 12th at The American Legion in Bagley at 6pm.

Everyone is welcome.

Joy Anderson, Clearwater County Humane Society, President

History center hours

The museum will be open Saturday September 7 from 10-2 and Sunday September 8 from 1-4. For a last full week-end before changing to new Fall hours. Fall hours at the museum will begin on September 10: Tuesday-Friday 10-4 and by appointment. For more information call 218-785-2000

Clearwater County Fair Calendar winners

The Clearwater County Calendar Raffle made some changes this year. They are doing a weekly drawing for \$100.00 each week plus additional dates closer to the 2020 fair.

First Drawing was done at the Fair on Sunday Night.

Aug. 4 - Jim Fisher of Lengby , \$500.

Aug 5 - Larry Bellefy of Bagley, \$100.

Aug. 12 - Adam Ames of Bagley, \$100.

Aug. 26 - Reid Nordlund of Clearbrook, \$100.

2020 Clearwater County Fair dates are August 5,6,7,8,9. Mark your calendar and make plans to attend.



Shown are (l-r): David Galloway, Bagley Rotary Club Treasurer, and Cole Young, Development Officer at Sanford Health Foundation.

Bagley Rotary Club supports Sanford Health Foundation

Bagley Rotary Club recently made a donation to the Sanford Health Foundation of Northern Minnesota in support of its Bagley Ambulance Services. This kind of support will help our community with the purchase of a new ambulance ensuring our team of medical experts can swiftly reach patients across Clearwater County when every minute counts.

The Sanford Health Foundation is a 501(c)(3) nonprofit organization dedicated to supporting the enhancement and expansion of health care services, state-of-the-art technology and facilities to provide health and healing for our region.

Anyone interested in supporting the Foundation may do so by

Clearbrook-Leonard Senior Meals

Wed., Sept. 4 - Meatloaf, Mashed Potatoes, Green Beans, Pears, Bread and Milk.

Thurs., Sept. 5 - Crispy Chicken, Sweet Potato, Mixed Veg., Fruit Cobbler, Bread and Milk.

Fri., Sept. 6 - Egg Bake, Oven Browned Potatoes, Fruit Cup, Muffin and Milk.

Mon. Sept. 9 - Swiss Steak, Mashed Potatoes, Corn,Pineapple, Bread and Milk.

Tue., Sept. 10 - Roast Turkey, Mashed Potatoes, Carrots, Cranberries, Fruit Shortcake, Bread and Milk.

Wed., Sept. 11 - Birthday Meal Wild Rice Soup, Meat Sandwich, Fruit Crackers, and Milk.

Meals are served daily at 11:30 at the Clearbrook site except for evening meals served at 5 p.m. They are subject to change.

Please join us for... a Bridal Shower Brunch honoring Cassie Stebe

10:00 am

September 7th, 2019

at the Gonvick Community Center.

Cassie is registered at Target, Home Depot & Amazon

5th anniversary of The Way Festival!

Events this year on September 7, 2019 at the Bagley Park will include a 5K Fun Run/Walk, 9 Inflatables, Concessions fundraiser by FHL Academy, face painting from 1:00pm-3:00pm, Galen's Customer Appreciation meal from 4pm - 6pm, Live Music by FHL Academy from 1-2pm, Kent Dudley & Bended Knee from 3-4:30 and headlining this year will be Jason Gray from 7-8pm. Following Jason Gray will be an outdoor family friendly movie. The best part... it's ALL FREE (except the 5k and concessions)!! Bring a chair, bring a friend, and come on out for a great time! Check out our facebook page or countryfaith. org for more details.

Don Danielson - Memories of a Hunter

Come Autumn involves the growth of a land ethic that evolved in a Midwestern hunter's mind between youth and old age. Don Danielson has written a book about compelling series of hunting memoirs during, primarily, the last half of the Twentieth Century. It is fraught with numerous anecdotes and human interest stories. .

About the Author - Don graduated from a central Wisconsin High School in 1955. In 1959 he graduated from the University of Wisconsin campus which was the first college in America to offer a four-year degree in conservation. Don then taught conservation in a factory suburb of Detroit and at the University of Michigan, next became Associate Curator at the Milwaukee Public Museum. As Director of the National Audubon Society, he built the prototype Schlitz Audubon Nature Center on Lake Michigan, then spent fifteen years in midwestern public school administration including his years in the Gonvick-Trail School district..

