Wednesday, January 24, 2024

Tri County Canary

A supplement of the:
• Leader-Record • McIntosh Times • Grygla Eagle
• Red Lake County Herald (Oklee, Plummer - Brooks - Red Lake Falls)

The Town of Wanke, Gone But not Forgotten

By Eric Mickelson

When I was growing up we would sometimes go for a drive or be heading somewhere and mom or dad would say lets take this road for fun……and once in a while we would go by this big red abandoned barn. I remember my mom saying that is the Wanke Barn, there used to be a town here, and Grandpa Clarence used to get his mail from Wanke. It was hard for a youngster to totally understand the place where now there was just an old barn was in fact at one time a town!

The older I got the more often I thought about this and of course with age comes wisdom, sometimes! I heard more stories of other towns that were no more and probably about then I got a real love for history of all kinds, American History, Minnesota History, and local history!

This brings me back to the town of Wanke. As often back in the days of the early settlers certain areas would open up for settlement and the gun would be fired and claims would be made. One of those early settlers was a 26 year old man from Rochester, MN, in Olmsted County. In 1897 Johnson Township was organized. His name was Edward J. Wanke. After filing a claim he began to operate a store. The "Wanke" post office was also opened to serve settlers in this area.. With these endeavors plus farming Mr. Wanke was a busy man! In 1901 Wanke married Mary Strande. They had two children Bert and Cora.

In the early years the Soo Line Railroad had not come through Oklee, Trail, and Gully yet. The nearest railroad station was in McIntosh which in those days was quite a haul from the quiet little inland town of Wanke. With horses they traveled back and forth freighting merchandise from back and forth to McIntosh. They would often spend the night at the Abraham Paquin Farm (now described as being a couple miles south of Oklee). This was about halfway between Wanke and McIntosh.

By 1910 the Wanke's built a new home and a few years later a new store. Aslak Nesland was the carpenter. With the new store Edward now offered a complete line of groceries, dry goods, flour, hardware, and feed. Having a feed mill he also did a lot of feed grinding for farmers in the area.

By the 1920s the town of Wanke had a grocery store, post office, blacksmith shop, feed mill, a cheese factory, and yes that large red barn that was used for barn dances as well as housing livestock. The thing that also caught my attention was the fact that Wanke even had a newspaper that came out weekly, called the Wanke Herald, printed by editor I.D. Converse.

It was in 1927 that Mr. and Mrs. Ted Clement and family moved in from Terrebonne, MN. They operated the newly remodeled cheese factory until March of 1929.

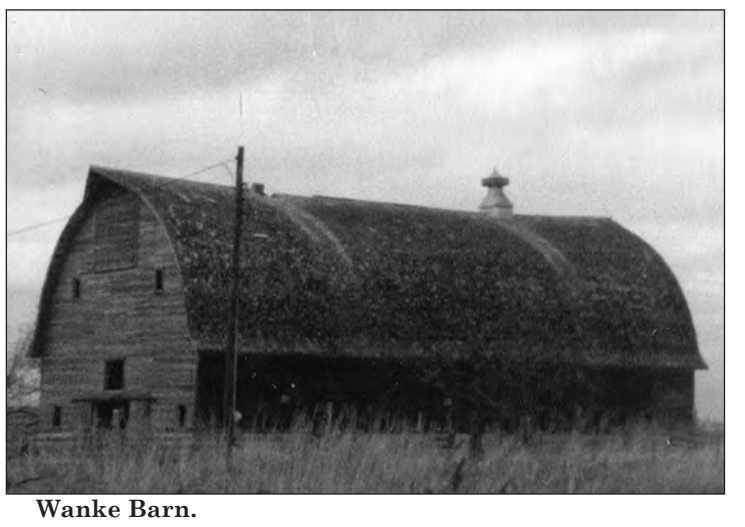
Unfortunately on November 1, 1928, the store and post office were destroyed by fire. All the records of charge accounts were destroyed as well as the fact there was no insurance coverage like we have today. The mail routes were transferred to Gully and Mr. Wanke was unable to rebound from this tragedy. The town of Wanke was no longer in existence.

Mrs. Wanke passed away on June 15, 1927. Edward Wanke remained on the farm until 1936. He then moved to Thief River Falls. He passed away in 1961. Edward and Mary were members of the Bethany Lutheran Church north of Gully. They are both buried in the Bethany Cemetery.

