

Leader-Record

\$1.00

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



Sheray Torgerson is the office manager for TJ Underground in Gonvick.

Sheray Torgerson is office manager for TJ Underground

There is an office on Main Street in Gonvick located between Pam Bodensteiner's Certified Public Accountant office and Mrs. Olson's Lefse factory office that belongs to TJ Underground Inc. The company does underground wire and cable contracting. Tony Torgerson owns the company and the office is run by Sheray Torgerson.

son. Tony is her husband Cal's cousin.

Her duties include payroll and all the bookkeeping for the company. She has been able to have a flexible schedule to be with her children. She and her husband moved up from St. Cloud, where they were working, and she is pleased to be able to raise their daughter and son in a small town environment.

Her daughter Isabelle attends 4th grade at Clearbrook-Gonvick School and her son Trigg is 4. He attends pre-school classes at the school and the rest of the time she is able to have him with her at work. He has a special area for his toys in the office and she gets to spend more time with him.

Sheray graduated from Bagley High School in 1999. She is the daughter of Bryon and Nancy Edevold of Bagley and Cal's parents are Trudee and Mike Torgerson of Clearbrook. Another big factor in their move was to build a house in the area so that their children will be closer to both sets of grandparents.

Sheray likes to spend her spare time with family and friends. She enjoys reading and puts travel on her list of things to do.

Firemen honored at dinner held for their retirement

Three Gonvick Fire Department men were honored at the Gonvick American Legion on



Dan Sundquist



Rocky Eck



Pete Peterson

Saturday, March 4.

They will retire after many years of service to the community. Dan Sundquist, "Rocky" Eck and Pete Peterson are hanging up their boots and equipment.

They were honored with a dinner and awards. Pete Peterson has been on the fire department for the past 24 years, Dan Sundquist for 21 years and Rocky Eck for 20 years.

Besides house and grass fires they also helped this year with the fuel stop in Gonvick for the I-500 Snowmobile race that was held.

They are called for car accidents and medical calls in the area. They are quick responders for those.

In February they had a pump operations and water transfer training with the Clearbrook Fire Department That is just one of many training sessions that they attend during the year.

Last year the Gonvick Fire Department had 76 calls during the year.

They included Medical Assist 33, Vehicle Accident 2, Structure Fires 2, Grass fires 5, Other Fires 1, False Alarms 1, Misc. 3, Mutual Aid 4, Training 14 and meetings 11.

They are sometimes called on for Mutual Aid to other fire departments including Clearbrook, Oklee and Fosston.

Traffic on North Ave brought up at council meeting

Traffic on North Ave in Gonvick was discussed at the city council meeting on Wednesday, March 8. It appears that vehicles coming from the east into town are going a little faster than the speed limit. A dog had been hit recently on the road and killed and the driver did not stop. A speed bump will not be put on the road and the council requested the sign that tells the speed of oncoming traffic be placed on the road approach to Gonvick.

Police Chief Dan Gazelka presented the Police Incident Report for the month of February. It included Animal 1, Information Only 1, Medical 2, Public Assistance/Misc 3 and Traffic Complaint for 8 incidents. There was no new report on abandoned buildings and blight issues.

No new issues with the Gonvick Fire Department other than the fact they will

be having their annual Spring Fund Raiser on April 29. Pulled pork and all the trimmings.

A tree trimming policy was discussed at the meeting. From time to time trees and their branches, shrubs and other debris will collect on the city Right of Way causing obstruction and safety issues to thoroughfares they border.

It is one of the duties of the City Maintenance person to be sure all Right of Ways remain clear of obstruction for reason of safety to all using the Right of Way. To mitigate misunderstanding the council looked at a city policy for dealing with the obstructions.

The person reporting the problem shall have an accurate location of the problem area, the property owners name and a suggestion for resolving the problem. This information will be reported to the City Clerk or directly to the

City Council to determine the proper solution to the problem.

The Clerk will notify the property owner (in writing) of the decision and be given 30 days to respond. If there is no response to the letter, the Maintenance Supervisor will proceed with the instruction given by the council. If it is an emergency situation, the Maintenance Supervisor will notify the Mayor or appointed Council Member who will review the situation together with him/her and the property owner of their decision and proceed.

Campground proposal on Jefferson Park was tabled.

February regular meeting minutes were approved.

Bills were paid in the amount of \$43,989.44 for General, \$4,272.49 for Water and Sewer and \$788.76 for Fire a total of \$49,050.99.

Getting to know Cindy Ross. at the Good Samaritan Center

This month at Good Samaritan Society Clearbrook they are getting to know Cindy Ross.

Cindy started working at Good Samaritan Society in Clearbrook as a CNA July 18 of 2015. She has two grown children Joey 20 and Beth 18. Christian is her grandson and he is 4 ½ months old. Her hobbies are swimming, running and shopping. She also likes to read

Health magazines and travel. In her spare time she loves to visit with her family and friends. Her favorite childhood

Memories are of the beach in California. Watching Sponge Bob and comedies, listening to all kinds of music are other things important to her. She is also looking forward to a trip to Mexico. She says one thing I have learned in life is "It goes on every day". It is fun to see her smiling face spending time with residents and staff.



Pearl Watne is shown with Cindy Ross at the Clearbrook Good Samaritan Society.

Celebrate National Nutrition Month in March by eating nutritiously

One out of three adults and nearly one out of six children are overweight or obese. March is National Nutrition Month® which offers an opportunity for Americans to jump start eating nutritiously, says the American Heart Association.

"Often, eating a healthy diet and making lifestyle changes can seem like an overwhelming and daunting task," said Kim Lipetzky, Public Health Nutritionist for Fargo Cass Public Health. "Thankfully there are tools and strategies that people can use to incorporate nutrition and healthy eating in a seamless manner."

National Nutrition Month® presents an opportunity for everyone to learn more about nutrition and try new and healthy foods.

Eating healthy foods can help individuals lower the risk

of many chronic diseases like heart disease, type 2 diabetes, and cancer. And the younger people develop healthy food habits, the more likely they are to stay healthy throughout their lives.

The American Heart Association offers people 10 tips to help eat nutritiously:

1. Drink lots of water — aim for 8+ glasses a day!
2. Don't skip breakfast! Start your day with a protein packed breakfast to keep you feeling full throughout your morning.
3. Pack a healthy lunch with fruits and vegetables.
4. Cook with brown rice instead of white rice.
5. Use dried beans whenever possible. They are lower in sodium than canned beans.
6. Snack on fruits and vegetables such as apples and carrots.
7. If you eat out, split the

meal with a friend or only eat half.

8. Be cautious with condiments, which tend to be high in fat and cholesterol. Using non-fat Greek yogurt instead of sour cream is a great substitute.

9. Use corn or whole wheat tortillas. Regular tortillas are usually made with white flour which lacks many nutrients that can be found in the whole-wheat varieties.

10. When it comes to protein, choose options that include lean poultry, beans, and fresh seafood. Also, remember that a serving size of meat should be approximately 6 ounces — the size of a deck of cards.

"We want to help communities, families and individuals overcome the barriers to good health," said Lipetzky. "We want to make healthy living easier where people live, learn, work, and play."

Currently, the American Heart Association is a partner in the National Implementation and Dissemination for Chronic Disease Prevention nationwide project. There are 97 projects in communities across the nation assisting people and communities in living healthier lives.

