

Leader-Record



\$1.00

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



The First State Bank of Clearbrook had a 2-in-1 day on Friday, October 14. The first part was a customer appreciation event and the second was to celebrate the end of their construction project. Many people enjoyed the meal that was served by bank employees. Shown above serving food were Terri Vorderbruggen and Charae Hinrichs.



First State Bank President Brad Eck showing John Sandland around the newly finished construction project in the bank in Clearbrook.



Many people enjoyed the meal that was set up in the tent last Friday from 4:30 to 6:30. Bank employees served the meal in the lot across from the First State Bank.

Pipeline activists charged with felonies

Two activists who tampered with Enbridge pipeline valves in solidarity with Dakota Access Pipeline opponents have been charged with felonies in Minnesota's Clearwater County, according to Richard Mollin County Attorney.

Emily Johnston, 50, Seattle, Wa. and Annette Marie Klapstein, 64, Bainbridge Island, WA., were each charged Wednesday, October 12, with two felony counts related to criminal damage to property of critical public utilities and two gross misdemeanor charges of trespassing.

The women were part of a group called Climate Direct Action that said they were signaling their support for the Standing Rock Sioux Tribe when they tampered with emergency valves of five pipelines that carry Canadian crude into the United States.

Activists targeted five pipelines in solidarity with Dakota Access opponents. Besides the Enbridge lines they also included TransCanada's Keystone pipeline in Walhalla, N.D.; Spectra Energy's Express pipeline in Coal Banks Landing, Mont. and Kinder-Morgan's Trans-Mountain pipeline at Anacortes, Wash.

Johnson and Klapstein are accused of threatening to shut down two Enbridge pipelines and using bolt cutters to cut padlocks and chains to access

the pipeline valves at a facility near Leonard, southeast of Clearbrook, according to court records.

Enbridge spokeswoman Lorraine Little said officials temporarily shut down the pipelines as a precaution and the pipelines were returned to normal service late Tuesday.

The Pembina County Sheriff's Department, with assistance from the Cavalier County Sheriff's Department, took three people into custody at the TransCanada Keystone Pipeline site near Walhalla. They're accused of attempting to shut off emergency valves to stop the flow of oil. As a precaution, the pipeline was shut down for more than 7 hours.

A spokeswoman for the activist group said a total of 10 were arrested, including other arrests in Montana and Washington state. The group said they were targeting pipelines that deliver tar sands oil from Alberta into the U.S. and calling on President Obama to avert a "climate catastrophe."

The group also opposes the four-state Dakota Access Pipeline that the Standing Rock Sioux Tribe fears will threaten their water supply and sacred sites.

Robin Rorick, midstream group director for the American Petroleum Institute, issued a statement Wednesday condemning the "dangerous tactics" taken by the activists.

State Representatives Condemn Illegal Tampering of Pipelines, Encourage Governor to Speak Out Against Activists

ST. PAUL, MN – Anti-pipeline environmental activists have illegally tampered with two Enbridge Energy lines in Northern Minnesota, attempting to turn off valves to stop oil flow.

State Representatives Dan Fabian (R-Roseau), Deb Kiel (R-Crookston) and Steve Green (R-Fosston), encouraged Governor Mark Dayton and Democrat leaders to speak out against these irresponsible protests and released the following joint statement:

"Extreme environmental activists have illegally tampered with pipelines in Northern Minnesota, risking public safety and an environmental incident. These kind of actions are deplorable and dangerous. We call on Governor Mark Dayton and Democrat leaders to condemn this illegal and reckless attempt to disrupt oil pipelines that needlessly endangered local citizens, Enbridge employees and first responders."

County Board deals with New County Garage and County Audit

By Karen Edelbach
The Clearwater County Board of Commissioners met on October 11 with an agenda that included a tour of the new ambulance garage in the process of being finished, viewing of the old one to be moved; and a report from the independent auditor, besides other business.

The new garage is located adjacent to the old Clearwater Clinic building (now closed), and is large enough to house three ambulances for the county, plus a mechanical room and a bay for washing the vehicles. The county received grant money to help build the new garage.

Seth Tramm, the Emergency Services Manager for Clearwater County since 2011, as well as an EMT since 2007 said the new garage will include E911 services in the secured building, where they will also file reports and do their supply orders. Two crews will be on duty at all times. An update regarding the new facility will be done after completion.

"There are 1.1 million calls for service every year in Minnesota," Mr. Tramm said. He also showed the Commissioners the helipad area, which has outdoor lighting around the area when needed.

The 26x28-foot garage which previously housed the ambulances will be moved by Randy Wettenkamp of Clearbrook. He submitted the only bid for the removal project in the amount of \$510, which the commissioners approved. This will make room for the new helicopter pad.

Auditor Colleen Hoffman of Hoffman, Philipp & Knutson of Thief River Falls, an independent auditing agency, explained the details of the recently completed audit done for Clearwater County. After spending 20 years as a State of Minnesota audit employee, her firm now independently audits nine northern Minnesota counties, including Clearwater, and a number of cities and other entities. She has been able to save the counties money by doing the work efficiently.

She told the commissioners that new state requirements require the county to show its liability on county pensions. The pension liability is not anything new and is paid for by the county and employees of the county. On paper, if the state pension plan for public employees (PERA) went broke, then the county liability would be its \$5.84 million share of what has been paid into PERA by the county.

Auditor Hoffman said Gov. Dayton recently vetoed one proposal affecting this new audit requirement. But Ms. Hoffman urged the county to discuss the needs of dealing with this, and said she thinks all the counties and cities involved now would want to have a say during the next legislative session.

Auditor-Treasurer Allen Paulson said this deficit does not affect the overall levy in the county.

Paulson offered his thanks to Hoffman and commented on the ease of working with her firm. He also gave great credit to the county employees who help do the work, including Debbie Lewis, Nikki Broten, Emily McDougall, Joy Eck and Jeannie Gottsman.

"We have great people here," Paulson said.

Environmental Services Director Dan Hecht brought a "Resolution of a Market Price for Solid Waste Management Tax Purposes." Market price is defined in state statute as the "lowest price available in the area." Clearwater County has researched this and finds it to be \$35.32 per ton, which is cost per ton-mile for transportation and disposal, with disposal at the Gwinner, N.D. landfill. This will be effective Jan. 1, 2017. He also said he planned to bring the weed spraying contracts for next year to the Oct. 18 meeting.

Commissioner Dan Stenseng said he likes the way the spraying is being done now with the longer reach.

Director of Nursing Marissa Hetland received Board approval for the Nursing Service to advertise for a part-time registered nurse.

County Engineer Dan Sauvé received Board accep-



This 26 foot x 28 foot garage which previously housed the county ambulances will be moved by Randy Wettenkamp of Clearbrook. He submitted the only bid for the removal project. This will make room for the new helicopter pad by the hospital in Bagley.

tance of the engineer's certificate of performance for pavement markings done by AAA Striping of St. Michael, Minn. The engineer received approval for the final payment to be made.

The commissioners approved the payment of the Highway Department bills as presented in the amount of \$31,010.

Assessor Jamie Freeman received board approval to hire Jill Evje as Clearwater County Senior Assessor Clerk at \$13.87 per hour to fill a vacancy, with a start date of Oct. 17.

County Auditor-Trea-

City of Clearbrook holds meeting

The regular meeting of the Clearbrook City Council was held on September 12, 2016 in the City Council Chambers. The meeting was called to order at 7:00 p.m. by Mayor George Postier.

Dylan Goudge made a motion to accept the August 8, 2016 regular council meeting minutes with two corrections. Motion carried.

Presentation of Petitions and Complaints by Council Members and Citizens:

Police Report/Update – Dan Gazelka, Police Chief

-38 Incidents Reported for August 2016.

-Items relating to the Police 2017 budget were discussed.

-As of August 1st, 2016 new policy & procedures relating to body cameras were effective. This month's council meeting is an open forum for comments, input or concerns. There will be a mandatory audit of the cameras every other year. The new policies & procedures will have a start date of September 16, 2016.