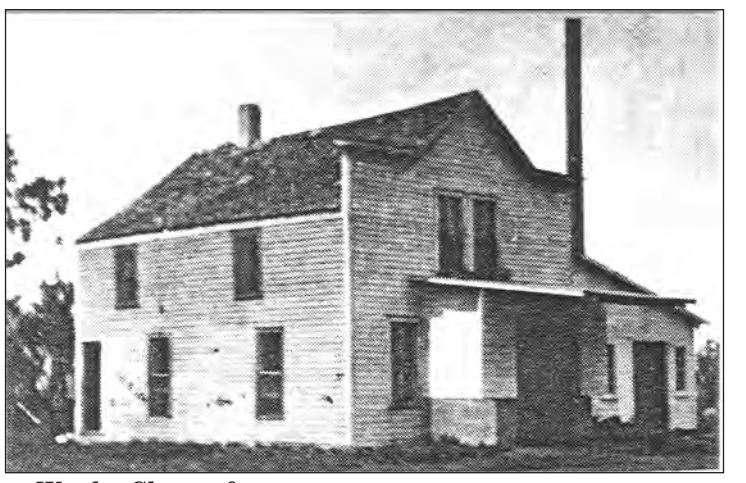
My only personal memory of Wanke was the big, abandoned, red barn. I am glad mom shared the story of grandpa getting his mail from Wanke for a time spurred on an interest in the history of our local area that I still have to this day. I wish maybe I could have gone shopping at the Wanke store, or attended a barn dance in that grand barn. Anyhow I hope the town of Wanke is not forgotten!

Wanke's built a new home.

Wanke Store and post office.



Wanke Barn.



Wanke Cheese factory.

Recap from the Gerald Dyrdahl Memorial-Pine Lake 200 races

Now that we have finally wound down from the weekend, here are the highlights:

•The ambulance wasn't needed at all, all weekend

•We had a record, 185 entries

•A record $73,000.00 race purse

•Record amount of sponsorship money

•The races were all done within just over six hours and ten minutes both days

•We had the best race track we have EVER had. It was wide, flowed well and produced many lead changing races!

•For the first time ever, two brothers (Taylor and Boe Bunke) won both Pro classes

•Taylor Bunke is one of very few to be a multi time winner of the Gerald Dyrdahl Memorial - Pine Lake 200

•Boe Bunke won a record $10,000.00 in Pro Mod, and Taylor Bunke won $12,000.00 in Pro Stock

•We had a rookie crew in the Schuster auctioneering scoring trailer, and they figured things out in no time and continued to improve throughout the weekend.

•The old USXC crew ran things like clockwork, like they always have in the past.

•The guys marking and sweeping the track braved the cold like the old pros they are all weekend

•Lots of smiles under the facemasks, and a lot of "thank you's" from countless racers and race fans.

•The flag man was flawless

•The spotters said they saw some of the best racing ever out on the lake, and they have been spotting for many years

•Roth RV supplying two fish houses made things bearable for track workers

•The behind the scenes people such as Kyrsten Zimpel, Sharon Dyrdahl O'Bryan, Jenna Carda, Ashley Kurkowski and Trudy Erickson, we thank you all for what you did throughout the week and weekend

•Larry Skala and Brian Nelson plowed and maintained a beautiful race track from Thursday-Sunday.

•Rory Haugen tore down the winners and kept them in check

•Scott Schuster and Andy Mack, well they rocked it all weekend of course. Handling 185 entries can be like herding cats in staging, and they certainly did just that

•Ticket takers said everyone sure was happy to go racing, and so were we.

For as brutally cold, and as bad as the snowdust was, we had a race track that was smooth, fast, wide, and we were able to go heads up racing the entire weekend.

The Dyrdahl family, and everyone involved over this race weekend would like to thank our amazing sponsors, all of our workers, the racers and the race fans for an absolutely amazing and very successful weekend!

We have likely forgot to thank many people, but just know that we sure appreciate all of your support!

Some said it was a bad idea to become an independent snowmobile race, but we think we have proved the naysayers wrong. When you surround yourself with the right people, good things can happen.

This race was a total team effort, and it showed.

We learned a lot this weekend, and we will continue to learn. We are already planning for next year, and we are looking forward to it already!

Have a safe and fun rest of the season racers, we will see you mid December 2024.