Samhold WNALC Spring Bazaar

The Samhold WNALC ladies will be having their Spring Bazaar on Saturday, March 18 in Gonvick. The day will start at 9:00 a.m. with coffee cake, juice and coffee followed by the Craft and Bake Sale at 10:00 a.m. There will be lunch served from 11:00 to 12:30.

The Quilt Raffle and Silent Auction winners will be announced at noon. Everyone welcome.



Gonvick Fire Department held a membership retention at the Gonvick American Legion. Past and present fire department members were in attendance. Front row: Jason Bakke, Mark Lien, Bloyd Ness, Vernon Hannes, Clyde Berg, Norman Rude, Ron Rude, Gary Quern, Wade Bakke and Chad Sather. Back row: Richard Hetland, Shane

Olson, "Rocky" Eck, Billy Klema, Scott Bakke, Tom Lewis, Pete Peterson, Nick Erickson, Tim Steve, Dan Johnson, Dan Sundquist, Devin Aakre, Scott Stebe, David Erie, Taylor Pletschett, Allan Danielson, Cody Rude and Kris Snyder. Photos courtesy Carol Peterson

Community Calendar

Legion meeting date changed
The Gonvick American Legion Post #304 and Auxiliary meeting that was set for Tuesday, March 14 will be held on Thursday, March 16 at 7:00 p.m. Too many meeting conflicts for participants.

Music Jamboree
A Country & Country-Gospel Music Jamboree will be held at Cornerstone Residence 30 Sunset Ave. NW in Bagley on Sunday, March 19th from 1:00-4:30.
Everyone is welcome!

Gully Sportsman Club
will be meeting on
Sat., March 18
at 10:00 am ... at
Shorty's Place
GULLY

NOTICE:
LEON TOWNSHIP
The regular monthly meeting will be held on Tuesday, March 21, 2017, 7:00 pm, at the Leon Township Hall.
Lori Larson,
Leon Township Clerk

Campground Attendant and Campground Maintenance Assistant
Clearwater County Long Lake Park and Campground (5 miles west of Itasca State Park on Hwy. 200) is accepting applications for seasonal part-time attendants and maintenance assistant. Park Attendant applicants must have strong communication and customer service skills, experience in operating cash registers, calculators, PCs and cleaning skills. Previous retail experience helpful.
Park Maintenance Assistant applicants must be capable of moderate heavy physical work outdoors. Work knowledge and skills using tools, equipment and materials used by department including lawnmowers, weed trimmer, chain saw and must be able to lift 50 pounds.
Contact Kim, Clearwater County Land Department, 213 Main Ave. N., Bagley, MN 56621 (218) 694-6227
Application form available at www.co.clearwater.mn.us

Thank You
Thank you to the Gonvick Fire Department for a wonderful retirement party last Saturday night. It was great to see so many of the retired firemen at the party. It was a fun evening. The meal was great and you can't beat Kathy Bakke's cake.
Thanks for the nice plaque. It will be proudly displayed in my home. It was an honor and privilege to serve on the Gonvick Fire Dept. for the past 20 years. We have one of the best, if not the best, fire departments in the State of Minnesota. Keep up the good work!
Rocky Eck

NOTICE OF ANNUAL MEETING HOLST TOWNSHIP
Notice is hereby given to the voters of Holst Township, County of Clearwater, State of Minnesota, that the Annual Township Meeting will be held on Tuesday, March 14th, 2017. In case of inclement weather, the meeting may be postponed until the third Tuesday in March. The Annual Meeting will commence at 7 PM to conduct all necessary business prescribed by law.
3/3/2017
Stephanie Anderson
Clerk of Holst Township

Notice
Due to limited attendance, the Gonvick Legion has decided to no longer offer BINGO as an entertainment option. If enough interest is expressed, this decision may be changed at some time.

Clearwater County Fair Calendar Winners
Mar. 4 - JoAnn Steindl, Bagley, \$20.
Mar. 5 - Kathy Huwe, \$20.
Mar. 6 - Terri Johnson, Fosston, \$20.
Mar. 7 - Bonnie Thurk, Fosston, \$20.
Mar. 8 - Conway Olson, Oklee, \$20.
Mar. 9 - Florence Danielson, Gonvick, \$20.
Mar. 10 - Beulah Richards, Clearbrook, \$20.

Motorcycle crash
Patrick O'Bryan, driver of a 2003 Harley Davidson Roadster motorcycle and his passenger Sharon Dyrda-O'Bryan, were injured in a one-vehicle crash on Sunday, March 5. According to the Minnesota State Patrol they were traveling westbound on Minnesota Highway 200 near mile post 66 when a dog ran into their path. The Harley stuck the dog, causing the crash at 1:30 p.m.

First Call
First Call 2-1-1 is the place you can find referrals for Energy Assistance, Rental Assistance and Food Assistance. Help is here when you need it, 24 hours a day, 365 days a year. We can be reached at 218-326-8565 or in Clearwater County dial 1-800-442-8565 or 2-1-1.

From my desk to you about marriage
Submitted by Rev. Jim Galloway

The greatest gift that a father can give to his children is to love and respect their mother. The same is true concerning the mother's relationship to their father. The greatest gift she can give to her children is to respect and love their dad.
Ephesians 5:21-33 in the New Testament deals with marriage being a picture, an illustration of Christ and His church. The husband, like Christ, is the head. The wife, like the church, is the body. Both are to submit to each other. The wife is to submit to her husband as the head, as the leader of the family. The husband is to love his wife and submit to her needs.
In submitting to his wife's needs, a husband is to love his wife the way Christ sacrificially loved the church. Also, as Christ does with the church, a husband is to love his wife with a purifying love. And he should care for his wife with the same devotion that he cares for himself.
Just as Christ is intimately and inseparably connected to the church, the husband is so intimately joined to his wife that the two are one. They are bonded together as one.
In Ephesians 5:33 the point is made that a husband is to love his wife and the wife is to respect her husband. A wife's first need from her husband is to be loved by him, but she also needs his respect. A husband's first need from his wife is to have her respect, but he also needs her love. If a husband and wife are doing this 100% both ways, they can and will have a marriage that will survive and prosper.
For further discussion I can be reached via my e-mail address, which is kosherhillbilly@msn.com.

SAMHOLD WNALC
Sat., March 18, 2017
9:00 am: Coffeecake, Juice, Coffee
10:00 am: Craft & Bake Sale
11:00-12:30: Lunch
Bar-B-Que on buns, macaroni salad, fruit salad, potato chips, pickles, brownie sundaes, lemonade - coffee
\$5.00 Adults
\$3.00 12 & under
12:00 QUILT RAFFLE & SILENT AUCTION WINNERS ANNOUNCED!



These three ladies were relaxing after the meal being served at the Clearbrook-Leonard Senior site. From left to right Bernice Magnussen, Sheryl Severson and Loveon Henke.

Clearbrook-Leonard Senior Meals

Wed., March 15 - Lasagna, California Blend Veg., Peaches, Garlic Bread, Cookie and Milk.
Thurs., March 16 - Pork Loin, Whole Potatoes, Buttered Cabbage, Dinner Roll, Fruit Crisp and Milk.
Fri., March 17 - St. Patrick's Day Fish and Tartar Sauce, Au Gratin Potatoes, Mixed Vegetables, Bread, Pistachio Pudding and Milk.
Mon., March 20 - Baked Chicken, Baked Potato/Sour

Cream, Squash, Bread, Sherbet and Milk.
Tues., March 21 - Swedish Meatballs, Paprika Potatoes, Corn, Bread, Ice Cream 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.