Don Danielson - Lindstrom, MN at donde005@gmail.com

Church News

ST. JOSEPH'S CATHOLIC CHURCH
Bagley 218-694-6416
Pastor:
Fr. John Melkies Svakeen
Terri D, Parish sec.
Sunday Mass: 10:30 AM
Call for weekday Mass times.

FAITH BIBLE CHAPEL
OF CLOVER
Leonard, MN

Sunday: 10:00 a.m. Worship Service.

KINGDOM HALL OF JEHOVAH'S WITNESSES
Sand Lake Ave & 5th St. Bagley
Thursdays: 7:30 p.m. Bible Study; 8:00 p.m. Theocratic School; 8:30 p.m. Service Meeting.
Sunday: 10:00 a.m. Public Bible Talk; 10:35 a.m. Bible Study.

REDEEMER EVANGELICAL LUTHERAN CHURCH - LCMS
Church Location:
Corner of Hwy. 2 & Red Lake Ave. SW Bagley, MN
Pastor Daniels Domke
Sunday Divine Service: 9:30 a.m.

Sunday School / Adult Bible Study: 10:45 a.m.

FIRST BAPTIST CHURCH Clearbrook
Pastor Verlyn Strenge
Assoc. Pastor Jim Galloway
Thurs. Sept. 5 - 7:00 p.m. Bible Study and Prayer
Sat. Sept. 7 - 7:00 a.m. Men's Breakfast & Bible Study
Sun. Sept. 8 - 9:30 a.m. Sunday School, 10:45 a.m. Morning Worship Service

GONVICK LUTHERAN PARISH
MEMBERS OF NALC
Pastor Kris Snyder
SAMHOLD LUTHERAN CHURCH
UNITED LUTHERAN CHURCH

Wed. Sept. 4: 8:00am- Men's Lectionary bible study; 8:30am-Clearbrook/Gonvick Clergy @ Kandi's Kitchen, 9:30am- Women's bible study
Sun. Sept. 8: 10:30am- Worship/Fellowship; Baptism during Service

Notice of Congregational Meeting

A congregational meeting will be called on Sunday, September 15, 2019 after the regular worship services of Samhold Lutheran Church.

The purpose of this meeting is stated as such:

•To vote on the call and compensation package for Reverend Kris L. Snyder.

No further business other than what is stated above may be conducted as per the constitution of Samhold Lutheran Church, North American Church.

Schedule at United:
Sun. Sept. 8: 9:00am Worship/Fellowship

Clear Waters Life Center Happenings...

CLEARBROOK SITE:
Youth Connection: After-school programming for grades 5-7 starts Tues., Sept. 10 & Wed., Sept. 11 for grades 8-12. Information and registration/permission forms are available in the CWLC office or on line at www.clearwaterslife.org under the Programs tab.

Shop-at-the-Top: Hours: M-F, 10:00 to 4:00, and Sat., 10:00 to 12:00. Interested in volunteering? Stop by the CWLC-Clearbrook office for a Volunteer Application.

Restore It! Furniture Shop: Clearbrook location only. Open 10:00-4:00, M-F & 10:00-12:00 on Saturday. 256 2nd Ave., SW in CWLC-Clearbrook.

Celebrate Recovery Support Group: 7:00 PM, Thursday, 2nd floor of CWLC-Clearbrook. Help for any hurt, habit, or hang-up. Confidential.

GONVICK SITE:

Connection Mondays starting September 9. Support for caregivers and activities for older adults: FREE 9-11 AM Caregiver Support Group, 12:30-2:30 PM Virtual Dementia Tour. Space limited, please register by calling 218-487-5290, Ext. 1.

Senior Connection will be open early, Monday, Sept. 9, if adult day services are needed for caregivers to attend these events.

Senior Connection Adult Day Services: Openings for new clients. Provide respite for caregivers. Home-like atmosphere. Professional staff. Licensed facility. Transportation available. Open M-W-F, 10:00 AM to 3:00 PM. Questions? Call Marilyn at 218-487-5290, Ext. 1.

Transportation Service: Call Karen 24 hours in advance at 218-776-2223 or 218-637-0509 to schedule your ride.

www.clearwaterslife.org, www.adultdayservicesgonvick.org, or www.mustardseedhomes.org and "like" us on Facebook pages.