The Pro Mod race sponsored by Kost Materials, Nelson International was won by Boe Bunke, on the right, from Roseau on a Polaris. He received $10,000 for his race. Also shown are the second and third place winners #173 Paul Brown from Hanover on an Arctic Cat and Justin Tate #28 on a Polaris.

Each gold sponsor from the Gerald Dyrdahl Memorial Pine Lake 200 races had a flag that was displayed on the ice on the track.

The Semi Pro 600 Improved Stock sponsored by Erico MFG with the top three winners. From left to right: #228 Luke VanLyssell from Fremont, WI on a Polaris for third place; Brandon Wolter from Walker on an Arctic Cat for second place and first place with $2,200 was Jesse Hallstrom from Thief River Falls on a Ski Doo.

The FXR crew from left to right ran the races at Pine Lake: Andy Mack, Brian Olson, Steve Ray, Scott Niese, Brian Nelson and Scott Schuster.

Pine Lake races.

Hann and Bergstrom launch fundraising effort against the new state flag

MINNEAPOLIS, MN – Chairman David Hann and Deputy Chairwoman Donna Bergstrom denounced the new state flag along with a growing number of Minnesotans.

The Minnesota Republican party is launching an all-out effort against the adoption of the new state flag, fundraising off of the old flag and signaling that the new state emblems will be a new front in the so-called culture wars.

The State Emblems Redesign Commission adopted final designs for a new state flag and seal in December. The DFL-controlled state Legislature voted last session to replace the old emblem designs, which depicted a farmer and a Native American person.

Critics of the former seal — which was featured on the old flag — said it was poorly designed and depicted a white settler encroaching on Native territory.

Republican Party Chair David Hann and Deputy Chair Donna Bergstrom released a statement Wednesday calling for the Legislature to reverse the adoption of the new flag.

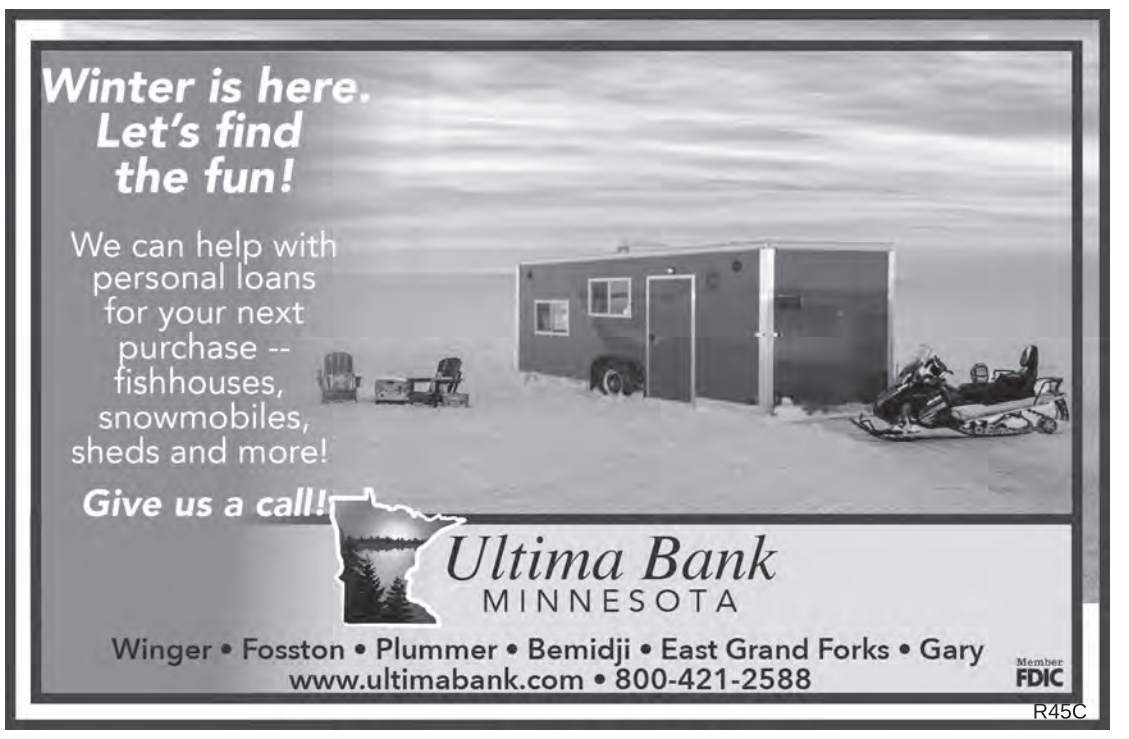
"Minnesota's state flag holds great historical importance and has united us by recognizing the people and events who helped create Minnesota," said Hann. "The flag the DFL has eliminated was a version of the historic flag our regiments fought under during the Civil War. Minnesota was the first state to offer troops to the Union cause in 1861, beginning a long tradition of leading the nation in confronting injustice. The DFL quest to erase our history is repugnant and should be rejected."