Beverly Cottman
Cottman to perform at Farm By the Lake
Beverly Cottman to perform at The Farm By the Lake Master Storytelling Series on Sunday, March 19 at 4:00 pm.
Beverly Cottman is an interdisciplinary artist creating at the intersections of visual, literary and performance art. As storyteller "Auntie Beverly" she tells folktales and fables from the African Diaspora.
As a member of the Ways Ensemble, Beverly has performed in collaborative productions at Pangea World Theater, Hopkins Center for the Arts and the Avalon Theatre.
Her collage/assemblage and found object sculptures have been exhibited at the Minneapolis Institute of Arts, Obsidian Arts (Minneapolis), the ARC Gallery (Chicago) and Homewood Studios (Minneapolis).
Beverly shares her interpretations and outlook on literature and creativity as a teaching artist with the Givens Foundation for African American Literature Spirited Minds and Strong Souls Singing artist-in-the-schools program.
Her creative endeavors pass on values, instill pride, evoke self love, and celebrate culture. She draws inspiration for her performance work from her role as "Gramma" to Yonci Peaceful and Ebrima Baye.
She is a modern-day "griot" delivering wisdom of the ages in a voice of the present for the future.
The stories she tells are based on African and African-American folktales, myths, fables and traditions.

Church News

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

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.

FIRST BAPTIST CHURCH
Clearbrook
Pastor Verlyn Strenge
Assoc. Pastor Jim Galloway
Wed., March 15th - 6:30 p.m. Awana
Thurs., March 16 - 7:00 p.m. Bible Study & Prayer
Sat., March 11th - 7 a.m. Men's Prayer Breakfast and Bible Study.
Sun., March 19th - 9:30 a.m. Sunday School, 10:45 a.m. Worship Service.
Coming event... April 1, 2017 Ukraine Fund Raiser Sale

GOOD SHEPHERD LUTHERAN CHURCH CLEARBROOK & OUR SAVIOR'S LUTHERAN CHURCH LEONARD
Pastor Robert Kirchnerman
Good Shepherd
Wednesday, March 15th - 5:00 pm Soup & Sandwich - 6:45 pm Lenten Service; 5:30 pm Choir; 7:30 pm Handbell
Sunday, March 19th - 9:00 am Worship/Communion/Baptism; 10:00 am Sunday School/Coffee Hour, Services Group 1 will meet after service.
Our Savior's
Wednesday, March 15th - 5:15 pm Lenten Service - 6:00 pm Soup & Sandwich
Thursday, March 16th - 2:00 pm WELCA; 6:00 pm Church Council
Sunday, March 19th - 9:45am Sunday School; 10:30 am Coffee Hour; 11:00 am Worship/Communion/3rd - 5th Grade First Communion with potluck to follow.

ELIM LUTHERAN BRETHREN CHURCH
Clearbrook
Pastor Adam Krog
Wed., March 15 - 5:30 p.m. Confirmation; 6:00 p.m. Soup and Sandwich Supper; 7:00 p.m. Lenten Service
Thurs., March 16 - 6:30 p.m. Ladies Bible Study at K. Kjolhaug's
Sun., March 19 - 9:30 a.m. Sunday School, 10:30 a.m. Worship Service.

Samhold-United Youth Group Mission Trip Fundraiser
Sunday, March 19th. Youth will be serving Tenth in a Bag after church. Silent auction/ticket drawings from 12:30-2:30 at the old school in Gonvick. Over 20 local businesses have donated wonderful items for the event!

Clear Waters Life Center Happenings...

Grow It! Greenhouse & Garden Center: April 1, Open House Basket Party, 9-2. Just drop-in. To book a private basket party, call 218-487-5290, Ext. 3.
Space to Rent: Large or small spaces for receptions, birthdays, & reunions. Commercial kitchen. Call 218-487-5290, Ext. 2. Visit website or stop by to see for yourself.
Celebrate Recovery Support Group: 7 PM, Thursday, 2nd floor, 256 2nd Ave., SW, Clearbrook. Open to men & women. Confidential.
Restore It! Furniture Shop: Custom refinishing of wood furniture. Donations accepted during business hours. See below. 218-487-5290, Ext. 2.
Shop-at-the-Top Bag Sale: Through March 18 or while supply lasts. Spring items will be on the floor beginning March 20.
CWLC-Clearbrook: 256 2nd Ave., SW. Shop-at-the-Top hours: Mon. - Fri., 10-4 and Sat., 10-3. CWLC-Gonvick, 226 Elm St, open Mon. - Fri., 9-4 & Sat., 9-12: Create It! Art Studios and Restore It! Furniture Shop (open until 8 PM the first Fri. of each month).
For programs and services, visit: www.clearwaterslife.org, www.mustardseedhomes.org, or www.adulday-servicesgonvick.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 areas.

This ad is sponsored by:
Home at Heart Care
Personal Care & Homemaking

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 Brad Binder
Children's Minister Nicky Ubert
www.countryfaith.org
218-776-3367
cfcchurch@gvtel.com
Sunday: 9:00 a.m. Sunday School (Sept.-May) 10:00 a.m. Worship Service, 10:00 a.m. Kids Worship (most Sundays) Jr. Church follows, 7:00 p.m. Youth Night (most Sundays).
Every Tuesday: 6:30 a.m. Men's Prayer

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.

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.

GONVICK LUTHERAN PARISH MEMBERS OF NALC
Pastor Kris Snyder
Cell: 218-358-0162
gonvickparish@gmail.com
SAMHOLD LUTHERAN CHURCH
Wed., March 15 - 7:30 AM Men's Bible Study; 9:30 AM Women's Bible Study; 10:30 AM Quilting; 6:00 PM Soup/Sandwich; 7:00 PM Lenten Service; 8:00 PM Samhold Council.
Sat. March 18 - Samhold WNALC Spring Bazaar
Sun., March 19 - 9:30 AM Sunday school; 10:00 AM Worship Service

UNITED LUTHERAN CHURCH
Sun., March 19 - 9:30 a.m. Worship Service/Holy Communion, 10:00 a.m. Sunday School.

CLEARWATER LUTHERAN PARISH
Mt. Olive - Nazareth Oak Park - St. Petri
Pastor Jeff Merseeth
Wed, Mar. 15: 5:00 p.m. Wednesday School/Confirmation. Oak Park: 6:00 p.m. Soup N Sandwich. 7:00 p.m. Lenten Service. Bible Study after service.
Thu, Mar. 16: 6:30 p.m. Lenten Services followed by Bible Study at St. Petri.
Sat, Mar. 18: 9:00 a.m. Mt. Olive.
Sun, Mar. 19: 8:00 a.m. St. Petri, 9:15 a.m. SS, 9:45 a.m. Oak Park, 8:30 a.m. SS. 11:00 a.m. Nazareth, 10:00 a.m. SS.
Tue, Mar. 21: 5:30 p.m. Lenten Services followed by Bible Study at Mt. Olive.
Wed, Mar. 22: 5:00 p.m. Wednesday School/Confirmation. Nazareth: 6:00 p.m. Soup N Sandwich. 7:00 p.m. Lenten Service. Bible Study after service.