Hours: Gonvick, 226 Elm St., M-W-F, 10-3; Clearbrook, 256 2nd Ave., SW., Main office open: 8-4, Tues.-Fri.

This ad is sponsored by:



GRACE FREE LUTHERAN CHURCH BAGLEY
Pastor Todd Klemme
9 a.m. Sunday School
10 a.m. Sunday Worship
September - May
Every Thursday: 10 a.m. Bible Study.
Communion First Sunday of the Month.

ELIM LUTHERAN BRETHREN CHURCH Clearbrook
Pastor Adam Krog
Wed, Sept. 4 - Ruby's Pantry 5:00-6:30 Registration begins at 4:30
Thurs, Sept. 5 - 9:30am Bible Study & Prayer
Sun, Sept. 8 - 9:30am RALLY DAY!!!, 10:30 Worship Service

GOOD SHEPHERD LUTHERAN CHURCH CLEARBROOK & OUR SAVIOR'S LUTHERAN CHURCH LEONARD
Pastor Robert Kirchman Good Shepherd
Sun.,

With articles submitted by the staff, administration and students at the Clearbrook-Gonvick Junior and Senior High Schools

Homecoming

Clearbrook-Gonvick Homecoming is coming up the week of September 9 to 13. Coronation will be Monday



CLEARBROOK-GONVICK SUMMER REC MITES - Front L to R: Brody Gustafson, Easton Derby, Jacob Kumpula, Jagger Neese, Blake Good. Back: Bryar Kroulik, Trevor Bjerke, Wyatt Abel, Aiden Ehlers, Colton Anderson, Quincy Gustafson, Parr Gustafson, Tyden Larson, Brekkan Juberian, Travis Johnson, Ashten Churness, Easton Anderson, Miles Goudge. Photo by Shots and Thoughts Photography



CLEARBROOK-GONVICK SUMMER REC TBALL - Front to back left to right; First Row: Kanyon Koster, Clayton Anderson, Luke TeHennepe, Anika Abel, Dylan Larson, Corrine Abel, Hunter Dahlke. Second Row: Wyatt Good, Ty Dugstad, Jace Haynes, Phoebe Neese, Sienna Flateland, Jack McKnight, Indie Juberian, Tilden Vettleson, Mycah Gerlofs, Beau Burgess, Cyla Rouland, Zarek Huggins, Trigg Torgerson Third Row: Coach Kaylee Westrum, Coach Jack McQuown, Coach Isaac McQuown, Coach Falline Erickson, Coach Elijah McQuown. Photo by Shots and Thoughts Photography



CLEARBROOK-GONVICK SUMMER REC CADETS: Front L to R: Derek Roy, Cole Anderson, Luke Johnson, Bryce Helberg, Nathan Weems, Ben Goudge, Wyatt Westrum. Back row: Brandon Branchaud, Alex Churness, Coach Hunter Voxland, Coach Sam Johnson, Carter Matthews, Hayden Engen, Sabin Helberg. Photo by Shots and Thoughts Photography



CLEARBROOK-GONVICK SUMMER REC PEEWEES: Front L to R: Carter Ballard, Carver Kroulik, Trey Goudge, Carson Derby, Gavin Solberg, Gunner Olson, Ryan Gerlofs, Back: Braxton Bjerke, Jaret Larson, Coach Isaac McQuown, Grant Engen, Lucas Bakken Missing Coach Casey Kroulik. Photo by Shots and Thoughts Photography

September 9th at 2:30 in the High School gym.

Pep fest for volleyball will be Thursday the 12th 7th hour or 2:30 p.m.

The Homecoming Parade will be held on Friday, September 13 in Gonvick at 1:30. They will just go down Main Street.

Pep fest for football will follow the parade at around 2:30 on Friday back at the school.

The Clearbrook-Gonvick Bear Boosters will be having a Build a Burger at the home football game on Friday the 13th.

Clearbrook-Gonvick School Menu

Changes to the lunch menu. Each line will be offering different choices each day. This will allow all students/staff in the district to have two options at lunch. They will no longer be offering salads for lunch.

Wed., Sept. 11 - Taco in a bag, Refried Beans CC Cookie (9-12) or Wrap it Up Wednesday - Turkey Wraps.