"As a Native American and tribal member, it is exhausting to see Native Americans once again bearing the brunt of the short-sighted eradication of our shared history," Bergstrom said. "Keeping the current flag would have been a powerful acknowledgment from the Walz administration and the DFL that our Native contributions are valued."

Hann and Bergstrom join a growing contingent of Minnesotans who have publicly denounced the new flag. One county commission has refused it entirely, and county government officials are raising concerns about the cost of replacing the historical flag. As concerns continue to grow, Hann and Bergstrom urge Walz and the DFL-controlled legislature to respect Minnesota's history and the people who built our state by reversing this decision. As part of this effort, the Republican Party has launched a website to save the current state flag. Visit SaveTheMNFlag.com to learn more.

90TH BIRTHDAY CELEBRATION FOR
Norris Syverson

Norris celebrated his 90th birthday on December 24th, 2023
There will be an
Open House on January 27th, 2024
Vernes Church, rural Trail on County road 5
2:00 - 4:00 p.m.
Please come and wish him a happy birthday.
He asks for no gifts, your presence is your gift.
R45C



R45C

Polk County Sheriff

Beware of email scam

On 1-18-2024 the Polk County Sheriff's Office was alerted to a scam being sent out by e-mail to cities and townships in Polk County.

The scam is sent from a non-Polk County email address and requests payment for computer software regarding tax revenue collection. The e-mail signature card shows that it came from the Polk County Auditor/Treasurer/Recorder. One of the email addresses used in the scam is countytreasurer468@gmail.com. All emails sent from Polk County will end in @co.polk.mn.us.

If you receive any e-mail you believe to be a scam contact your local Law Enforcement.

DINING & entertainment

NO BINGO
WING NIGHT WEDNESDAY
KITCHEN CLOSED FRIDAY & SATURDAY NIGHT
SHORTY'S PLACE, 268-4199
R45C

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608
Find us on: facebook. UNDER CAROL'S COZY
Call in OR Check Facebook for specials!
O45C
Friday, Saturday & Sunday
Jan. 26th, 27th & 28th, 2024
Steak & Shrimp, BBQ Ribs, Broasted Chicken, Ribs & Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye
New selection of hoodies for sale!
COMING EVENTS
Friday, Jan. 26th, 2024
Live Music with Sherwin & Pam Linton
7:00 to 11:00 p.m.
Sunday, Jan. 28th, 2024
Old Time Music with Jake Bastyr Band
3:00 to 7:00 p.m.
Kitchen Hours *8am-9pm Mon.-Sat. & 11am-9pm Sun.*

LIVE MUSIC
JAKE BASTYR BAND
Every Thursday
4:00 p.m.-8:00 p.m.
A variety of music for everyone!
At: Old Trails End Bar Trail MN
Featuring their Pork Chop Dinner Special
Trails End Bar & Grill
108 Main St, Trail, MN
(218) 268-4481
R40tfc

BAR BINGO! AND PADDLE WHEEL
TUESDAY, JANUARY 30TH, 2024 - 6:30 PM
50#'S AT $1,000 UP TO $1,000 MAXIMUM
SPONSORED BY:
The Mentor Firefighters Relief Association
Lawful gambling license #05817-003
CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608
O8tfn

Advertise Your Dining Specials Here!
218-487-5225

POLK COUNTY LEGAL NOTICES

POLK COUNTY EQUIPMENT RENTAL
BIDS CLOSE February 23, 2024
Polk County, Crookston, Minnesota
NOTICE TO CONTRACTORS

Sealed proposals will be RECEIVED until 11:00 am, February 23, 2024 by Sam Melbye, Polk County Director of Property Records, at 612 North Broadway, Suite 207, Crookston, Minnesota 56716 on behalf of the Board of Commissioners of Polk County for establishing equipment rental rates. Proposals will be OPENED and READ publicly at 11:00 am by the Board of County Commissioners or their representative at the Polk County Government Center. Proposals received after 11:00 am will not be considered.