-Discussion held on having a Clearbrook Fall Festival. This will be held Saturday, October 8th. Events have been planned and more planning will take place. Ideas were discussed.

Liquor Store Report/Update – Joy Walberg & Karra Weems, Liquor Store Supervisors:

-Liquor Store monthly summary was reviewed by the council.

-Joy's Report –

•Discussion held on the condition of the coolers in the Liquor Store. Will look into pricing new coolers or other options. Darrell helped with water in the cooler and will be cleaning the vents at the Liquor Store.

•Discussion held on having a scratch off lottery ticket machine in the Liquor Store. At this time, the council is not in-

terested in the machine. surer Allen Paulson received authorization to pay the submitted invoices of \$217,780 from the County Revenue Fund, and \$23,333 from Nursing Service.

The commissioners planned the 2016 Road & Bridge Tour of Clearwater County with Engineer Sauvé, including bridges, grading, bituminous surfaces, and mill and overlay projects completed or in process in the county. The tour was to take place on Oct. 14.

All commissioners present at the meeting: Daniel Stenseng, Dean Newland, John Nelson, Neal Illies and Arlen Syverson.

Maintenance Report/Update: - Danny Ulrich & Dan Johnson

-Neither Dan nor Danny were able to be present. Discussion held on having committee meetings in between council meetings. Committee meeting times were set up for later in the week.

•Items discussed were: progress & bidding on the campground changes, sweeping streets, Kloster Park road, graveling alleyways and an update on the bulk water system.

•Discussion held on trimming alleys & right of ways to make them more passable and accessible.

City Clerk Update:

•Council reviewed & discussed the Karvacko estimates for improvements that were presented. The council would like to see the front façade improvements scaled back so both the front can be repaired as well as updating the bathrooms. Updates to the pool locker rooms were also discussed.

•Blight issues were discussed. One item is resolved. Chief Gazelka will follow up on the Gloria's Collectibles building.

•Discussion held on renting out the Legion Room kitchen. At this time, the council is not interested. There are more details to be researched before it would be possible.

•No council pay change for 2017; remain at current pay.

•Discussion held on the Depot building and the property lines for the building.

•2017 Budget discussions will start with the October meeting. Working meetings will be set up at the next council meeting.

Resolutions:

•Resolution 2016-13: Donahue Clearbrook Council...

Continued on back page



Clearbrook and Gonvick Fire Departments were at the Clearbrook-Gonvick School to show students about fire safety. Above Clearbrook Fire chief Jeff Basinger with Preston.

Community Calendar

Flu shots

They will be giving Flu Shots at the Clearbrook-Leonard Senior Center. They will be from 1:00 to 3:00 p.m. on Monday, October 24.

Gonvick Lions club Halloween

The Gonvick Lions Club is again planning their annual Haunted House and Halloween Party. This will be held on Monday, October 31. They will be having the Haunted House in the Gonvick American Legion and the Halloween Party in the Clear Waters Life

Center (the old Gonvick School Gymnasium).

The Lions Club goal is to provide a safe and fun evening for the children in the community. They are asking for assistance with achieving that goal by helping with donations of candy, plates or bagged baked goods, door prize items or donations.

You can contact Priscilla Johnson at 218-280-7177 or Kim Solberg at 218-556-4802 with any questions or concerns that you have.

Hydrant flushing

The City of Gonvick will be flushing hydrants the week of October 17 to 21st.

Clear Waters Life Center Happenings...

CWLC-Gonvick: Fri., Oct. 21, 7:00 PM. Concert & dance; music by Skålmusik. "We put the yump in our tunes." Fiddles, accordion, pump organ & more. CWLC-Gonvick. \$10. 18 & under are free. Tickets available at both CWLC sites.

Recovery Support Group: Thurs., 7:00 PM. *Restarting*, facilitated by Mindy Brodin is open to men & women. Second floor CWLC-Clearbrook site, 256 2nd Ave, SW. FREE. Confidential.

Youth Connection & Kingdom Extreme for grades 4-12; **Tues.** Oct. 18, 3:45-5:30. No charge. If rides are needed, call & we will help with arrangements.

Save the Date: Fri., Nov. 4. Italian Cucina. 5 -7 PM, CWLC-Gonvick. Live accordion music. Check our website for the menu.

At CWLC-Clearbrook Shop-at-the-Top is open Mon. thru Fri., 10-4 and Sat., 10-3 at 256 2nd Ave., SW. **Gonvick** businesses, 226 Elm St, are open Mon. thru Fri., 9-4 & Sat., 9-12; Create It! Art Studios and Restore It! Furniture Shop.

Senior Connection is open M-W-F, 10-3

For programs and services, visit us at: www.clearwaterslife.org, www.mustardseedhomes.org, or www.adultdayervicesgonvick.org and our Facebook pages.

CWLC is a 501(c)3 nonprofit organization providing a variety of free and low-cost programming and services to northern Clearwater County and surrounding area.

This ad is sponsored by:



Gonvick American Legion #304 Bingo
Thursdays - Warm-ups
6:45 pm. Regular session 7:00 pm

Clearbrook-Leonard Senior Meals

Wed. Oct. 19 - Lasagna, California Blend Veg. Peaches, Garlic Bread, Cookie and Milk.

Thurs. Oct 20 - Pork Loin, Whole Potatoes, Butter Cabbage, Dinner Roll, Fruit Crisp and Milk.

Fri. Oct. 21 - Pub House Fish/ Tartar Sauce, Mac and cheese, Mixed Veg., Bread, Pie and Milk.

Mon. Oct. 24 - Baked Chicken, Baked Potato, Sour Cream, Squash, Bread, Sherbert and Milk.

Tues. Oct 18 - Chicken Breast, Baked Potato, Sour Cream, Green Beans, Bread, Cake and Milk.

Wed. Oct. 19 - Lasagna, California Blend Veg. Peaches, Garlic Bread, Cookie 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 register for meals at least the day before.

Call 776-3154 to sign up.

Clearwater County Fair Calendar Winners

Oct. 8 - Sara Holm, Shevlin, \$20.

Oct. 9 - Brian Johnson, San Francisco, CA, \$20.

Oct. 10 - Edna McKinley, Bagley, \$20.

Oct. 11 - Edna McKinley, Bagley, \$20.

Oct. 12 - Bernice Magnuson, Clearbrook, \$20.

Oct. 13 - Deborah Zak, St. Hilaire, \$20.

Oct. 14 - Judy Seleski, Hastings, \$20.

Clearbrook-Gonvick Police Department

Clearbrook September
Alarm 14; Disturbance 2; Domestic Dispute 1; Fire 1; Found Property 1; Juvenile Misc. 1; Harassment 2; Medical 5; Public Assistance/Misc. 6; Suicide 1; Suspicious Activity 3; Theft 1; Theft (check) 1; Traffic 8; Traffic Complaint 1; Arrest 1; Citation 2 for a total of 51 incidents.

Gonvick September
Animal 1; Medical 1; Public Assistance/Misc. 1; Suspicious Activity 1; Trespassing 2; Traffic Stop 6; Vandalism 1; Warrant Check 1; Arrests 2 for a total of 16 incidents.

AIS Early Detector!

You can play a vital role in helping Beltrami County find Aquatic Invasive Species. Responding to new aquatic invasive species can prevent a full-blown infestation and with more than 385 lakes in Beltrami County, the Beltrami Environmental Services AIS program can't keep a close eye on all of them. So this season as your docks and lifts are removed please look them over for zebra mussels and report your findings to Beltrami County ESD 218-333-8281. Not finding ZM is as important as finding them, let's all work together to confirm that there are no ZM in that Lake! Report the address, Lake, and what you found.

Church News

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

REDEEMER EV. LUTHERAN CHURCH - LCMS
Church Location:
Corner of Hwy. 2 & Red Lake Ave. SW
Bagley, MN
Pastor Linden B. Wendzel
Sunday Divine Service: 9:30 a.m.
Sunday School / Adult Bible Study: 10:45 a.m.

KINGDOM HALL OF JEHOVAH'S WITNESSES
Sand Lake Ave & 5th St. Bagley
Thursday: 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.