NEW JOURNEY CHURCH
Josiah Hoagland, Pastor
Tyler Stynberg,
Youth Pastor
www.newjourneyfosston.com
Wed, Mar. 15: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.
Thu, Mar. 16: 12:00 p.m. Rotary.
Fri, Mar. 17: 8:45 a.m. Friday School.
Sun, Mar. 19: 9:30 a.m. Worship. 10:50 a.m. Sunday School.
Tue, Mar. 21: 6:30 p.m. Bible Study.
Wed, Mar. 22: 6:30 p.m. AWANA. 6:30 p.m. Youth Group.

GULLY-TRAIL PARISH
Bethany * Lund
Sand Valley
Dawn Hanson,
Lay Minister
Wed, Mar. 15: 2 p.m. Sand Valley WELCA. 7:00 p.m. Lenten Service at Bethany.
Sun, Mar. 19: 9:00 a.m. Worship at Lund. 10:30 a.m. Worship at Sand Valley.
Wed, Mar. 22: 7:00 p.m. Lenten Service at Lund.

BETHEL ASSEMBLY
Fosston
Seth Johnson,
Interim Pastor
Sun, Mar. 15: 9:30 a.m. Sunday School. 10:30 a.m. Worship.

The Leader Record
Published by Richards Publishing Co. Subscription rates \$25.00 per year in Clearwater County and East Polk County cities of Fosston, Gully and Trail and \$30.00 per year outside the county. Continuing by consolidation the Olberg Journal, established in 1901, The Clearbrook Leader, and the Gonvick Record.
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(USPS 307 630) POSTMASTER: Please send address changes, Form 3579, to The Leader-Record, PO Box 159, Gonvick, MN 56644.
(218) 487-5225
Corrine Richards, Editor
Richard Richards, Publisher
Editorial office Gonvick, MN 56644
email: richards@gvtel.com
MEMBER MNA AND NNA
Periodical Postage Paid in Gonvick, MN 56644
PRINTED WITH SPOYINK

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BEAR TRACKS

Clearbrook-Gonvick School Menu

Wed., March 15 - Chili, Bread Stick, Fritos, Fresh Fruit and Vegetable Choices, Milk.

Thurs., March 16 - Stuffed Crust Pepperoni Pizza, Corn, Fresh Fruit and Vegetables Choices, Milk.

Fri., March 17 - Shrimp Poppers, Macaroni and Cheese, Fresh Fruit and Vegetable Choices, Milk.

Mon., March 20 - Chicken Alfredo, Steamed Broccoli, WG Bread Stick, Fresh Fruit and Vegetable Choices, Milk.

Tues., March 21 - Hamburger on a WG Bun, with/fixings, Baked Beans, Fresh Fruit and Vegetable Choices, Milk.

School News

Congratulations to the girls basketball team for their Runner-up finish in the Sub-Section. Another fine season!

Track practice begins March 13.

BEAR SHARE SCIENCE FAIR: Thursday, March 30. Mark your calendar!

Early Childhood Screening will take place on March 14 & 15.

A Lifeguarding course will be offered at the Fosston Civic Center on April 8th & 9th and April 29th & 30th. The classes will run 9am -4pm. You must attend all 4 days. You must be at least 15 years of age. You must complete 27 class & pool hours for lifeguard certification. The certification also includes CPR, FIRST AID, & AED. If you are interested in taking the class, please call Karen at the Fosston Civic Center, 218 435-6434 to register.

SNOW MAKEUP DATES: It is official, the two snow days will be made up on Friday, March 17 and Friday, May 5.



Music instructor Tammy Ragan accompanied the ladies as they performed at the Night of the Arts Performances at the Clearbrook-Gonvick School.



These ten ladies sang “Three Little Maids” from the Mikado by Gilbert and Sullivan at the Night of the Arts Performances at the Clearbrook-Gonvick School. From left to right: Kyla Baker, Olivia Anderson, Shayla Baker, Carlie Coulter, Danika Harmon, Savanna Rankin, Jazmyn Smith, Callie Baker, Jeanette Ballard and Rachel Mathison. They had three different groups: Soprano 1, Soprano II and Altos.

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

SCHOOL WILL BE IN SESSION ON MARCH 17 AND MAY 5. Mark your calendar. Classroom Drivers Education: March 28 will be the makeup date for your missed day (March 7)

6th Annual Bear Share Fair

THURSDAY, MARCH 30, 4:30-6:30
Everyone is welcome to come and see what our talented students are doing! Look for displays, demonstrations & activities in the Commons, by the classrooms, & in the gym.

SCIENCE FAIR DISPLAYS WILL BE AVAILABLE FOR VIEWING IN THE GYM. Spaghetti Feed Football Fundraiser from 4:30-6:30 (suggested minimum \$5.00)

Spring Bear Wear order. new itmes to order. Samples will be available March 30 during Bear Share Science Fair. More info coming!

COUNSELORS CORNER: Scholarship information, college/career representatives visiting the school, elementary and high school involvement, Ramp-Up to Readiness program, classroom counseling, and other important information and events can be found on the School Counselor website:

School Counselor Website
Follow me on Twitter! @CounselorMegang

Follow me on Instagram! counselormegang

Megan Godtland
mgodtland@clearbrook-gonvick.k12.mn.us

218-776-3112 x406

UPCOMING ACTIVITIES: Mon, March 13: Track practice begins

ONGOING EVENTS / ANNOUNCEMENTS:

Parents: Please check your lunch accounts regularly so you can keep up to date. You can find the links to check your account and to pay on the school web site (see address above) under District--Food Services.

Youth Connection every Tuesday:

Listen to the school news every Tuesday at 2:05 on KKCC 96.7 or if you miss it listen online at: <http://www.rjbbroadcasting.com/index.cfm?page=school-news>

Please turn in all BoxTops, Campbells Labels for Education UPC's, Loaves for Learning UPC's, ink cartridges, and old cell phones for recycling

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: jengebre@clearbrook-gonvick.k12.mn.us) or we are on Facebook!

CAKE DECORATING- Kari Wittenberg

Using pre-made cupcakes, Kari will teach you how to decorate using frosting and fondant. Join your friends and have some fun decorating! Bring a rubber spatula, flat knife (such as a butter knife), and a jar of frosting

Tuesday, March 28
6:45-8:00 PM
Clearbrook Com Center
Banquet Room \$13.00

“Early Bird” Garage & Craft/Vendor Sale
GARAGE AND CRAFT SELLERS/VENDORS WELCOME!

Reserve your spot in the gym to sell your articles at a group sale. Setup begins at 6:45 am Saturday morning. You may set up an extra clothes rack/table if room is available. If participation is not sufficient, deposits will be returned. Registration deadline is March 22. (Late registration will be taken if space is available.)

Saturday, April 1 8:30 AM-NOON

Clearbrook-Gonvick School Gym

Fee per table = \$15.00 for 1, \$20 for 2

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 discount on your auto insurance. Note: If you've previously completed an 8 hour class you need only register for the 4 hour “refresher” course. Note: Please enter through door #12 on the north side.

Mon, April 3 (refresher class) 5:00-9:00 PM Room 414 \$15.00

Mon & Tues April 3 & 4 (8 hr) 5:00-9:00 PM Room 414 \$20.00

SPOTLIGHT

March Teacher Feature Social Studies Teacher



these days. A teacher's job is never done at the end of the school day. This can be overwhelming at times.