Proposals may be examined and obtained at the office of the County Highway Engineer in the Polk County Highway Department, 820 Old Highway 75 South, Crookston, Minnesota 56716.

The right is reserved to reject any or all bids and to waive any irregularities or defects therein.

Richard Sanders
Polk County Engineer
Polk County, Minnesota M45,46,47C

County Highway Project
BIDS CLOSE: February 23, 2024
at 11:00 AM CST
Polk County, Minnesota

NOTICE TO CONTRACTORS-Sealed proposals will be received until 11:00 AM on Friday, February 23, 2024, by Sam Melbye, Polk County Director of Property Records at 612 North Broadway, Suite 207, Crookston, MN 56716 on behalf of the Board of County Commissioners of Polk County for the construction of the County Project listed below. Proposals will be OPENED and READ publicly at 11:00 AM, by the Board of County Commissioners at the County Government Center in Crookston, MN. Proposals received after 11:00AM will not be considered.

C.P 124-35-1423 and C.P. 124-235-1428

LOCATION: CSAH 35 and CR 235

TYPE OF WORK: Stabilized Aggregate Base

LENGTH: 12.2 miles and 2.0 miles

Major Items:

STABILIZED AGGREGATE BASE CLASS 1 40,000 TON

Proposal, plans, and specifications are available at: Polk County Highway Department, 820 Old Highway 75 S, Crookston, MN 56716.

Cost - $50.00 (non-refundable incl. tax)

Bids must be sealed, identified on the envelope and accompanied by a Bidder's Bond or Certified Check in an amount equal to at least 5% of the total bid made payable to the Treasurer of Polk County.

The County reserves the right to reject any or all bids and to waive any irregularities thereof.

Richard C. Sanders
Polk County
County Engineer M45,46,47C

County Highway Project
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at 11:00 AM CST
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C.P 124-03-1429, C.P. 124-36-1430, C.P. 124-41-1431, C.P. 124-42-1432, and C.P. 124-206-1433

LOCATION: CSAH 3, CSAH 36, CSAH 41, CSAH 42, and CR 206

TYPE OF WORK: Bituminous Rout and Seal

LENGTH: 12.3 miles, 3.4 miles, 5.1 miles, 3.0 miles, and 1.4 miles

Major Items:

ROUT & SEAL BITUMINOUS PAVEMENT CRACKS 85,000 LB

Proposals, plans, and specifications are available at: Polk County Highway Department, 820 Old Highway 75 S, Crookston, MN 56716.

Cost - $50.00 (non-refundable incl. tax)

Bids must be sealed, identified on the envelope and accompanied by a Bidder's Bond or Certified Check in an amount equal to at least 5% of the total bid made payable to the Treasurer of Polk County.

The County reserves the right to reject any or all bids and to waive any irregularities thereof.

Richard C. Sanders
Polk County
County Engineer M45,46,47C

County Highway Project
BIDS CLOSE: February 23, 2024
at 10:00 AM CST
Polk County, Minnesota

ADVERTISEMENT FOR BIDS-NOTICE is hereby given that SEALED ELECTRONIC BIDS will be received at until 10:00 AM on Friday, February 23, 2024 , by Sam Melbye, Polk County Director of Property Records at Crookston, MN, on behalf of the Board of County Commissioners of Polk County for the construction of the County Project listed below. Sealed electronic bids will be OPENED and READ publicly at 10:00 AM, at the Polk County Highway Department in Crookston, MN. Bids received after 10:00 AM will not be considered. Bids must be submitted electronically through BidVAULT.

STATE AID PROJECT NO.
SAP 060-608-014
SAP 060-705-003

LOCATION:

On CSAH 8 from TH2 in McIntosh, MN to CSAH 30

On CSAH 105 in Erskine, MN

TYPE OF WORK:Milling, Pedestrian Curb Ramps, and Bituminous Overlay

Major Items:

Type SP 9.5 Wear Course Mix 2450 TON

Mill Bituminous Surfacing 7900 SQ YD

6" Concrete Walk 269 SQ FT

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County egram website: https://egram.co.polk.mn.us

All bidders will be required to submit an electronic bid and provide payment of $100.00 to the Polk County Highway Department.