ELIM LUTHERAN BRETHREN CHURCH
Clearbrook
Pastor Adam Krog
Wed., Oct. 19 - 5:30 p.m. Confirmation; 6:30 p.m. Youth Group; 7:30 p.m. Bible Study.
Thurs., Oct. 20 - 9:30 a.m. Bible Study and Prayer.
Sun., Oct. 23 - 9:30 a.m. Sunday School; 10:30 a.m. Worship Service.

FIRST BAPTIST CHURCH
Pastor Verlyn Strenge
Assoc. Pastor Jim Galloway
Clearbrook
Wed., Oct. 19 - 6:30 p.m. Awa-na starts.
Thurs., Oct. 20 - 7:00 p.m. Bible Study and prayer at the church.
Sat., Oct. 22 - 7:00 a.m. Men's prayer breakfast and Bible Study at the church.
Sun., Oct. 23 - 9:30 a.m. Sunday School, 10:45 a.m. Church Services.

Auction at Samhold Church

The Samhold Lutheran church will be having their annual auction on Sunday, October 30. Church service at 10:30 with Bake Sale and dinner at 11:30 with free will offering and the auction to follow the dinner.

The menu will include build your own sandwich with ham, turkey and cheese, with beans and chips, ice cream bars, lemonade and coffee.

Proceeds from the auction goes toward shingles for the church.

This is a Thrivent Financial action team project. Everyone is welcome.

Thank You

I am writing this letter for my Grandson, Wyatt Krogstad, thanking the Diamond Jubilee for the bike he won at the Pumpkin Day Festival. He is really enjoying it and parks it in the garage every night. He says, "It's a wonderful present." We and our two grandchildren had a great day at the Gonvick Pumpkin Day.

Lauris & Joy Krogstad

CLEARWATER COUNTY NURSING SERVICE FLU SHOT CLINICS

CLEARWATER COUNTY NURSING SERVICE WILL BE OFFERING FLU SHOTS AT:

CLEARBROOK SENIOR CENTER on OCT. 24TH FROM 1 - 3 P.M.

BAGLEY SENIOR CENTER on OCTOBER 25TH FROM 1 - 3 P.M.

Cost is \$25 for the standard dose trivalent influenza. Please bring your insurance card with. Call 694-6581 or 487-5272 if you have questions.

GET YOUR FLU SHOT



Margaret Stevens and Carol Niewinski celebrated their 100th birthdays at the Clearbrook-Leonard Senior Center last week.

Awana Clubs

Come join us each Wednesday
(beginning October 5th)
6:30-8:00pm
Kindergarten-12th grade
First Baptist Church
Clearbrook, MN

For more information call: 776-3252

WE PUT THE YUMP IN OUR TUNES
Presented by the Bagley Area Arts Collaborative

Music by Skålmusik

Imagine It! Event Center
in Gonvick
Located at 226 Elm St.

Concert & Dance:
Friday, October 21, 7:00 pm

Cost: \$10 Adults, 18 & under FREE

Tickets available at Clearwaters Life Center in Clearbrook or Gonvick, or call either 218-487-5290 or 218-776-2789 or at the door prior to concert time.

This activity is made possible by the voters of Minnesota, through a grant from the Region 2 Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

Samhold Lutheran Church's "Caring & Sharing"
in GONVICK

CHURCH SERVICE:
10:30 AM

BAKE SALE:
11:30 AM

DINNER - FREEWILL
11:30 -

AUCTION ...
FOLLOWING DINNER

Everyone Welcome!

BRING A NEIGHBOR OR A FRIEND.

FELLOWSHIP & FUN!

A THRIVENT FINANCIAL ACTION TEAM PROJECT

October is Co-op Month and Clearwater-Polk Electric is celebrating! We are serving coffee, juice, homemade pie & donuts **Wednesday-Friday, October 19th-21st**. Please stop in and help us celebrate. Everyone is welcome.

Clearwater-Polk Electric Cooperative

315 Main Ave N
Bagley, MN 56621-1001

A Touchstone Energy® Cooperative

Sen. Rod Skoe Stands Up for Greater Minnesota

- FISCAL RESPONSIBILITY
- GREAT SCHOOLS
- SUPPORT FOR LOCAL GOVERNMENTS

Vote Sen. Rod Skoe on Tuesday, November 8

Learn more at www.rodskoe.com

Prepared and paid for by the Rod Skoe Campaign Committee, 54000 189th Ave, Clearbrook, MN 56634

GOOD SHEPHERD LUTHERAN CHURCH
CLEARBROOK & OUR SAVIOR'S LUTHERAN CHURCH LEONARD
Pastor Robert Kirchman
Good Shepherd
Wed., 19 & 26: 6:30 p.m. Choir Practice, 7:30 p.m. Handbell Practice.
Sun., Oct. 23: 9:00 am Worship, Service Group 1 will meet after church in the fellowship hall, 10:00 am Sunday School/Coffee Hour.
Mon., Oct. 24: 2:00 p.m. Bible Study
Tues., Oct. 25: 7:00 p.m. Hymn Planning Committee
Joint
Wed., Oct. 19: 6:00 p.m. Confirmation.

Our Savior's
Thurs., Oct. 20: 2:00 p.m. WELCA, 6:00 p.m. Church Council.
Sun., Oct. 23: 9:45 am Sunday School, 10:30 a.m. Coffee Hour; 11:00 a.m. Worship Service.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS - Clearbrook Branch
305 Lake Ave. E.
Sacrament Meeting: 10:00-11:00 a.m.; Sunday School: 11:20 a.m.-12:00 p.m.
Priesthood/Relief Society: 12:10-1:00 p.m.; Young Women's: 12:10-1:00 p.m.; Primary: 11:20 a.m.-1:00 p.m.

GONVICK LUTHERAN PARISH
MEMBERS OF NALC
Pastor Kris Snyder
Cell: 218-358-0162
gonvickparish@gmail.com
SAMHOLD LUTHERAN CHURCH
Wed., Oct. 19 - 7:30 AM Men's Bible Study; 9:30 AM Women's Bible Study, 6:30-8:00 p.m. Confirmation, 8:00 p.m. Samhold Council.
Sun., Oct. 23 - 9:30 am Sunday School, 10:30 AM Worship Service.
UNITED LUTHERAN CHURCH
Sun., Oct. 23 - 9:00 AM Worship Service, 10:00 AM NO Sunday School.

FAITH BIBLE CHAPEL OF CLOVER
Leonard, MN
Sunday: 10:00 a.m. Worship Service.

COUNTRY FAITH CHURCH
1 mile south of Clearbrook, 2 miles west on Cty. Rd. 6
Senior Pastor Larry Dorman
Associate Pastor Jim Binder
Youth Pastor Troy Churness
Children's Minister Nikki Ubert
www.countryfaith.org
218-776-3367

Sunday: 9:00 a.m. Sunday School (Sept 7-May 17) 10:00 a.m. Worship Service 7:00 p.m. Youth Night (check church website for dates)
Every Tuesday: 6:30 a.m. Men's Prayer
***Wednesdays:** Care groups in various homes

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Oct. 19: 5:00 p.m. Wednesday School/Confirmation.
Thu, Oct. 20: LYS Shoot out at the Plummer Range - 2:00 p.m.
Sat, Oct. 22: 9:00 a.m. Mt. Olive.
Sun, Oct. 23: 8:00 a.m. St. Petri. 9:15 a.m. St. Petri SS. 8:30 a.m. Oak Park SS. 9:45 a.m. Oak Park. 9:30 a.m. Nazareth SS, 11:00 Nazareth.
Wed, Oct. 26: 5:00 p.m. Wednesday School/Confirmation.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg,
Youth Pastor
www.newjournefosston.com
Wed, Oct. 19: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Oct. 20: 12:00 p.m. Rotary.
Sun, Oct. 23: 9:30 a.m. Worship.
Tues, Oct. 25: 9:30 a.m. Ladies Bible Study. 10:30 a.m. Quilting.
Wed, Oct. 26: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson,
Lay Minister
Wed, Oct. 19: 2:00 p.m. Sand Valley WELCA.
Sun, Oct. 23: 9:00 a.m. Lund. 10:30 a.m. Bethany.