Thurs., Sept. 12 - Chili

Clearbrook Gonvick Sports schedule

Varsity football

Sept. 6 @ Park Christian 4:30 pm
Sept. 13 vs. Blackduck 7:00 pm
Sept. 20 vs. Nevis 7:00 pm
Sept. 27 @ Win-E-Mac 7:00 pm
Oct. 3 @ Goodridge/Grygla-Gatzke 7:00 pm
Oct. 10 vs. Laporte 7:00 pm
Oct. 15 @ BGMR 7:00 pm

9 JV/V volleyball

Sept. 3 vs. Bagley 5:00 pm
Sept. 5 @ Northome 5:00 pm
Sept. 10 @ Goodridge/Grygla-Gatzke 5:00 pm
Sept. 12 vs. Red Lake Falls 5:00 pm
Sept. 14 Tourn. @ Warren/Alvarado/Oslo 9:00 am
Sept. 16 @ Mahnomen/Waubun 5:00 pm
Sept. 19 n @ Lake of the Woods 4:30 pm
Sept. 21 Tourn. @ Crookston 9:00 am
Sept. 23 Tourn. @ Mahnomen 4:30 pm
Sept. 24 Pine River-Backus 4:30 pm
Sept. 26 @ Cass Lake-Bena 5:00 pm
Oct. 1 @ Walker-Hackensack-Akeley 5:00 pm
Oct. 3 vs. Red Lake CC 5:00 pm
Oct. 8 vs. Nevis 5:00 pm
Oct. 12 Tourn. @ Laporte 9:00 am
Oct. 14 @ Laporte 6:00 pm

JV/V/Cross Country

Sept. 5 @ Roseau 4:00 pm
Sept. 12 @ Ada Borup 4:00 pm
Sept. 17 @ Bagley 4:30 pm
Sept. 26 @ EGF Green Wave 4:00 pm
Oct. 3 @ Warren/Alvarado/Oslo 4:00 pm
Oct. 8 @ Warren/Alvarado/Oslo 4:00 pm
Oct. 14 @ Park Rapids 4:00 pm
Oct. 25 @ Bagley 4:00 pm

Varsity Boys BB

Dec. 3 vs. Fisher-Climax 6:00 pm
Dec. 5 @ Stephen-Argyle Central 6:00 pm
Dec. 12 @ Bagley 6:00 pm
Dec. 16 @ Kelliher/Northome 6:00 pm
Dec. 19 vs. Warren/Alvarado/Oslo 6:00 pm
Dec. 20 vs. Sacred Heart 6:00 pm
Jan. 3 vs. Kelliher/Northome 6:00 pm
Jan. 7 vs. Roseau 6:00 pm
Jan. 14 @ Walker-Hackensack-Akeley 6:00 pm
Jan. 16 @ Goodridge/Grygla-Gatzke 6:00 pm
Jan. 20 @ Blackduck 6:00 pm
Jan. 21 vs. BGMR 6:00 pm
Jan. 24 @ Lake of the Woods 1:00 pm
Jan. 28 vs. Goodridge/Grygla-Gatzke 6:00 pm
Jan. 30 vs. RLC 6:00 pm
Jan. 31 vs. Roseau 5:30 pm
Feb. 6 vs. Blackduck 6:00 pm
Feb. 7 vs. Lake of the Woods 2:30 pm
Feb. 8 vs. Kittson @ Northland CC TBD
Feb. 11 vs. Win-E-Mac 6:00 pm
Feb. 14 @ Fosston 6:00 pm
Feb. 18 @ Nevis 6:00 pm
Feb. 20 vs. Sacred Heart 6:00 pm
Feb. 21 @ RLCC-Oklee 6:00 pm
Feb. 24 @ Mahnomen/Waubun 6:00 pm