Proposal, plans, and specifications are also available at: Polk County Highway Department, 820 Old Highway 75 South ,Crookston , MN 56716.

Cost - $100.00 (non-refundable incl. tax)

Electronic bids must be accompanied by a certified check or corporate surety bond in favor of the Treasurer of Polk County for at least 5% of the total amount bid.

The right is reserved to reject any or all bids and to waive any informalities or technicalities therein.

Richard C. Sanders
Polk County
County Engineer M45,46,47C

County Highway Project
BIDS CLOSE: February 23, 2024
at 10:00 AM CST
Polk County, Minnesota

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STATE AID PROJECT NO.
SAP 060-614-023
SAP 060-645-025

LOCATION:

On CSAH 14 from CSAH 45 to TH 75, 1.0 mile South of Crookston, MN

On CSAH 45 from TH 220 to TH 75 at Eldred, MN

TYPE OF WORK:

Milling, Bituminous Overlay and Aggregate Shouldering

Major Items: Type SP 9.5 Wearing Course Mix 23,600 TON

Mill Bituminous Surfacing 55,500 SQUARE YARD

Aggregate Base / Surfacing 9,000 TON

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County egram website: https://egram.

The Northern State Bank

As a locally owned bank our dedication to you is our top priority.
The Northern State Bank is proud to offer a full line of services including:

- Direct deposit
- Bill Pay
- Wire transfers
- Cashier's checks
- Canadian currency exchange.
- Safe deposit boxes
- Bank-by-mail
- Telephone transfers
- Automatic transfers
- Night depository

Give us a call today for more information. We are happy to help!

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R45C
EQUAL HOUSING OPPORTUNITY

CLASSIFIED ADS

Help Wanted Oklee Quilting

Full time office/customer support position. Basic bookkeeping - no payroll - in the Quickbooks program. Taking orders, creating invoices, processing payments, processing shipping, Online and in store customer sales and service. Some experience required.

Contact Oklee Quilting - 205 Main Street - Oklee, MN 56742 or 218-796-5151 for more information. O45C

Full & Part Time Local & Regional Positions

2, 3, and 4 day schedules or Full Time positions available from our Terminal in St Cloud, MN.

Come join our team at Warnert Logistics, we will have 2 FT driving positions available March 1st, We offer Full Time Benefits (Health Insurance, 401k, PTO) Home weekends and some evenings, Late Model trucks and Dry Van trailers, excellent maintenance program and onsite mechanic, percentage based pay program.

Requirements:
- Class A- Clean Driving Record
- 2 Years minimum experience

Contact Jesse at 320-257-9100 or recruiting@warnert.com

Polk County Full-Time Employment Opportunities:

Administrative Assistant II (Administration):
$24.24 - $30.71/hr. Position Closes January 31, 2024

Assistant County Attorney I:
$40.18 – $50.90/hr. Position Closes February 14, 2024

Deputy Patrol:
$30.03 – $38.04/hr. Position Closes February 14, 2024

Custodian I:
$19.20 – $24.33/hr. Position Is Open Until Filled

Campground Host – Cross Lake – Tilberg Park/NE of Fosston:
$1,948.84/month. Position Is Open Until Filled

Loader Operator I/Fosston:
$24.02 – $27.85/hr. Position Is Open Until Filled

Mechanical Maintenance Technician I/Fosston:
$26.49 – $32.55/hr. Position Is Open Until Filled

Sort Line Operator I or II/Fosston:
$19.99 - $24.33/hr. Position Is Open Until Filled

Polk County offers a highly competitive benefits package including but not limited to affordable family healthcare plans and PERA retirement.

For an application, full job description and general job opening information go to www.co.polk.mn.us and click on "Careers" or call 218-281-5408 Polk County Administrator's Office. EOE

R49tfc

CUSTODIAL HELP WANTED

The Clearbrook-Gonvick School has openings for 2 full-time custodial cleaners or part-time custodial cleaners. Job requirements include the ability to thoroughly clean while paying attention to detail with some lifting and bending required.

These are 12 month positions which include the following benefits: PERA retirement plan, paid holidays, sick time, personal time, and vacation time after 1 year. Wage range is $15.27-$17.36 per hour dependent on years of previous experience. Must be able to pass a background check. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions or to have an application emailed to you.