BETHEL ASSEMBLY
Fosston
Seth Johnson,
Interim Pastor
Sun, Oct. 23: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

The Leader Record

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(218) 487-5225

Corrine Richards, Editor
Richard Richards, Publisher
Editorial office Gonvick, MN 56644
email: richards@gvtel.com
MEMBER MNA AND NNA

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BEAR TRACKS

Fry Bread Taco Supper and Bear Wear Sale

A Fry Bread taco supper & Bear Wear sale will be held on Thursday, November 10 in the Clearbrook-Gonvick school commons. This is a fundraiser for the CG Summer Recreation program.

Mark your calendar. More info coming soon!

Clearbrook-Gonvick Community Education

Register by calling Community Ed. at 776-3112 ext 102. You may also obtain information on Community Ed classes through: the school web site: www.clearbrook-gonvick.k12.mn.us, some local businesses, email (send your request to: jengebret@clearbrook-gonvick.k12.mn.us) or we are now on Facebook!

DEFENSIVE DRIVING- Glenn Rettmann

Participants receive a thorough review of the "rules of the road", with an emphasis on defensive driving practices. If you are 55 or older, successful completion of this class will allow you to receive a 10% discount on your auto insurance. Note: If you've completed an 8 hour class in the past you need only register for the 4 hour "refresher" course.

Note: Please use door #12 on the north side of the school

Mon, Nov 21 (refresher class) 5:00-9:00 PM
Room 414 \$15.00
Mon & Tue, Nov 21 & 22 (8 hr) 5:00-9:00 PM
Room 414 \$20.00

School News

NO SCHOOL: THURSDAY & FRIDAY, OCTOBER 20 & 21 FOR EM MEETINGS
ENJOY SOME TIME OFF!

PICTURE RETAKES: Tuesday, October 25. If you need retakes, bring your picture packet. If you were absent, pick up an order form in the office or go to: mylifetouch.com and enter Picture Day ID: M1546023Y1

Bring it to the Box and WE SCARE HUNGER are two campaigns going on until the end of October. Nonperishable food items may be placed in the box in the commons as well as slightly used shampoos or bottled soaps or personal care items that are new that you may want to donate to the homeless shelter.

Thanks to all the volleyball and football players that helped with Wednesday after school volleyball and flag football. Your help and leadership are appreciated so much!

Classroom Drivers Ed be-

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

gins October 26: More info will be given to 9th graders and is available on the school web site or in the display case by the office.

Calendar change! The high school concert scheduled for December 15 has been moved to December 19. Please note this on your school calendars.

COUNSELORS CORNER: Megan Hoyer is the full time school counselor.

Scholarship information, college/career recruiters visiting the school, and other important information and events can be found on the counseling web page

<http://www.clearbrook-gonvick.k12.mn.us/vnews/display.v/SEC/High%20School%7CSchool%20Counselor>

Quote of the week
"One of the most sincere forms of respect is actually listening to what another has to say." - Bryant H. McGill

UPCOMING ACTIVITIES:

Mon, Oct 17: CC at Park Rapids Headwaters Country Club at 4:00. Leave at 2:15, dismiss at 2:00

Fri, Oct 28: CC Section Meet at Bagley Twin Pines Golf Course at 4:00. Leave-3:00, dismiss-2:50

Mon, Nov 7: Boys and girls basketball player/parent meeting @ 7:00 pm in the gym

Mon, Nov 14: Girls basketball practice begins

Mon, Nov 14: Boys basketball practice begins



Jackie Lynn, Arabella and Jennifer at the start of the girls varsity race.

Cross Country runners in East Grand Forks Conference Meet.

On Tuesday, October 11 the Cross Country team traveled again to East Grand Forks to participate in the NW Minnesota Cross Country Conference Meet. After weeks of pleasant weather for our meets the runners had their first taste of unpleasant fall weather. Temperatures in the low 40's and winds at 15 mph made for chilly running conditions for all runners. In the boys Junior High 2 mile race Gabe Lavine took 5th place out of 45 runners with a great time of 12:39 over the 2 mile course. Gabe has been very consistent with his times and places this year. John DeVires placed 28th with a time of 15:06.

In the girls varsity 3 mile race Jackie Lynn Taffin took 17th with a time of 23:43 while Jennifer Lavin took 23rd with a time of 25:03 in her first 3 mile race of the year. Arabella Corey ran 28:39 to place 37th. All 3 girls ran great times considering the conditions.

In the boys varsity 3 mile race Macabee Hammer and Ben Engebretson ran side by side for the entire race with Macabee just edging out Ben at the finish. Both ran identical times of 20:31 and placed 25th and 26th respectively. Joshua Lavin took 43rd with a time of 22:41.

Clearbrook-Gonvick School Menu

Wed. Oct. 19- Chicken Alfredo, Steamed Broccoli, Fresh Fruit and Vegetable Choices, Milk.

Thurs. Oct. 20 - No School.

Fri. Oct. 21- No School.

Mon. Oct. 24- Asian Chicken with WG Rice, Fresh Fruit and Vegetable Choices, Milk.

Tues. Oct. 25- Soft Shell Tacos, Black Bean Salsa, Fresh Fruit and Vegetable Choices, Milk.

Wed. Oct. 26- Chicken Wild Rice Soup w/Tuna or Egg Salad on a WG Bun, Fresh Fruit and Vegetable Choices, Milk.



Robin Proffit and Mike Lindgren the kitchen crew at the Clearbrook-Gonvick School in the Homecoming parade.



Students in Clearbrook-Gonvick Freshman Class shown above and Sophomore class shown below in the Homecoming parade.



Higher Property Taxes? Counties Blame Hidden MNsure Costs

By Tom Steward
By now most Minnesotans realize the Affordable Care Act has drastically increased the cost of healthcare coverage for many, while at the same time decreasing coverage choices.

Governor Mark Dayton has confirmed the worsening prognosis with his admission that "the reality is the Affordable Care Act is no longer affordable to increasing numbers of people."

What's not widely known is that taxpayers are also being gouged for millions of dollars a year on their property tax bills because of ongoing problems with MNsure, the state's health insurance exchange.

This hidden cost is borne by counties to compensate for the inefficiencies and software failures of MNsure's dysfunctional IT system.

"This has been a huge unfunded mandate on the counties. Once again, we're cleaning up the state's mess," Dakota

County Commissioner Mary Liz Holberg told Center of the American Experiment.

State officials once promised the system—officially called the Minnesota Eligibility and Technology System (METS)—would make the process of enrolling and verifying participants faster and cheaper.

But behind the scenes, county eligibility workers have been tearing their hair out over a malfunctioning IT system that's never come close to living up to its billing since MNsure went online three years ago. In fact, it's gotten worse.

"There is more case eligibility and maintenance work required in METS by county staff than in the former system," according to a recent Hennepin County Board report.

The Minnesota Association of Counties estimates taxpayers spend an additional \$27 million annually to work around the flawed online METS technology. This year

alone some 249 extra eligibility workers were added to county government payrolls statewide.

"We really need to look at the hidden cost of administering METS and the consequence to the taxpayer. We are in the midst of working on our truth in taxation hearings and our county budgets and all over the state counties are adding staff," Olmsted County Commissioner Shelia Kiscaden testified recently before the MNsure Legislative Oversight Committee.

The number of new government employees added to county payrolls has varied widely, ranging from 54 new employees in Hennepin County to two new workers in Pennington County in Northwestern Minnesota. Consequently, county levies are rising across the state.

The \$800,000 in increased costs to staff MNsure in Olmsted County account for about a third of a proposed 2.5 percent levy increase on the table. In Pennington County, the MNsure penalty adds up to about two percent of the tax levy, a big deal in a county with a population of 15,000.

"It seems if the state or the feds try to provide this kind of service, it's always difficult to deal with and more expensive than it needs to be," Pennington County Commissioner Darryl Tveitbakk said.