Varsity Girls BB

Nov. 22 vs. Goodridge/Grygla-Gatzke 6:00 pm
Nov. 26 vs. Kelliher/Northome 6:00 pm
Dec. 2 vs. Blackduck 6:00 pm
Dec. 5 @ Nevis 6:00 pm
Dec. 9 @ Red Lake CC-Oklee 6:00 pm
Dec. 12 @ Mahonomen/Waubun 6:00 pm
Dec. 16 vs. Laporte 6:00 pm
Dec. 20 @ Red Lake Falls 6:00 pm
Jan. 2 @ Cass Lake-Bena 6:00 pm
Jan. 7 @ Blackduck 6:00 pm
Jan. 10 vs. Pine River-Backus 5:30 pm
Jan. 14 @ Walker-Hackensack-Akeley 6:00 pm
Jan. 17 vs. Red Lake 6:00 pm
Jan. 21 @ Kelliher/Northome 6:00 pm
Jan. 24 @ Lake of the Woods 1:00 pm
Jan. 28 @ Red Lake 6:00 pm
Jan. 31 vs. Warren/Alvarado/Oslo 6:00 pm
Feb. 3 vs. Cass Lake-Bena 6:00 pm
Feb. 7 vs. Lake of the Woods 1:00 pm
Feb. 11 vs. Win-E-Mac 6:00 pm
Feb. 13 vs. Red Lake CC 6:00 pm
Feb. 18 @ Bagley 6:00 pm
Feb. 20 @ Fosston 6:00 pm

Cheese Fritos, Corn Bread or Sub Day - Ham Subs

Fri., Sept. 13 - Stuffed Crust Pepperoni Pizza, Steamed Broccoli or Soup & Sandwich - Tomato Soup with Grilled Cheese..

Mon., Sept. 16 - Corn Dog, Baked Beas, Tri Tater or Soup & Sandwich - BBQ with Potato Soup

Tues., Sept. 17 - Grilled Chicken Sandwich on Flatbread, Sided Salad or taco Tuesday - Taco Salad.

Wed., Sept. 18 - Lasagna, Garlic Toast or Wrap It Up Wednesday - Chicken Wraps

All meals come with Fresh Fruit and Vegetable Bar and Milk Choice.

Nicotine addiction..

Continued from front

Teen tobacco use puts youth at risk for health problems and a lifetime of addiction. Nicotine in any form – whether delivered in an e-cigarette, cigarillo, cigarette or other method – harms the adolescent brain and may prime young brains for addiction to cigarettes and other substances.

“Student vaping is an urgent health issue that is alarming schools, parents, students and the Minnesota Department of Health and we are all working together to address this crisis,” said Holly Magdanz, Hopkins One Voice Coordinator at Hopkins Public Schools. “I work with a wide range of school districts from Hennepin County and the state, and I have yet to meet a school district that isn't struggling with the issue of teen vaping – including vaping in school. New e-cigarette devices like JUUL are discreet and difficult to detect. Students report vaping in bathrooms and even 'sneaking a vape' during class. To make matters worse, the industry is constantly introducing new devices and it's hard for educators and parents to keep up. We must double down to reach our ultimate goal, which is to ensure kids never start using tobacco or nicotine in any form. I hope that all Minnesotans can better understand how addictive these e-cigarettes are, and step up to help protect our kids.”

“Every day at our school, I see firsthand the crisis of our national youth e-cigarette epidemic,” said Danette Seboe, principal of Duluth East High School. “The number of teens using e-cigarettes has skyrocketed and many students and even parents don't know the vast majority of e-cigarettes contain significant amounts of nicotine. Our kids and young people unknowingly are becoming addicted. Last school year, every single e-cigarette we confiscated contained nicotine. In fact, most of the bottles or pods had the highest level of nicotine available for purchase. We are working diligently with families, staff and students but we can't do this work alone. Minnesota needs an all-hands-on-deck response to this epidemic.”

The U.S. Surgeon General calls youth e-cigarette use an epidemic and recent vaping-related hospitalizations in Minnesota continue to be investigated by epidemiologists. The injuries serve as another wake-up call that more action is needed to protect teens from harmful e-cigarettes.

“Communities, parents, educators and decision-makers at all levels must do more to address our nation's youth nicotine epidemic,” Moilanen added. “Local and state leaders can adopt bold, comprehensive measures to protect our kids from Big Tobacco and ensure that this school year doesn't lead to further addiction.”

Minnesotans for a Smoke-Free Generation will continue working at the state and local levels to combat rising youth tobacco use. To date, 40 Minnesota cities and counties have raised their tobacco age to 21, and the coalition will continue to advocate for a statewide Tobacco 21 policy. In addition, twelve Minnesota communities have restricted the sale of flavored tobacco products to keep them out of places youth frequent. Minnesota faces an urgent need for statewide tobacco prevention funding, given that two-thirds of funding for prevention comes from ClearWay Minnesota, which will sunset in 2022.