Please submit application, resume, and letter of interest to:
Melissa Weems, HR
16770 Clearwater Lake Rd
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us

R45-49C

TELLER/CUSTOMER SERVICE

Ideal candidate must be team oriented and dedicated to providing exceptional customer service in an accurate and timely manner.

Must be highly efficient, computer proficient, and able to multi-task. Cash handling experience preferred. Full-time position at Bagley branch, the hours are daily including up to two Saturday mornings/mo. Please pick-up application at Bagley location or send a letter and resume to First National Bank, Attn: Sue VanMill, PO Box N, Bagley, MN 56621.

First National Bank, Bagley, MN is an Equal Opportunity Employer of women, minorities, protected veterans, and individuals with disabilities.

Bagley, Fosston
First National Bank
Communities to Invest In...

EQUAL HOUSING LENDER
FDIC

BAGLEY *www.fnbbagley.com* *(218) 694-6233*
FOSSTON *www.fnbfosston.com* *(218) 435-6878*

R40tfc

RENTALS

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **FUTURE 1 Bd openings** for all elderly and all handicapped/disabled persons. Rent is based on 30% of your monthly adjusted gross income. Laundry room facilities available & off-street parking. **Resident Manager** onsite. Locked Entry system. Active Community Room. Applications and qualifications, contact Nicole at 218-751-6881 or Laura at 218-407-7681. Applications online @ bemidjimanagementinc.com AN EQUAL HOUSING OPPORTUNITY.

R43-46C

Full-time Teller/ Processor

First National Bank of McIntosh is looking for a customer-oriented candidate to join our team as a full-time teller/processor. Primary duties include conducting financial transactions with accuracy and excellent customer service.

This full-time position includes a family friendly work environment and benefits package including health, dental, and life insurance coverage, 401K opportunities with employer matching, paid holidays, and paid time off. For more information about this opportunity contact Philip Lee at 218-683-7861 or email philip.lee@fnbmcintosh.com. Experience is preferred, but not required.

first national bank of McIntosh
EOE & Member FDIC

R44-46C

FREE TO A GOOD HOME.

Female Siamese cat. Named Twinkles.
Leave message: 218-487-5217

R45-46C

RUMMAGE SALE: Embassy basement3rd/Eaton, Fosston, Friday, Jan. 26th (some items 50 cents) Saturday, Jan. 27th ($5 bag day, bags supplied) 9 a.m. - noon both days. R45C

Household

FLOORING SALE: In-stock as low as 67¢ sq. ft.; In-stock vinyls as low as 78¢ sq. ft.; In-stock laminates as low as $1.69 sq. ft. FREE estimates. Installation available. Mireault's Home Furnishings, Fosston, MN, 218-435-6171 or 800-545-6171 M3tfc-C

New Queen Mattress And Boxspring- $299. Full Size Sets $249, Twin Set $199. King Plush Sets Start At $559. Celebrating 12 Years of Business, Many Mattresses, Sofas, Frames. Dressers and More. BROTHERS FURNITURE & MATTRESSES- BEMIDJI, MN. Call 218-766-0064 -We Deliver Far and Wide, And Haul Away Too. brothersdiscountfurniture.com R39tfc

Big Banners made at Richards Publishing! Many sizes available Full Color 218-487-5225

AD DEADLINE 5:00 PM FRIDAY!

FOR SALE

Parts for snowmobiles, motorcycles, 3 & 4 wheelers for sale. Lots of vintage sleds. Also buying parts/ machines.
Call Tom's Recycling 218-686-7515

M24-50C

Richards Publishing

LAMINATING DONE from business card size to letter size, while you wait. Richards Publishing Co., Gonvick.

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

1x4

Sounds like multiplication?

Guess again.

It's newspaper talk for a one-column by 4-inch ad.

Too small to be effective?

You're reading this one!

Richards Publishing Co., Inc.
Gonvick
487-5225

CURRENT JOB OPENINGS

Anticipated Director of Indian Education position open immediately. Applicants must have a four-year Bachelor of Science Degree as well as a valid driver's license. Experience in Indian Education is preferred but not required.

High School Social Studies Teacher position opening fall of 2024. Proper Minnesota licensure is required.