It's a double whammy. Many Minnesotans are not only paying more and getting less due to the Affordable Care Act's harmful effect on the health insurance marketplace. They're also being forced to further subsidize an online exchange that's still dysfunctional now three years after launching.

Tom Steward is government accountability reporter at Center of the American Experiment.

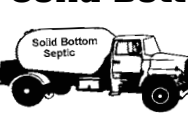


The Clearbrook-Gonvick football team traveled north for a game with Warren-Alvarado-Oslo and brought home the victory 48-28. The game was played on Friday, October 14.

Business & Professional Guide


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 Complete Prescription Service Home, Health & Convenience Services
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**Clearbrook
Gonvick
Homecoming
Parade**



Clearbrook-Gonvick Sixth Grade students.



Clearbrook-Gonvick Sixth Grade students.



Clearbrook-Gonvick Seventh Grade students.



Clearbrook-Gonvick Eighth Grade students.

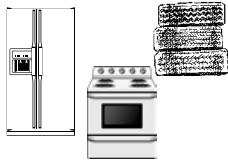


Clearbrook-Gonvick Sophomore students.



Clearwater County Demolition Debris Landfill and Waste Transfer Facility

Accepting: Demolition Debris
Waste Tires
Major Appliances
Scrap Metal
Yard Waste
Furniture
Large Wood, Metal, Plastic Waste Items



NO regular household trash

Hours: Tuesday 10:00 am – 2:00 pm
Thursday 2:00 pm – 7:00 pm
Saturday 8:00 am – 12:00 pm

LOCATED 1.5 miles NE of Bagley on County Road 24

For fee schedule log on to www.co.clearwater.mn.us

Gonvick Pumpkin Day



This little girl was almost lost between two very large pumpkins during the annual weigh in.



Gonvick Car Show and Pumpkin Day is held the last Saturday in September every year.



Madeline English of Plymouth with her Ford car that she entered in the Gonvick Car Show held during Pumpkin Day. The car is from a Shriners Club member.



Travis Anderson with his Cadillac that he just bought and put in the Gonvick Car Show during Pumpkin Day.



Bob Edevold and June Schmunk presented Dick Richards on the left with the 14th Annual President's Award. The Bill Schmunk plaque is awarded annually to an individual in recognition of volunteer efforts, pumpkin growing spirit or their support of the pumpkin growers association.

Wednesday, October 19, 2016

From the Past



Elementary teachers in the Clearbrook School were front row left to right: Lavern Nordlund, Inez Lewis, Evangeline Pederson, Margaret Anderson, Olga Peterson, Laura Erickson. Back row: Gertrude Gordon, Dorothy Tjolson, Charlotte Stoker, Sophie Postier, Evelyn Borud and Opal Dahl.



Corrine's Corner

By Corrine Richards

Clearwater-Polk Electric Cooperative will be celebrating Co-op month for three days, Wednesday, Thursday and Friday, October 19 to 21st. Stop in for coffee, juice, homemade pie and donuts.

The 2016 Annual Lefse Festival sponsored by Bemidji Sunrise Rotary will be held on Thursday, November 3rd from 5 p.m. to 7 p.m. at the Sanford Center in Bemidji. One of the participants will be Kari Wittenberg who lives north of Gonvick. Good luck in the competition Kari.

Correction... Last week we had the confirmation class from 1956. Linda Tveitbakk was listed instead of Phyllis Larson. They are related.

It is so nice to be able to go into the Gonvick Post Office at night and on Sunday if we forget to get our mail. It is open in the lobby 24-7 just like a big post office. Wow.

The Clearbrook/Leonard Senior Center will be having their Membership supper on Wednesday, October 19. They invite anyone 60 and over to come. The meal is \$4.00 and you can call 776-3154 to reserve your meal. There will

also be music. The meal will be served at 5:00 p.m.

Clearwater County Nursing Service will be offering flu shots at the Clearbrook Senior Center on Monday, October 24 from 1 to 3 p.m. They will at the Bagley Senior Center on October 25 from 1 to 3 p.m.

The Gully Coop will be celebrating Coop month on Thursday, October 20 with "in store" specials. They will also be serving grilled hot dogs, baked beans and goodies from 10:00 to 3:00 in the afternoon.

The Solway Sportsman's will be having their Fall Ball at the Lammers Town Hall on Saturday, October 22.

There will be another event at the Gonvick LINK site on Thursday, October 20 at 4:00 p.m. Nate Hance will take you through a journey of Minnesota's Musical Masterpieces.

Sunday, October 30 Samhold Lutheran Church in Gonvick will be having their auction following a freewill dinner starting at 11:30 a.m. There will be church service and bake sale before that.

Obituaries in the Canary are also put on our web site for you to see when the printing of

the paper is done. Go on line at tricontynary.com. They are free and updated as they come into our office.

We collect used eye glasses in our office in Gonvick and at the Clearbrook-Leonard Senior Center. We do this for the Gonvick Lions Club and they are put to very good use.

Joke time...

Logical

A Swedish truck driver once got stuck in a tunnel in Norway. Soon a Norwegian came by the tunnel and found out that the truck was wedged in with the load stuck against the ceiling. The Norwegian suggested that the Swede let the air out of the tires. The Swede looked angrily at him, "You moron! The truck is stuck up on top."

Now hear this...

by Harry Hutchens,
Clearwater
County Veterans
Service Officer

NEW VA CLINIC SITE: Monday, October 3, 2016. The Fargo VA Health Care System has awarded a lease at a new site for its Community Based Outpatient Clinic in Bemidji, MN. The 10,000 square-foot space, located at 1217 Anne St., Bemidji, Minn. 56601, is expected to be ready for occupancy by January of 2018. The contract with S&J Enter-

prises, Inc., is a 10-year lease with a five-year option. More space was needed to accommodate the needs of Veterans and staff. The current clinic initially started with one primary care provider and now the clinic has three Patient Aligned Care Teams serving approximately 3,000 Veterans. "As we expanded services to Veterans in and around the Bemidji area and the number of Veterans seeking care increased, we recognized the need for additional space," said Lavonne Liversage, Fargo VA Health Care System Director. "This new facility will assist us in continuing to provide high-quality VA care and services. We are eager to open the doors of the new clinic, as we are always striving for continuous improvement at the Fargo VA and all of our 10 outpatient clinics across North Dakota and northwest Minnesota." The current location of the Bemidji Community Based Outpatient Clinic will remain open until the new location is fully operational. The new clinic will feature the same services as the current outpatient clinic. Hours of operation will be Monday through Friday, 8 a.m. to 4:30 p.m.

I welcome your own personal comments. Office(218)694-6618; Cell/text(218)556-5340 Hutch



Services held for Dustin Colburn

Dustin John Colburn (Doodles), 27, passed away tragically and unexpectedly on Saturday October 8, 2016, in Park Rapids, MN.



Dustin was born on July 11, 1989 in Robinsdale, MN to Linda Grandner and Michael Colburn. He attended and graduated from Nevis High School in 2007. He married Brittney Jo Holmgren on June 23rd, 2012 and they were blessed with 4 beautiful children. Dustin has worked various jobs, his most recent with a roofing company he truly enjoyed, Green Valley Roofing.

Dustin enjoyed spending his free time outdoors hunting, fishing, and riding his three wheeler down the trails behind his dad's home in Park Rapids. He looked forward to setting up his deer stand every year as he anticipated the thrill of watching for that next big buck. He had a smile that was so contagious and brought joy to anyone who had the opportunity to know him.

Dustin's jovial spirit was infectious to everyone he encountered including his children. He was always looking for new

ways to be silly and make them laugh. He also made sure he was the loudest car bumping down main street in his hometown.

Dustin leaves behind his wife, Brittney, children Kenzie (8), Kaylie (5), and Kynlee (2) of Park Rapids; Parents, Linda (Rich) Hagen of New Hope, Michael (Beth) of Park Rapids; brother Matt (Amanda) and nephew Eli of Park Rapids; step-siblings Jesse Hagen, DeeDee Hagen, Tanya Lesnau, and Heather Hagen; Grandmothers June Colburn of Park Rapids and Shirley Grandner of Maple Grove; Aunts and uncles Steve (Roxie) Grandner of Champlain, David (Mike Lehman) Grandner of San Pedro, CA, and Karen (Steve) Engh of St. Frances; Jeff (Doris) Colburn of Park Rapids, Georgeann (John) Gereszek of Park Rapids. Along with many cousins and second cousins who were very significant to him.