If you could have any job in the world - what would it be? Why? *I would love to be a tour guide at a National Historic Park like Gettysburg or maybe a reenactor at Plymouth Plantation in Massachusetts. I love history!! I think the stories these places have to tell are fascinating and I would love to share my enthusiasm with others. :) My second choice is a meteorologist. I'm obsessed with the weather....must be the Minnesotan in me!*

What do you do when you are not at working at the school? I am an avid sports fan. *I watch a lot of Minnesota sports, despite how depressing it can be! I also like to spend time with my family, read, and enjoy the lake.*

What are your favorite aspects of the Clearbrook-Gonvick community? *There are great things about growing up, working, and raising your family in a small community. It's nice to know that we have a large, supportive community family helping to raise our kids. The Clearbrook-Gonvick community is also home to me, which is comforting.*

And now a few words from the students about Jolee Hjort from the students....

What do you think is Mrs. Hjort does when she is not at school? “Plays with her dogs.” “Watches tv and reads history books.” “She follows/ catches up on anything in the news, carefully corrects school work, and finds time to talk with her

family as much as she can.” “Watches the Vikings, SNL, and goes out on the lake.” “She probably watches politics and goes skydiving.” “I think Mrs. Hjort likes to read books and watch movies and talk to her daughter.” “Sleep.”

Mrs. Hjort enjoys reading books for fun. What is book or book series you think she enjoys to read? Why? “I think she enjoys political books especially ones that contain a little drama to keep it exciting.” “Zoo’ by James Patterson because she has very strict opinions regarding government and laws relating to regulation and experimentation.” “Harry Potter.” “All of the history books.” “She probably reads books about history and politics.” “Hunger Games.” “I thinks she would like to read the Harry Potter series, How to Kill a Mockingbird, Time Magazine, something with history in it.”

What is the best thing about Mrs. Hjort? “She’s straight forward, she tells us when she we are too quiet and when we are rude.” “Her calming voice and patience with our opinionated comments during U.S. Citizenship. Also, her ability to argue both sides.” “She really listens to students when they talk to her and she is very good at keeping an open mind for other people’s opinions.” “Her stylish outfits and her eyes and her hair.” “She is very open minded during class discussions and isn’t pushy for what she believes in, and she is very stylish.” “She is very tolerant and patient with rowdy students.” “The best thing about Mrs.

Mrs. Hjort news...

Continued on page 6

Red Lake wins Over Lady Bears

The weather outside was terrible as Red Lake and Clearbrook-Gonvick battled for the Section 8A East sub-section championship at the Ralph Engelstad Arena in Thief River Falls on Tuesday, March 7. The wind was fast and furious outside and the Red Lake Warriors started out fast and furious inside to take a 10 to 0 lead in the first half of the game. Liz Bodenstiner added 7 free throws in a row and Cassie Faldet added a three point basket to narrow the Warriors lead to 2 points at 14-12 but the Warriors took off again and by half time they had built a 41 to 24 lead. Each time the Bears were able to steal the ball or get the ball the Warriors would add points on their end.

The Warriors made a 12-0 run early in the second half to

increase their lead to 26 points. The final score was 86 to 54.

The Bears were never able to close the gap.

Alexis Desjarlait led all scorers with 24 points for Red Lake, Danielle Seki had 22, Grace White had 17, Angle McClain 11, Gerika Kingbird 7 and Kelanna McClain 2.

Liz Bodenstiner had team-high 21 points for Clearbrook-Gonvick. Cassie Faldet had 12, Tamara Skinaway 11, Brynn Hetland 5, Jackie Lynn Taffin 4 and Danae Stenzel 1.

Red Lake had 17 fouls while the Bears had 24 fouls against them. Only one player fouled out with 5 fouls.

With the win, Red Lake advances to the Section 8A final, facing off with East Grand Forks Sacred Heart at 7 p.m. Friday, March 10, again at the REA in Thief River Falls.

Sacred Heart was a 66 to 47 winner over Northern Freeze. Anya Edwards added 17 points and Sydney Lloyd 15 in their win.

The winner of the Red Lake and Sacred Heart game will advance to the Class A state tournament. That will be held March 16,17 and 18 at the Mariucci Arena and the Williams Arena in Minneapolis. It would be the first trip to state for Red Lake’s girls team.

Pictures of the game on page 5.

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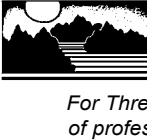
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If you have a story or photos you want to share, please send to: richards@gvtel.com



Parent's night at Clearbrook-Gonvick school held on Friday, February 24th. Pictured from left: Michael Tollefson with parents Conrad and Kim Tollefson; Jonah Faldet with Mom Jennifer Faldet. *Photo taken by Kendehl Ballard.*



Parent's night at Clearbrook-Gonvick school held on Friday, February 24th. Pictured from left: Anthony Peldo with parents Derek and Lisa Peldo; Riley Shultz with Mom Bonnie Erlandson. *Photo taken by Kendehl Ballard.*



Parent's night at Clearbrook-Gonvick school held on Friday, February 24th. Pictured from left: Gage Julin with parents Shawna and Matt Julin; Shawn Kingbird with Mom Tammy Atkinson. *Photo taken by Kendehl Ballard.*



From left: Levi Nelson with his parents, Paul and Rachel Nelson and Tristan Skinaway with his father Virgil Skinaway at Clearbrook-Gonvick Bears parent's night held on Friday, February 24th. *Photo taken by Kendehl Ballard.*



From left: Erick Bergman with his parents, Sally and Paul Bergman; Reese Danielson with his parents Chad Danielson and Jill Evje at Clearbrook-Gonvick Bears parent's night held on Friday, February 24th. *Photo taken by Kendehl Ballard.*

Thoughts from the Sheriff

Clearwater County Sheriff Darin Halverson



This month I'm going to write about a previous topic that is near and dear to me. The topic is the D.A.R.E. program. I started teaching the program to Bagley and Clearbrook/Gonvick fifth graders on March 2nd. This will mark my 21st year of teaching this program to our youth. I have gotten to know many students over the years and it always makes me smile when I come across one who remembers me as being their "D.A.R.E. Officer". Let's look at what the D.A.R.E. program is all about.

First, D.A.R.E. stands for Drug Abuse Resistance Education. It was started in 1983 in Los Angeles California as a cooperative effort between the Los Angeles Police Department and the Los Angeles School District. The reason for this effort was the rampant drug use going on in their communities and they wanted to try to curb the epidemic. The thought was to start educating the youth about the dangers of drug use and how not to get involved in it.

Trained law enforcement officers teach the D.A.R.E. curriculum. Each officer must go through a rigorous 80-hour training course to be certified to teach the program. All officers are taught to deliver the lessons exactly as they are written. They are not to interject their personal views or opinions in the delivery or alter the lessons in any way. With that said, officers often give real life examples that they have witnessed or been a part of personally to make a lesson more relevant.

In its infancy, there were ten officers teaching the D.A.R.E. program. Today, more than 50,000 law enforcement officers are teaching the program to more than 36 million students in 43 different countries.

The early D.A.R.E. lessons focused on teaching students the dangers of using alcohol, tobacco and marijuana and how to say no to the temptations to start using them. Alcohol, tobacco, and marijuana were focused on because they are thought of as gateway drugs. Studies over the years have shown that most people will not experiment with harder drugs before they experiment with a gateway drug. The premise is that if you can prevent underage kids from experimenting with a gateway drug, you can prevent them from drug abuse as adults.

There were sixteen lessons in the early years of the D.A.R.E. program. The program has been transformed and now consists of ten developmentally specific lessons. Today's lessons, called "keepin' it real", are designed to engage the students in real life scenarios and teach them how to make healthy, wise decisions. Other topics covered are bullying and peer pressure. We do role-playing so the students have the opportunity to practice what it might feel like in a real life situation if they are being bullied or facing peer pressure. The effects of alcohol, tobacco and marijuana are talked about, but not as in depth as previous years.