Leader-Record papers available at many locations including on-line

Clearbrook: Y92 Convenience Store, Bakkens Market, Thrifty White Drug

Gully: Gully Co-op, School House Grocery

Leonard: Strands Grocery Store

Bagley: Ortons, Ku-biak's, Galen's, Bagley Co-op, Thrifty White

Red Lake: Red Lake Foods

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Now hear this...
by Harry Hutchens,
**Clearwater
County Veterans
Service Officer**

SEPTEMBER 11, 2001: Wednesday the 11th marks the eighteenth anniversary of the terror attacks made directly upon the United States of America. What was your experience that day, and ever since? What was the experience for the collective citizenship of Clearwater County? For a few years now, I have invited any and all discussion of the events of 9/11/2001 by residents of Clearwater County at that time, with only a single response. I've lived here for 15 years. September 11th comes and goes without somber, public observation by our geographically removed population. It's been ten years since I've shared with readers how my own life changed forever fifteen years ago as the horror of the evil visited upon my country on 9-11 unfolded in slow motion. I was still in the Navy. All the rules had been broken. There was no exercised and up-to-date response plan to execute. I had no answers and so many questions. The kids were six and four years old then. My wife was so far from her own family. The security I thought I

provided our young family was breached. No promise I made about their safety could be good enough now. I could not provide an explanation. Still can't. We gathered at church, stunned passengers of this national train wreck, staring into each other's wounded hearts. All these years later, my hurt and anger steep in the real dread this is not done yet. I have prayed such fervent and indignant prayers, assaulting the gates of Heaven through my fractured faith, hot with rage. Darkness now shows itself in restricted movement, limited access and controls on nearly everything previously accomplished at will. A free and vibrant society is being held in the grip of the next unknown and sudden assault like we had just experienced- there could be no warning, again. The grave reality of resident evil pushes hard, grieves our waking moments and stains our fitful sleep. I'm an American. I live in the greatest country on Earth, provided and protected by selfless and fearless people I'll never be able to thank. I am surrounded by Creation's beauty, blessed with a healthy family. I am challenged to work productively and then again blessed to rest in grateful consideration of it all.

Office (218)694-6618, Cell/Text (218)556-5340
Hutch



Lisa (Ollestad) Newland had another visit with a former-classmate. Lisa on the right visited with Heli Harni who is a curator at the HAM museum in Helsinki, Finland. Lisa is now in Estonia. She had to present at a research conference and she was able to get in some sight seeing. The two were part of the Gonvick-Trail graduating class of 1990.

Bagley Tractor Semi Pull 2019 for Newspaper					
4,500lbs. Tractor Class			Distance	12,500lbs. Tractor Class	
1	Glenn Olson	John Deere A	253.41	1	Brycen Friborg John Deere 6715
2	Neil Harmon	WD-45 Allis	241.27	2	Steve Campbell IH 1466
3	Bruce Gunderson	Oliver 70	232.81	3	Tom Winge John Deere 6430
4	Scott Hendricks	John Deere B	229.77	4	Kelly Anderson Mnpls Moline 705
5	Ben Meyer	Case D-Standard	83.5	5	Walter Teige John Deere R
6	Exhibition			6	Ray Teige Case 900
7	Phil Klopp	Oliver 770	282.88		
5,500lbs. Tractor Class				14,500lbs. Tractor Class	
1	Neil Harmon	WD-45 Allis	259.84	1	Brycen Friborg John Deere 6715
2	Bryce Evje	Allis D17	252.71	2	Steve Campbell IH 1466
3	Glenn Olson	John Deere A	247.64	3	Don Sultvedt Ford 7700
4	Greg Winge	John Deere 50	243.71		
5	Matthew Klopp	Oliver Super 88	242.83	16,500lbs. Tractor Class	
6	Ben Meyer	New Holland	239	1	Paul Friborg John Deere 6140 M
6,500lbs. Tractor Class				Semis	
1	Tom Winge	John Deere G	262.37	1	Kyle Lundberg Kenworth T800
2	Phil Klopp	Oliver 88	258.82	2	Dusty Mathison International 4300
3	Bryce Evje	Allis D17	257.52	3	James Hooker Kenworth W900
4	Ben Meyer	Case DC3	251.9	4	Dirk Fultz Kenworth W900
5	Scott Hendricks	John Deere G	250.71	5	Steve Girtz Peterbilt 37
6	Greg Winge	John Deere G	116.96	6	Brian Mathison Freightliner Fld 120
7,500lbs. Tractor Class				7	Mitchell Emery Kenworth W900 A
1	Tom Winge	John Deere G	266.86	8	Dylan Emery Kenworth T800
2	Scott Hendricks	John Deere G	259.43	9	Tyler Edelman Kenworth T800
3	Mitchell Emery	Farmall Super M	252.54	10	Matt Lundberg Kenworth T800
9,500lbs. Tractor Class			Distance	11	Michael Reichling Kenworth T800
1	Walter Teige	John Deere R	299.06	12	Robert Gdwin Freightliner FLD 120
2	Don Sultvedt	Ford 7700	296.47		
3	Kelly Anderson	Mnpls Moline G705	288.34		
4	Ray Teige	Case 900	264.52		