He is preceded in death by his daughter, Kaidynn June Colburn and grandfathers Gene Grandner and Gene Colburn. A memorial service was held on Friday October 14, 2016 at 1:00 PM at Cease Family Funeral Home of Park Rapids. To leave online condolences or contribute to the Tribute Fund, please visit www.ceasefuneralhome.com

The new Samhold Lutheran Church sign was put in place on Tuesday, October 11, 2016 at Gonvick. The sign was made by the Stewart Company. Helping to put the sign up was Cody Rude, Richard Vinje, Gary Quern and Leif Sather.

Below: Dennis Johnson uses the forklift to get the sign out of the truck with assistance from Lauris Krogstad.



Legal Notices

Legal Notice

NOTICE TO CREDITORS AND CLAIMANTS OF DISSOLUTION OF CLEARBROOK AG SERVICE, INC.

Clearbrook Ag Service, Inc., a Minnesota corporation ("Corporation"), hereby gives notice to all creditors and claimants against the Corporation pursuant to Minnesota Statutes Section 302A.727:

- 1. The Corporation is in the process of dissolving pursuant to Minnesota Statutes Section 302A.721.
- 2. The Corporation has filed a Notice of Intent to Dissolve ("Notice") with the Secretary of State of Minnesota.
- 3. The Notice was filed on October

10, 2016.

4. Written claims against the Corporation must be presented to:

Clearbrook Ag Service, Inc.
Attn: Yvonne J. Hetland
52670 - 149th Avenue
Gonvick, MN 56644

All claims must be received by the Corporation at the above address by January 17, 2017 (ninety (90) days after the date this notice was first published).

CLEARBROOK AG SERVICE, INC.

/s/Yvonne J. Hetland
By: Yvonne J. Hetland
Its: President

R30-33C

CLEARWATER COUNTY LAND COMMISSIONER'S NOTICE OF INTERMEDIATE ORAL BID

Notice is hereby given that under the provisions of Chapter 355, Laws of 1941, as amended, tracts of timber will be offered for sale without the sale of land at **9:00 A.M. on Wednesday, November 2, 2016** in the third floor meeting room of the Courthouse, 213 Main Avenue North, Bagley, Minnesota. **All bidders must have completed a Contractor Application prior to 4:30 P.M. on Friday, October 28, 2016.** Information regarding the sale is available at the Land Commissioner's office, Clearwater County Courthouse, 213 Main Ave. N., Bagley, MN or on the County website, www.co.clearwater.mn.us

R30C

ABSENTEE BALLOTS

Absentee Ballots are available, for those who cannot vote on Election Day, in the County Auditor-Treasurer's Office during normal office hours of Monday through Friday 8:00 a.m. to 4:30 p.m. Other hours for absentee voting include Saturday, November 5th from 10:00 a.m. to 3:00 p.m. and Monday, November 7th until 5:00 p.m. in the Auditor-Treasurer's Office in the Courthouse. Section 208 of the Voting Rights Act of 1965 reads: Any voter who requires assistance to vote by reason of blindness, disability, or inability to read or write may be given assistance by a person of the voter's choice, other than the voter's employer or agent of that employer or officer or agent of the voter's union. All election judges in Clearwater County have been trained in the procedures to properly assist all handicapped or disabled voters. All eligible voters are encouraged to vote either absentee or on Election Day and ask assistance of the election judges. Any questions, please call the Auditor-Treasurer's Office at 694-6520.

R30-31C

State of Minnesota
County of Clearwater

County Auditor-Treasurer's Notice
to Clerk of General Election

To the Clerk of the Red Lake Reservation
in the County of Clearwater, State of Minnesota

NOTICE IS HEREBY GIVEN: That the terms of the following named officers will expire on the first Monday in January, A.D. 2017 and that successors to the said officers are to be voted for by the electors of your Precinct at the General Election to be held on Tuesday, the Eighth day of November, A.D. 2016.

FEDERAL OFFICES

One United States President and Vice-President
One United States Representative for District 7

STATE LEGISLATIVE OFFICES

One State Senator for District 2
One State Representative for District 2A
One Constitutional Amendment Question

COUNTY OFFICES

One Soil and Water Conservation District Supervisor for District 1
One Soil and Water Conservation District Supervisor for District 2
One Soil and Water Conservation District Supervisor for District 5

SCHOOL DISTRICT OFFICES

Three School Board Members for ISD 38

JUDICIAL OFFICES

Supreme Court Judges:

Chief Justice of Supreme Court:

One Associate Justice of Supreme Court Seat 6

Appeals Court Judges:

One Judge Court of Appeals Seat 5
One Judge Court of Appeals Seat 8
One Judge Court of Appeals Seat 11
One Judge Court of Appeals Seat 13
One Judge Court of Appeals Seat 14
One Judge Court of Appeals Seat 16
One Judge Court of Appeals Seat 17
One Judge Court of Appeals Seat 18
One Judge Court of Appeals Seat 19
District Court Judges:

9th District Court:

One Judge 9th District Court Seat 2
One Judge 9th District Court Seat 8
One Judge 9th District Court Seat 16
One Judge 9th District Court Seat 17
One Judge 9th District Court Seat 20
One Judge 9th District Court Seat 23

Dated: September 13, 2016

Allen L. Paulson, Filing Officer
Clearwater County, Minnesota

R30C

More Sample Ballots next page...

Legal Notice

NOTICE & ORDER OF HEARING ON PETITION FOR FORMAL ADJUDICATION OF INTESTACY, DETERMINATION OF HEIRSHIP, APPOINTMENT OF PERSONAL REPRESENTATIVE & NOTICE TO CREDITORS

STATE OF MINNESOTA
COUNTY OF CLEARWATER

IN DISTRICT COURT
NINTH JUDICIAL DISTRICT
Court File No.: 15-PR-16-400

In Re: Estate of
BEVERLY STEINKE,
Decedent

It is Ordered and Notice is given that on October 27, 2016, at 8:30 am, a hearing will be held in this Court at Clearwater County Courthouse, 213 Main Avenue N., Bagley, MN, for the adjudication of intestacy and determination of heirship of the Decedent, and for the appointment of Brenda Caskey, whose address is 43055 201st Ave., Clearbrook, MN 56634 as Personal Representative of the Estate of the Decedent in a SUPERVISED Administration. Any objections to the petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the Personal Representative will be appointed with full power to administer the Estate, including the power to collect all assets, to pay all legal debts, claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the Estate.

Notice is also given that (subject to Minn. Stat. §524.3-801) all creditors having claims against the Estate are required to present the claims to the Personal Representative or to the Court Administrator within four

months after the date of this Notice or the claims will be barred.

BY THE COURT

Dated: 10/6/16
Robert D. Tiffany
Judge of District Court

Dated: 10/6/16
Camille Bessler
Court Administrator
by Tracy Stodgell, Deputy R29-30C

LEGAL NOTICE

NOTICE OF INTENTION TO ENACT AMENDMENT TO CLEARWATER COUNTY SHORELAND MANAGEMENT ORDINANCE

Notice is hereby given that the Clearwater County Planning Commission will hold a Public Hearing on November 1, 2016, at 11:00 AM in the Commissioner's Room second floor Courthouse, Bagley, Minnesota.

The purpose of this public hearing is to receive input on the proposed amendment to the Clearwater County Shoreland Management Ordinance, summarized as follows:

Amend Article VI, Nonconformities and Nonconforming Lots of Record by adding and deleting various language to and from various sections of Article VI, the purpose of which is to bring Article VI into compliance with Minnesota Statutes, Chapter 394.

The full text of the Ordinance, with proposed amendments, is available for inspection by any person during regular business hours at the Office of the County Auditor and the Office of Environmental Services, Courthouse, Bagley, Minnesota.