Decision-making is the primary focus now. The decision-

making skills the students learn are beneficial in every aspect of their life. We talk about consequences to choices they make and how those choices can affect their life now and when they get older. A decision making model is introduced as a way to help the students think their way through a problem.

Creating healthy, confident young adults is our goal in D.A.R.E. We want to teach students the skills necessary to succeed in life at a young age, which in turn will result in a more productive society in the future.

There has been some negativity over the years about D.A.R.E. program. I've heard that it does not work or it is not effective. Studies have proven that it works and as I see it, even if the life of only one student in a classroom is changed it was worth it. I've heard that D.A.R.E. teaches kids to not listen to their parents. This is far from the truth. The students are taught how to make healthy, wise decisions and to think about the consequences of their actions before making a decision. If a child thinks it is a good choice not to listen to their parents then they have not made a good decision. Teaching the youth of our communities the skills to become positive young adults is very rewarding. In my opinion, doing nothing to educate our youth would be the biggest failure.

As I begin to teach our fifth graders in the county this year, encourage them, ask them questions, and most importantly, support them. We cannot do this alone. Parents, guardians and extended family all play an important role. Working together in this endeavor will undoubtedly see the best result. I believe we all want what is best for our children.

If you have questions that

you would like answered or any suggestions, please email me at darin.halverson@co.clearwater.mn.us or call the Sheriff's Office at 218-694-6226. You can also find us on Facebook by searching for Clearwater County Sheriff's Office.

Thank you and as always, I am honored to serve as your Clearwater County Sheriff.



Clearbrook-Gonvick Seniors were honored at the last home game with treats. From left to right Trevor Rogstad, Nathanael Dahl, Andrew Barrett and Tristan Bakke. *Photo by Kendehl Ballard.*



Head Coach Mike Rettinger with the Clearbrook-Gonvick players during their game against Mahanomen. They had 98 points to 87 for the Indians. Assistant Coach Paul Nelson is also shown with the players.

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Land Rolling: Knowing the Where and When If Practiced

Land rolling has become a common soil-finishing practice for soybean in Minnesota and throughout the Upper Midwest. The practice has been used for decades in alfalfa and grass seed production to improve germination and manage rocks, but it is relatively new for row crops, where its main purpose is to improve harvesting efficiency and reduce combine damage.

The practice prepares the field for harvesting by pushing small and medium-sized rocks down into the soil and crushing soil clods and corn rootballs. This allows the combine head to be set low to the ground, reducing the risk of picking up damaging rocks, rootballs and soil.

Other benefits of soybean rolling include reduced operator fatigue, less down time and wear-and-tear on harvesting equipment, faster combine speeds, and cleaner seed at harvest.

University of Minnesota Extension trials used several styles of land rollers on farmers' fields. These included: 1) a coil packer, which breaks up rootballs, leaving a rougher soil surface but does not push down rocks; 2) a notched roller, which pushes down rocks, breaks up corn rootballs and leaves a rough soil surface; and, 3) a smooth roller, which breaks up corn rootballs, pushes down rocks but leaves a very smooth soil surface.

Impact on yield when soybean were rolled at different stages compared to non-rolled soybean in Minnesota

Treatment	2008	2009	2010
	Average yield (bu/acre)		
Pre plant	35.8	46.6	52.1
Post plant	35.1	46.6	51.2
50% emergence	36.5	46.1	51.8
1st trifoliate	--	45.2	51.6
3rd trifoliate	--	45.3	50.0
No rolling	36.6	44.7	51.8
LSD (0.05)	NS*	NS*	NS*

*NS means no significant statistical difference between treatments

2008 is an average from 2 locations. 2009 is an average from 4 locations.

2010 is an average from 3 locations.

There was no significant difference in yield between the different rollers.

In general, wheel tracks cause more plant damage to emerged soybeans than the rollers themselves. Soybeans rolled at V3 suffered significant plant damage at two of the four research sites in 2010

One of the most practical questions for farmers is "How late soybeans can be rolled without cutting into yield?" Rolling is usually done immediately before or after planting, but delays for wet weather or spring workload are common.

Land rolling does pose agronomic, economic, and environmental concerns. These include potential plant injury, soil sealing, erosion, the loosening of corn stalks and added expense.

Understanding the advantages and disadvantages of land rolling will help farmers decide if - and when - rolling makes sense.

Recommendations

The improved harvesting conditions and peace of mind that rolling offers must be balanced with the damaging effects of rolling on soil quality and the additional expense.

If you decide to roll:

- Confine rolling to rocky fields and flat fields with low erosion risk.

- If soybeans have emerged, rolling should be done as early as possible (before the 3rd trifoliate stage) to minimize plant injury and allow more time for plant recovery.

- If you roll erosion-prone fields, roll before planting or wait until soybeans are in the 1st trifoliate stage. Erosion risk is the greatest right after planting.

- After emergence, roll in the afternoon, during the heat of the day, when soybean plants are flexible.

- Control wheel damage by configuring tractor tires and roller width to minimize plant injury.

- Do not roll when the soil surface is moist to reduce the risk of crusting or sealing and soil sticking to the roller.

- Avoid rolling when plants are damp because they can stick to the roller and be pulled out of the soil.

- Avoid rolling when it's windy because residue can be moved easily to ditches and neighboring fields.

- Don't use rolling in an attempt to level soil ruts.

- Planting takes precedence over rolling first

- Rolling is annual, rocks will come up after tillage

Source: UMN Extension- Management considerations for rolling soybean in the upper Midwest

Now hear this...

Harry Hutchesn, Veterans Service Officer

NORTHERN MN VETERANS HOME: The Northern Minnesota Veterans Home (NMVH) at Bemidji is back in the news! The Northern Minnesota Veterans Task Force has been working for ten years towards locating a MN Veterans Home in our region. The 16 counties and four Indian Reservations in the "catchment area" of the proposed NMVH represent some 27,658 veteran that would have to travel long distances to gain the services of a MN Veterans Home. The MN Veterans Home at Fergus Falls is the closest to our area. All of us in these far reaches of the state of Minnesota find that unacceptable and have turned our frustration into action.

The Beltrami County Board has approved a pledge of \$1 million, from Beltrami County. Along with that pledge, Sanford Health of Minnesota has pledged a parcel on their Bemidji campus that has a value of \$1.5 million. These two commitments have become the seed money for the Task Force to engage in an ambitions fundraising

effort.

I welcome your own personal comments. Constructive feedback on your own behalf (not anonymous) to our Commissioners is also a valuable gauge of how this office can better serve all veterans and their beneficiaries. Office(218)694-6618; Cell/Text(218)556-5340 Hutch



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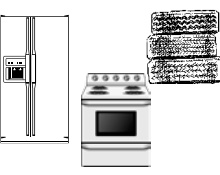
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Clearbrook-Gonvick High school band under the direction of Katrina Stewart at the tournament in Thief River Falls.



Action under the basket.



Liz Bodensteiner ready to shoot.



Jackie Lynn Taffin shoots over the Lady Warriors.



Liz Bodensteiner up for a bucket.

Clearbrook-Gonvick Bears in District Championship game



Tamera Skinaway looks for an opening.



Alison Johnson down the court on a fast break.



Cassie Faldet shooting a three point shot.