Bagley Pickup Pull 2019 Newspaper					
6,500 2wd Pickup Class			Distance	8,000lbs. Diesel 4x4 Class	
1	Dave Iverson	Ford F-350	348.43	1	David Titera Chevy Silverado 2500 HD
2	Wyatt Tennyson	Ford F-350	296.26	2	Dustin Peterson Chevy 2500
3	Walter Teige	Ford F-350	287.91	3	Jared Merschman Chevy Silverado 2500
5,500lbs. 4x4 Pickup Class				4	Kelby Baumann Ford F250
1	Mitch Johannessohn	Chevy Silverado	320.08	5	Brandi Munter Ford 350 Dually
2	Mitchell Emery	Ford F150	300.75	6	Shayne Munter Ford Superduty
3	Dylan Emery	Chevy Silverado 1500	296.58	7	Chris Dudley Chevy Silverado
4	MonaRae Swenson	Ford Expedition	292.92	8	Wyatt Munter Ford F250
5	Cassidy Hruby	Chevy Scottsdale 350	270.28	9	Todd Wass Dodge Cummins
6	Keira Bitz	Ford F250	250.44	10	Collin Grover Dodge 2500
6,500lbs. 4x4 Pickup Class				11	Kevin Sunderland Dodge Ram 2500
1	Tawnia Netland	Chevy Silverado	315.53	12	Ben Davis Cevy Silverado 271
2	Kyle Lundberg	Ford F150	306.65	13	Chris Dahlke Ford F350
3	Bryce Evje	Chevy Silverado	296.47	14	Curtis Smith Dodge Cummins
4	Patrick Knutson	Chevy 2500	292.38	15	Zach Johnson Ford F350
5	MonaRae Swenson	Ford Expedition	290.39	10,000lbs. Diesel 4x4 Class	
6	Clayton Blaser	Ford F250	287.97	1	
8,000lbs. Gas 4x4 Class				2	Elliott Stai Ford F350
1	Ray Teige	Ford F250	347.97	3	John Gerbracht Ford F350
2	Rob Paulson	Ford F250	338.01	4	B.J.Back Ford F250
3	Todd Ysen	Ram 400	319.76	5	Brandon Evermoen Ford 350
4	Jason Swenson	Ford F250	289.8	6	Dustin Wentworth Ford F350
Exhibition					
1	Sam Smith	Military M98 Humvee	196.34		
2	Matt Lundberg	Ford F350	302.66		

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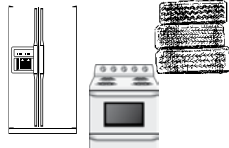
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**Clearwater
County Sheriff**
Darin Halverson

Clearwater County Sheriff's Office
Weekly Activity

City of Bagley - Total 17

08/25/19 12:13 Disturbance,
18:32 Medical
08/26/19 04:02 Medical, 12:37
Suspicious Activity, 19:04 Suspicious
Activity, 20:55 Traffic Stop, 23:21
TEST
08/27/19 11:56 Officer Detail,
13:17 Medical
08/28/19 12:17 Vandalism, 14:17
Juvenile Misc, 17:00 Information Only
08/29/19 03:09 911 Hang Up,
09:27 Transport, 18:15 Warrant
Arrest
08/30/19 03:52 Traffic Stop, 21:51
Disturbance