Glenn Rettman, Chair
Planning Advisory Commission
Board of Adjustment R30C

Regional Ag News

Ray Bisek - U of M Extension Educator- Interim
Polk and Clearwater Counties
bisek001@umn.edu - cell 218-280- 1129
McIntosh office: 218-563- 2465
Bagley office: 218-694- 6151



Last week I was visiting with a producer from one of the counties I serve and the topic of suicide came up. He stated he couldn't understand why someone would take their own life, especially if they were in good physical health. We further discussed mental health. For the average lay person, mental health issues are sometimes hard to understand and with any health issue may have various underlying causes. Mental health issues do affect people, across all ages, across all occupations, and across all cultures. Individuals, especially in rural areas may have a more difficult time seeking professional help due to lack of easy accessibility professional healthcare services in their local community, cultural barriers, difficulty in keeping health issues confidential from neighbors, and or maybe stubbornness. I encourage all when dealing with any kind of health issues to seek out help. Farmers, as owner-operators, need to take care of themselves first in order to operate their farms in an efficient, wise, and safe ways. Below is a story that first appeared in the July-August issue of Soybean Business and was in the Minnesota Soybean Growers newsletter.

Farm safety starts with a farmer's emotional well-being. Imagine this:

It is the middle of October and a severe storm, including wind and hail, comes through your farm. The corn and soybean plants that were dry and fragile are now lying on the ground, making it almost impossible to pick, losing much of your crop to the ground. At the same time, the storm caused extensive damage to the grain dryer and bins, but the elevator in town is full and will not take the grain. What do you do?

In Minnesota, this is not an unrealistic scenario. On top of a busy season itself, high stress situations like this can be to blame for deteriorating physical and mental health in farmers, especially when not handled properly.

In order to understand how to best handle the stress these busy seasons and situations cause, it is important to be aware of the symptoms and their potential consequences. Michael Rosmann, Ph.D., executive director of AgriWellness, Inc., and clinical psychologist who manages the family farm near Harlan, Iowa, says trouble with relationships is the first sign of stress.

"Relationships with those close to you, like spouses, are the first thing to break down," Rosmann says. "Blaming and disagreements grow and close relationships often worsen."

Rosmann says anxiety, emotional fatigue, depression and loss of sleep are other signs of stress, and can be much more visual during planting and harvest season.

"One thing that I look at is a farmer's sleep debt," Rosmann says. "This means when someone normally sleeps eight hours per night, but during the busy season they start sleeping six, at the end of the week they will have a total of 10 hours of sleep debt. This equates to a 0.08 percent blood alcohol concentration, or being legally

drunk. Reaction time, accuracy of motor movements, memory, judgment and mood control are all reduced."

Startling statistics: According to the National Sleep Foundation, an accident involving drowsy driving, or operating a vehicle while tired, can happen due to chronic sleep debt. Those that work more than 60 hours a week also increase the risk of a crash by 40 percent, especially when working alone in the dark. Rosmann adds that as stress increases, farm-related injuries and illnesses also increase. This includes costly endeavors like viral infections, long-term illnesses and an increase in the number of rollovers and tips when working with farm equipment. If stress or the symptoms of stress are not dealt with, physical harm can be the unintended result.

According to a 2016 report by the Center for Disease Control and Prevention (CDC), the suicide rate among people engaged in agriculture (farmers, ranchers, farm laborers, fishers and lumber harvesters) was the highest among 30 national Standard Occupational Classification groups, at 84.5 per 100,000 persons in 2012.

This report has been compared to a separate study focusing on suicides by military veterans in 2014. Using the same data source and research methodology, the rate of suicide by all veterans in 2014 was reported at 35.3 per 100,000 persons, well below the rate of 84.5 per 100,000 for those working in agriculture.

"People engaged in agriculture also are more prone than the general population to react strongly to perceived threats," Rosmann says. "For farmers, anything that endangers their economic well-being and capacity to continue farming is usually perceived as a threat. They may begin to feel like there are few options and lose hope."

Food choices matter: University of Minnesota Extension Educator Emily Wilmes says nutrition and making the right food choices during busy seasons is just as important as finding the time to sleep. "Our brain has an absolute need for glucose, which we get from balanced meals," Wilmes says. "It's easy to grab a pop and a candy bar while running to get parts, but those only offer a quick shot of energy and lead to a sugar crash. Foods like sandwiches, beef jerky, nuts, and cheese can still be eaten on the go and offer a lot more nutrition for both your brain and your body. Along with eating right, drinking water will help your body stay hydrated, which in turn allows you to work harder and think clearer."

Finding additional help: Wilmes adds that farming is not an easy occupation, and it depends heavily on factors that are outside of your control. If the stress is getting to be more than you can handle, or you are starting to feel depressed, there is help available. Minnesota Farm Advocates (1- 800- 967-2474) and the Minnesota Farmer Assistance Network (1-877-898-6326) are groups that offer counseling, legal advice, and additional help and Ag News...

Continued on next page 7

Wednesday, October 19, 2016

CLEARWATER COUNTY		STATE OF MINNESOTA		November 8, 2016	
STATE GENERAL ELECTION COMPOSITE SAMPLE BALLOT INSTRUCTIONS TO VOTERS: To vote, completely fill in the oval(s) next to your choice(s) like this: 					
SCHOOL DISTRICT OFFICES		SCHOOL DISTRICT OFFICES		JUDICIAL OFFICES	
SCHOOL BOARD MEMBERS INDEPENDENT SCHOOL DISTRICT NO. 162 (BAGLEY) VOTE FOR UP TO FOUR FOR PRECINCTS: Bear Creek Township, Copley Township, Dudley Township, Eddy Township, Falk Township, Holst Township, Itasca Township, LaPrairie Township, Long Lost Lake Township, Minerva Township, Moose Creek Township, Nora Township, Popple Township, Rice Township, Shevlin Township, South Clearwater 143-36, Bagley City, Shevlin City		SCHOOL BOARD MEMBERS INDEPENDENT SCHOOL DISTRICT NO. 38 (RED LAKE) VOTE FOR UP TO THREE FOR PRECINCT: RED LAKE RESERVATION		COURT OF APPEALS JUDGE 11 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>Michael "Toby" Anderson</u>	☐	<u>Michael Barrett</u>	☐	<u>Michell A. Larkin</u> Incumbent
☐	<u>Amy Fontaine</u>	☐	<u>Chris Jourdain, Sr.</u>	☐	<u>write-in, if any</u>
☐	<u>Jeremy Davies</u>	☐	<u>Jean M. Donnell</u>	JUDGE 13 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>Renee Benson</u>	☐	<u>write-in, if any</u>	☐	<u>Randolph W. Peterson</u> Incumbent
☐	<u>Adam Broden</u>	☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>	SCHOOL DISTRICT QUESTION 1 VOTE FOR ONE FOR PRECINCT: RED LAKE RESERVATION		JUDGE 16 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>write-in, if any</u>	☐	<u>YES</u>	☐	<u>Peter M. Reyes, Jr.</u> Incumbent
☐	<u>write-in, if any</u>	☐	<u>NO</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>	SCHOOL DISTRICT QUESTION 2 VOTE FOR ONE FOR PRECINCT: RED LAKE RESERVATION		JUDGE 17 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>write-in, if any</u>	☐	<u>YES</u>	☐	<u>Matthew E. Johnson</u> Incumbent
☐	<u>write-in, if any</u>	☐	<u>NO</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>	JUDICIAL OFFICES		JUDGE 18 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>Jamie Grover</u>	SUPREME COURT		☐	<u>Heidi Schellhas</u> Incumbent
☐	<u>write-in, if any</u>	ASSOCIATE JUSTICE 6 VOTE FOR ONE FOR ALL PRECINCTS		☐	<u>write-in, if any</u>
SCHOOL BOARD MEMBERS INDEPENDENT SCHOOL DISTRICT NO. 2311 (CLEARBROOK-GONVICK) VOTE FOR UP TO FOUR FOR PRECINCTS: Clover Township, Dudley Township, Eddy Township, Greenwood Township, Township, Leon Township, Pine Lake Township, Sinclair Township, Winsor Township Clearbrook City, Gonvick City, Leonard City		☐	<u>Michelle L. MacDonald</u>	JUDGE 19 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>Kris Leland Snyder</u>	☐	<u>Natalie Hudson</u> Incumbent	☐	<u>Francis Connolly</u> Incumbent
☐	<u>Benjamin Machlitt</u>	☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>
☐	<u>Jeff Westrum</u>	COURT OF APPEALS		☐	<u>write-in, if any</u>
☐	<u>Thomas Stenzel</u>	JUDGE 5 VOTE FOR ONE FOR ALL PRECINCTS		9TH DISTRICT COURT JUDGE 2 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>write-in, if any</u>	☐	<u>Louise Dovre Bjorkman</u> Incumbent	☐	<u>Earl E. Maus</u> Incumbent
☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>	JUDGE 8 VOTE FOR ONE FOR ALL PRECINCTS		JUDGE 8 VOTE FOR ONE FOR ALL PRECINCTS	
☐	<u>write-in, if any</u>	☐	<u>Denise D. Reilly</u> Incumbent	☐	<u>Eric Schieferdecker</u> Incumbent
☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>	☐	<u>write-in, if any</u>
☐	<u>write-in, if any</u>			☐	<u>write-in, if any</u>