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The 2017 Samhold Council members, the Board of Education and as well as the Board of Youth. Pictured in the front row are from left to right are: Leif Sather, Darlene Sawyer, Terri Godtland, Sharen Dyrdaahl, Ashley Reichert, Monica Reichert, Brenda Faldet, Denise Buer, and Mike Dyrdaahl, back row: JoAnn Birkeland, Renae Bakke, Gail Crane, Joan Senger, Pam Goebel, Richard Sather, Samantha Lindom, Ray Reichert, Pastor Kris Snyder, and Ben Buer. Members not present are: Craig Anderson, Ryan Rude, Dennis Bergerson, and Donna Rude from the Samhold Council. -Submitted photo.



These are the 2017 Samhold WNLC officers pictured. Front row left to right are: Darlene Sawyer, Valerie Reichert, Sharen Dyrdaahl, Mary Sather, Ann Monty, back row are: JoAnn Birkeland, Eileen Lien, Mary Lou Spray, Evon Quern, Judy Sather, EvaLee Janssen, and Pastor Kris Snyder. -Submitted photo.

Thrivent named a ‘World’s Most Ethical Company’

Thrivent Financial announced today that it has been recognized again by the Ethisphere Institute, a global leader in defining and advancing the standards of ethical business practices, as a 2017 World’s Most Ethical Company®.

The World’s Most Ethical Companies designation recognizes those organizations that have had a material impact on the way business is conducted by fostering a culture of ethics and transparency at every level of the company.

For six years in a row, Thrivent’s commitment to operating with ethical business standards and practices has been highlighted by this honor. This

continued recognition ensures long-term value to members, employees, suppliers, regulators and investors. Thrivent is one of only seven companies in the Financial Services category honored this year.

“For the last six years, Thrivent has been honored to be named a World’s Most Ethical Company,” said Brad Hewitt, CEO of Thrivent Financial. “As we serve our members and strive to be an ethical company through our actions and business practices, we are honored to be recognized as leaders.”

“Thrivent lives out its mission of helping Christians be wise with money and live generously every day in the ways

they manage their business, serve their members, invest in their communities, and engage with their employees,” stated Ethisphere’s Chief Executive Officer, Timothy Erlich. “Congratulations to everyone at Thrivent for being recognized as a 2017 World’s Most Ethical Company.”

The World’s Most Ethical Company assessment is based upon the Ethisphere Institute’s Ethics Quotient® (EQ) framework which offers a quantitative way to assess a company’s performance in an objective, consistent and standardized

way. The information collected provides a comprehensive sampling of definitive criteria of core competencies, rather than all aspects of corporate governance, risk, sustainability, compliance and ethics.

Scores are generated in five key categories: ethics and compliance program (35%), corporate citizenship and responsibility (20%), culture of ethics (20%), governance (15%) and leadership, innovation and reputation (10%) and provided to all companies who participate in the process.



Stepanki church

Ukraine Rummage and Bake Sale

The First Baptist Church in Clearbrook will be hosting its annual Ukraine Missions Rummage and Bake Sale fund raiser on April 1st from 730am-2pm. The sale is located just across highway 92 from First Baptist. For the past 15 years, First Baptist has sent a team to Stepanki Ukraine. Our Stepanki Sister Church was a church plant that officially began meeting in homes around 2003. Stepanki is a Village of about 3000 people, located in Central Ukraine. Over the years many people from Minnesota have assisted in helping the Ukrainians build the Stepanki church. Many others have also went to Ukraine to experience their love and hospitality. The proceeds of the sale go to support the VBS like

day camp program that serves more than 200 children every year. Please join us April 1st.



Tristan Skinaway with the ball for the Junior Varsity Clearbrook-Gonvick Bears. Photo by Kendehl Ballard.



Jonah Faldet shooting for 2 for the Clearbrook-Gonvick Junior Varsity against the Mahnomen Indians. Photo by Kendehl Ballard.



Senior Nathanael Dahl up for two points as the Clearbrook-Gonvick Bears won over Mahnomen. Photo by Kendehl Ballard.



Senior Andrew Barrett goes up for a three point shot as the Clearbrook-Gonvick Bears hosted Mahnomen. The boys kept the victory at home with a 98 to 87 victory. Photo by Kendehl Ballard.

Mrs. Hjort news... Continued from page 3

Hjort is how she wants to do well and how she doesn’t punish all of us for just one person’s bad decisions.”

What do you think Mrs. Hjort was like when she was in high school? “A smart, quiet person.” “Polite to everyone and calm.” “Intelligent, talkative, and very curious about subjects involving politics.” “She was crazy when she was younger.” “She was probably a good student at school, but was a vigilante on the weekends to fight justice.” “I think she was a hardworking, but fun, when she was in high school.”

If Mrs. Hjort could go back in time to any period in history, what time period do you think she would pick? Why? “Early to mid-1900s to experience the dramatic changes in American Society.” “Salem witch trials or Jamestown.” “The Renaissance because she seems to love talking about it.” “Early 1900s so she could fight for women’s rights.” “She would probably go back in time to the Civil War so she could be in all the movies about it in class.” “I think she would go back into the 1700s or 1800s, so she could see a lot of historical events happen and meet the important people

in history.” “Civil War time so she could be in the moment and live it instead of just reading about it.”

If you could send Mrs. Hjort on a vacation anywhere in the world, where would you send her? Why would you send her there? “Ireland so she can see the world with her daughter.” “Germany because I would like to think she enjoys the outside world.” “Where the Aztec Temples are because it looks like fun.” “I would send her to the Oval Office so she could give the government professionals some advice.” “Alaska because she seems like she can handle the cold.” “I would send her to Europe because she talks about it and when she talks about it you can tell she would like to go there, she also says she wants to go to Europe.”

What is one thing Mrs. Hjort ALWAYS says? “She doesn’t really say something memorable, but she does say, ‘It plays an important role in history.’” “I’m not going to tell you if I’m liberal or conservative.” “Who knows?” “Study for test.” “Let’s talk about this.” “You guys had plenty of time to get the homework done.” “You’re going to wish you studied.”

Wednesday, March 15, 2017

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Corrine's Corner

By Corrine Richards

The Northland Pioneers Women's Basketball team is Heading to Nationals in Utica, New York. They will play No. 2 seed Pioneers from Anoka-Ramsey at 12:00 p.m. (ET). Madison Stenzel who played last year for the Clearbrook-Gonvick Bears is on the team and will travel with them. See story in the Canary this week.

The Clearbrook American Legion will be having their steak fry again this Saturday night March 18 starting at 7:30 at the Clearbrook Community Center. It is the 98th birthday of the American Legion and they will be serving birthday cake at the steak fry as well that night.

The Gully Sportsmans Club will be having their meeting on Saturday, March 18 at Shorty's Place in Gully at 10:00 a.m.

We are getting notes from the Post office that we need the PO Box number in our return address order to get our mail. A reminder that the address that is listed in the telephone book is not the mailing address for people who only have a post office box. Our bill for our credit card was sent back to the credit card company as it had our physical address on it and they stopped our credit card. This is a new policy as that is what we have had for many years. I called Garden Valley Telephone Company to see if I could change and put only my PO Box instead of my physical address in the telephone book as I do not get mail at my house. I was the not the first person to do that for next years book. Others must be having trouble with their mail.

Is it spring yet? This is six weeks since the Ground Hog was out and it was supposed to be six more weeks of winter. Is it over yet?

A reminder that Radon test kits are available at Clearwater County Nursing Service in Bagley. Call (218) 694-6581 if you have questions.