City of Clearbrook - Total 3

08/27/19 10:01 Vehicle Lock Out
08/29/19 13:46 Vehicle Lock Out
08/30/19 16:10 Suspicious Activity

City of Gonvick - Total 2

08/28/19 07:14 THEFT
08/30/19 12:04 THEFT

City of Leonard - Total 1

08/28/19 06:03 Suspicious Activity

City of Shevlin - Total 4

08/25/19 19:53 Information Only
08/26/19 01:04 Medical
08/28/19 02:15 Medical
08/30/19 10:30 Suicide Related

Copley - Total 8

08/25/19 09:35 Traffic Complaint,
10:00 Animal Related, 14:59 Medical
08/27/19 18:17 Assist Other
Agency
08/28/19 07:14 Vandalism
08/30/19 21:02 Information Only,
22:02 Traffic Complaint
08/31/19 12:01 Officer Detail

Falk - Total 5

08/25/19 23:34 Traffic Stop
08/27/19 07:56 Animal Related,
0:33 Traffic Complaint
08/30/19 09:38 Suicide Related,
18:43 Medical

Holst - Total 3

08/25/19 16:57 Traffic Stop
08/26/19 00:57 Medical
08/27/19 06:06 Traffic Stop

Itasca - Total 3

08/25/19 00:21 Warrant Arrest
08/29/19 19:14 Suspicious Activity
08/30/19 18:22 Traffic Complaint

LaPraire N - Total 4

08/25/19 12:30 Threats
08/26/19 17:01 THEFT, 3:44
Suspicious Activity
08/28/19 14:50 Medical

Minerva - Total 2

08/25/19 18:09 Animal Related
08/28/19 19:10 Animal Related

Moose Creek - Total 1

08/28/19 14:53

Nora - Total 4

08/25/19 13:04 Traffic Complaint
08/26/19 10:29 Threats
08/27/19 21:07 Animal Related
08/31/19 21:20 Medical

Out of Jurisdiction - Total 2

08/25/19 11:42 Assist Other
Agency
08/29/19 13:04 Transport

Popple - Total 5

08/27/19 09:45 Suspicious Activity
08/28/19 08:23 Burglary, 08:56
Animal Related
08/29/19 15:44 Vehicle Lock Out
08/31/19 14:50 Traffic Stop

Rice - Total 2

08/31/19 07:51 Traffic Stop
08/31/19 09:28 Traffic Stop

Shevlin - Total 3

08/25/19 06:51 Animal Related
08/26/19 23:14 Animal Related
08/30/19 13:07 Disturbance

Sinclair - Total 1

08/26/19 10:32 Medical

Winsor - Total 3

08/29/19 16:45 Motor Vehicle
Crash
08/31/19 00:28 Animal Related,
16:31 Suspicious Activity

Total Records: 73

**Clearbrook-Leonard
Senior Citizens**

August 20, 2019 General Meeting

Blaine Grone entertained on his keyboard. Jennifer Cole, from LSS spoke on programs for Alzheimers. Carol Niewinski read the secretary's report. It was approved as read. The roof and bathroom tiles have been repaired for approximately \$2000. Betty Randklev read the treasurer's report. Proceeds from bean feed was about \$2500 so was good profit. Rent was received and anonymous gift of \$200. The report was approved as read. Lloyd has applied to Thrive for eligibility for Choice \$. Jerry Wraa won the meal ticket.

Janice Nelson reported on something new in Bagley. Friends in the Kitchen 55+ will be on the last Wed. of each month at 12:30 at the Bagley American Legion. Angie Ness will cook affordable, easy meals using seeds, spices, etc. She will provide recipes. Sponsors for this program are: LSS, Kubiak's, Galen's, Split Oak Family Farm, American Legion.

We are in need of music for September 17th meeting. The Bemidji group will provide music for the evening meal on Aug. 28th.

The Wraas are planning to start a Tai Chi group soon. It will be on Tues. and Thurs. after the noon meal. Several showed interest in taking part.

Carol Niewinski, Secretary
Many Thanks!

FROM DAYS GONE BY



1939 Kansas Wheat realized that women were using their flour sacks to make clothes for their children. The mills started using flowered fabric for their sacks so the kids would have pretty clothes. The label on the sack would wash out leaving the design. Can you image the ladies going to get the flour sacks and then picking out so that they had enough material the same for sewing the garments.

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