Ag News... Continued from page 6

assistance.

What you can do?: While farmers may not be able to control the weather or commodity prices, there is some control on how to combat stress. Michael Rossman, Ph.D., executive director of AgriWellness, Inc., says there are five simple things farmers can do to deal with oncoming stress and reduce the chance of an on-farm accident.

- Keep the sleep debt in check. Make sure to get adequate sleep, even when busy.

- Take short breaks. Allow yourself to leave the stressful environment, even if it is only a 10 minute break.

- Physical contact with loved one produces serotonin. Ask for comforting physical touches, such as massages, backrubs, stroking arms and affection. This also includes petting a dog or cat.

- Physical exercise is important. Be sure to take the time to get out of the tractor or combine, take a walk and refresh your senses. Exercise reduces adrenalin and cortisol and encourages the production of serotonin, norepinephrine, dopamine and oxytocin.

- Talking is key. This allows the issues to leave the body. Don't forget to ask for professional help when needed.



Kathy Klasen, First State Bank employee getting out the beautiful cupcakes that were served at the 2 and 1 party in Clearbrook. Below Mark Juve below was busy keeping the coffee pots filled.



Vonnie and Harlyn Johnson in the line for the First State Bank appreciation day in Clearbrook.



Darris Johnson, above, signing up for the prizes at the First State Bank Two in One event.

Below, Kathy Johnson and Pastor Verlyn Streng were looking through the several gifts that was given away at the bank appreciation day.



Public auction land for sale

Recreational and Lakeshore Land is going up for public auction. The date has been set for Tuesday, October 25, 2016 at the County Administration Building in Bemidji. Registration is at 12:30 p.m. at 701 Minnesota Ave NW.

This is put on by the Minnesota Department
Wednesday, October 19, 2016

of Natural Resources and you must be present to bid.

There are ten parcels in Cass, Clearwater and Hubbard counties.

Questions can be directed to 651-259-5432 or www.mndnr.gov/landsale

STORY TO SHARE!
If you have a story or
photos you want to
share,
please send to:
richards@gvtel.com



Gonvick Firefighters: Joe Weems, Kris Snyder and Clearbrook Firefighters: Ethan Dunnker, Jeff Basinger and Ryan Rude with the Afternoon School Readiness Class at the Clearbrook-Gonvick School. School staff extended a big thank you to the departments for coming to the school.

Book Fair

The 2016 Book Fair was held at the Clearbrook- Gonvick School October 3rd – 5th. During this time, the students and parents were able to purchase great books and support their school at the same time! The book fair earned over \$3,100 in books and supplies for the Clearbrook-Gonvick School! This was a tremendous boost to our teachers' classroom libraries and to the school library.

The Book Fair committee would like to thank the following volunteers: Alissa Preuss, Tiffany Kroulik, Kathy Imle, Karen Nielsen, Sharon Johnson, Sue Gunvalson, Sarah Goudge, and Tracy Imle. We would also like to thank the school and the library for providing us with great library space to host the book fair

Clearbrook Council...

Continued on page 2
tions for August 2016 were approved.

•Resolution 2016-14: Approving Preliminary 2016 Tax Levy Collectible in 2017 for \$235,000was approved.

Other motions:
Monthly Claims Totaling \$35,542.71 were approved.
Additional Claims Totaling \$60,743.41 ewre approved.

Approval of North Country Hardware claims of \$118.34 and \$562.32 for August 2016 was made and seconded by Ryan Solee and Dylan Goudge to accept as presented, with Shawn Johnson abstaining. Motion carried.

Meeting adjourned at 8:34 pm.



Tyler Matsson, Trevor Bjerke, Elias Haugan, and Niah Knutson-Willet at the Book Fair.



Future firemen Tyden and Dylan.

MUSEUM COLLECTIONS AND EDUCATION ASSISTANT

Part time, few weekends & evenings
Located at the History Center in Shevlin.
The Clearwater County Historical Society is seeking a Collections and Education Assistant. This position assists with the research, documentation, and preservation of collections and assists in the development, research, and presentation of school and family programs.

This position requires public speaking, working independently on the development of programs for all ages using artifacts and stories from the museum collection as well as managing the collection itself. Travel required, (own car) plus ability to lift up to 40 pounds 3-4 feet high, occasionally using ladders. Moderate computer experience is required, with ability to sit for long periods at a computer as well as move about the office to access files and storage boxes and office machinery.

Education & Experience: BA in History or Education is desirable; focus on Museum Studies or Public History preferred, however detail oriented, creative and energetic applicants/ history buffs are encouraged to apply. Training & on-going education can be provided.

For more information contact the History Center in Shevlin. Tuesday-Friday, 10:00-4:00. 218-785-2000. Send cover letter and resume to The Clearwater County Historical Society, PO Box 241, Bagley, MN 56621 or send by email to cchshist@gvtel.com. Position open until filled.

R30-31C

Salute to Pork Producers



The U.S. is the second-largest pork producing nation in the world.

During National Pork Month, First State Bank salutes the Pork Industry and our local pork producers.



First State Bank

PO Box 27
Clearbrook, MN 56634-0027
(218) 776-3151

R30C

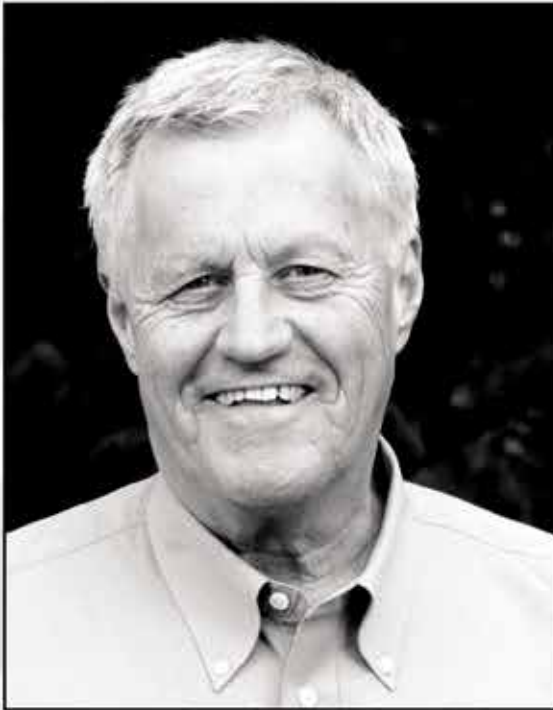


VOTE

Congressman Collin

Peterson

Thank you for trusting me to represent you in Washington DC.



While there's a lot of dysfunction in Congress, I've always worked hard to break through the partisanship to find common ground on issues that are important to our country. With your help, I've been able to improve our rural hospitals, agriculture policy, small businesses and communities.

I'm grateful for your past support and ask for your vote on November 8th.

Paid for by Peterson for Congress

R30,32MNA