We have been taking a lot of passport pictures lately. I think people are getting tired of the winter. Check your dates on your passports so that they can be renewed without too much hassle. Renew before they expire. Call Leader-Record in Gonvick 487-5225 to get set up for a time to take and get them right away.

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.

The Leader-Record is the official legal newspaper for the

county for the coming year.

Obituaries in the Canary are also put on our website for you to see. Go online at trico-canary.com. They are free and updated as they come into our office.

If you have the Hallmark Movie Mysteries channel on your local TV. Pam Parenteau Daly from Brooks will be in the movie "An Uncommon Good" on Mach 17th at 8 p.m. Check your listing.

Joke time...

A Norwegian and a Swede were at the movie theatre, and the Norwegian bet that the hero would die during the movie. The Swede didn't believe him, and they ended up betting 100 Kroner on it. When the movie was over and the hero was dead, the Swede began to give the money to the Norwegian, but the Norwegian interrupted him "I already saw the movie, so I knew he was going to die. Keep the money." The Swede replied, "oh, I also saw the movie before, but I didn't think he would be tricked twice."

From my email...

\$5.37 That's what the kid behind the counter at Taco Bell said to me.

I dug into my pocket and pulled out some lint and two dimes and something that used to be a Jolly Rancher.

Having already handed the kid a five-spot, I started to head back out to the truck to grab some change when the kid with the Elmo hairdo said the hardest thing anyone has ever said to me. He said, "It's OK. I'll just give you the senior citizen discount."

I turned to see who he was talking to and then heard the sound of change hitting the counter in front of me. "Only \$4.68" he said cheerfully.

I stood there stupefied. I am 56, not even 60 yet? A mere child! Senior citizen?

I took my burrito and walked out to the truck wondering what was wrong with Elmo. Was he blind? As I sat in the truck, my blood began to boil. Old? Me? I'll show him, I thought. I opened the door and headed back inside. I strode to the counter, and there he was waiting with a smile.

Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted! What am I now? A toddler?

"Dude! Can't get too far without your car keys, eh?" I stared with utter disdain at the keys. I began to rationalize in my mind!

"Leaving keys behind hardly makes a man elderly! It could happen to anyone!" I

turned and headed back to the truck. I slipped the key into the ignition, but it wouldn't turn. What now? I checked my keys and tried another. Still nothing. That's when I noticed the purple beads hanging from my rear view mirror. I had no purple beads hanging from my rear view mirror.

Then, a few other objects came into focus: The car seat in the back seat. Happy Meal toys spread all over the floorboard. A partially eaten dough nut on the dashboard.

Faster than you can say ginkgo biloba, I flew out of the alien vehicle. Moments later I was speeding out of the parking lot, relieved to finally be leaving this nightmarish stop in my life. That is when I felt it, deep in the bowels of my stomach: hunger!

My stomach growled and churned, and I reached to grab my burrito, only it was nowhere to be found.

I swung the truck around, gathered my courage, and strode back into the restaurant one final time. There Elmo stood, draped in youth and black nail polish. All I could think was, "What is the world coming to?"

All I could say was, "Did I leave my food and drink in here"? At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits.

Elmo had no clue. I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention. He was holding up a drink and a bag. His mother explained, "I think you left this in my truck by mistake."

I took the food and drink from the little boy and sheepishly apologized. She offered these kind words: "It's OK. My grandfather does stuff like this all the time." All of this is to explain how I got a ticket doing 85 in a 40 mph zone. Yessss, I was racing some punk kid in a Toyota Prius. And no, I told the officer, I'm not too old to be driving this fast.

As I walked in the front door, my wife met me halfway down the hall. I handed her a bag of cold food and a \$300 speeding ticket. I promptly sat in my rocking chair and covered up my legs with a blanket.

The good news was that I had successfully found my way home.

Governor Mark Dayton Proclaims "River Watch Week" in the State of Minnesota

ST. PAUL, MN – Governor Mark Dayton has proclaimed March 12 – 18, 2017 to be "River Watch Week" in the State of Minnesota. Governor Dayton's proclamation celebrates the International Water Institute's Red River Basin River Watch program entering its 23rd year of Watershed Education programming in the Red River of the North Basin.

River Watch is funded by the Red River Watershed Management Board, the State of Minnesota Clean Water Fund, local Watershed Districts, and other regional partners across the Red River of the North Basin. Over the years, the program has involved 30 schools and over 4,000 students in a variety of unique and innovative watershed engagement

opportunities suited to their school, community and watershed needs. River Watch activities include chemical, physical, and biological condition monitoring of local rivers, kayak excursions, snow and frost observation, and an annual forum for participants to share their experiences and connect with their peers from across the Red River of the North Basin.

Mike Jacobs, former Editor and Publisher of the Grand Forks Herald, will be the keynote speaker at the 22nd annual River Watch Forum to be held March 15, 2017 at the University of Minnesota-Crookston. Over 200 students and teachers from 25 Red River Basin schools are registered to attend.

Banquet on March 25 at UMC

Red River Valley Development Association Celebrates 79th Annual Honor Banquet on March 25 at UMC

The Red River Valley Development Association's 79th Annual Honor Banquet will be held on Saturday, March 25, 2017, beginning at noon in Bede Ballroom, Sargeant Student Center, University of Minnesota, Crookston. Tickets for the noon banquet are available for \$18.00 from the Extension Regional Office, Crookston, and can be reserved by calling 1-888-241-0781 by March 17. Payment can be made at the door.

Those honored at the March 25th banquet were selected for the good example they have set through volunteering, community service, farming or agricultural operations, and their commitment to conserving natural resources. Funding for the Red River Valley Development Association is provided by 14 counties in northwest Minnesota. The Northwest Minnesota Youth Leadership Awards will be presented to three youth between the ages of 17 and 21 who submitted applications and essays describing their leadership contributions in their communities.



Music is provided at the Clearbrook-Leonard Senior Center for those who attend. The BS Valley Boys from left to right: Arlen Dahlke, Arlyn Tunheim and Gary Thorson kept the toes tapping for those in attendance.

Elementary students put on half-time show

The Clearbrook-Gonvick Elementary students have been giving a half-time show at the basketball games. They are eager to show off their skills for the fans who attend the games.

Photos by Kendehl Ballard



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Clearbrook-Gonvick BEARS



2016-17 BOYS BASKETBALL

Front Row: Anthony Peldo, Hunter Ehlers, Damen Bakke, Jonathan Hamnes, Sam Johnson.

Second Row: Reece Danielson, Levi Nelson, Bobbie Olson, Ethan Dorman, Erick Bergman.

Back Row: Head Coach Mike Rettinger, Tristan Bakke, Trevor Rogstad, Nathaneal Dahl, Andrew Barrett, Assistant Coach Paul Nelson.

Good Job, Girls,
in placing 2nd in
the Dist. 8A East
Championship!

2016-17 GIRLS BASKETBALL

Front Row: Carlie Bergerson, Ashley Eckman, Alison Johnson, Liz Bodensteiner.

Second Row: Allison Lewis, Morgan Cornell, Rachel Lavin, Mikala Johnson, Danae Stenzel, Cassie Faldet, Jackie Lynn Taflin, Alexis Ballard.

Last Row: Tamara Skinaway, Coach Bob Westrum, Brynn Hetland, Head Coach Ross Faldet, Lindsey Gray, Coach Mike Lindgren, Madelynne Faldet.



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