*Interested applicants should send a resume, letter of interest, three letters of recommendation and a copy of college transcripts to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us. Successful candidates must pass a criminal background check. Positions will remain open until filled. *

Substitute Teacher opportunities are available. Applicants should submit their teaching license (or substitute licensure with a 4-year degree) and resume.

Successful candidates must pass a criminal background check.

Native American Home School Liaison position openings. Candidates must be highly qualified, which includes either two or more years of college, an AA Degree, or the ability to pass the ParaPro Exam.

Paraeducator position openings. Candidates must be highly qualified, which includes either 2 or more years of college, an AA Degree, or the ability to pass the ParaPro Exam.

Substitute Para opportunities are available. Applicants must have a high school diploma or equivalent.

*Application forms may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Nichole Ekre at 218-694-6184. Successful candidates must pass a criminal background check. Positions will remain open until filled. *

Food Service Support Staff - a high school diploma or GED is preferred but not required. This is a 3-hour position.

Substitute Food Service Support Staff - a high school diploma or GED is preferred but not required.

*Application forms may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Jennifer Hecht at 218-694-6184. Successful candidates must pass a criminal background check. Positions will remain open until filled. *

Full-Time Route Bus Driver and Substitute Bus Driver positions. Applicants must have or be able to obtain a school bus driver's license endorsement. The District is willing to help applicants obtain their school bus endorsement. New drivers will receive a $200 stipend after six months of driving to help defray the cost of certification. For more information, please call Stuart Dukek at 218-694-6122. Successful candidates must pass a criminal background check. Positions will remain open until filled.

Maintenance Personnel positions. Bagley Independent School District #162 is accepting applications for a full time Maintenance Personnel position. Pay range is from $22.43 to $28.94 per hour depending on experience and qualifications. For questions about the position call Ron and (218)368-8314

*Application forms and a job description may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. Successful candidates must pass a criminal background check. Positions will remain open until filled. *

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Youth Wants Your New/ Gently Used Shoes

It's estimated 300 million people around the world people do not own shoes. Shoe-drive fundraisers help provide inventory to over 4,000 micro-entrepreneurs who sell the shoes to support their families. In turn, they help themselves out of poverty with a hand up, not a handout.

Bagley's Calvary Evangelical Free Church Youth have teamed up with Funds2Orgs, and are asking for "any" new and gently worn used shoes! The youth will collect the shoes, bag them, and send to Funds2Orgs to be weighed. Funds2Orgs send the collected shoes to developing countries to create job opportunities.

The funds will be used to update all Sunday School rooms, youth hang out room, and nursery. All shoes can be dropped off (in a designated box outside the church). The youth will collect the shoes, bag them and send them to the Funds2Orgs to be weighed. After your shoes are picked up from Funds2Orgs, they're sent to developing countries to create job opportunities.

Getting to the root of cannabis

Opinions on cannabis, hemp and associated products have evolved in recent years. As of October 2023, 30 states had made marijuana fully legal, and many others have mixed laws that allow for medicinal usage. Only four states continue to classify marijuana as completely illegal. Cannabis was legalized in Canada for recreational and medical purposes in October 2018 with the passage of Bill C-45.

As more research has been conducted on marijuana and closely related hemp, views have changed about the usage of cannabis products, spurring sweeping changes in public policy.

Defining cannabis

There are many terms associated with cannabis. Hemp and marijuana are understood to be varieties of the same species: Cannabis sativa or Cannabis indica, according to Britannica. While the plants resemble each other, they differ in significant ways. One defining difference between hemp and marijuana is the concentration of tetrahydrocannabinol, or THC, found in the plant. THC is the type of cannabinoid that produces a "high" feeling. Hemp has 0.3 percent or less THC in it. By comparison, marijuana plants can contain 25 percent or more THC.

CBD vs THC

THC is a cannabinoid. The Alcohol and Drug Foundation says cannabinoids are substances that join to the cannabinoid receptors of the body. The cannabis plant produces between 80 and 100 cannabinoids and about 300 non-cannabinoid chemicals. The two main cannabinoids are THC and CBD (cannabidiol).

The ADF says THC produces strong psychoactive effects, whereas CBD is thought to have anti-psychoactive effects that control or moderate the high caused by THC. CBD also may modulate anxiety caused by THC.

Michigan State University says clinical research indicates CBD is effective at treating epilepsy, while anecdotal evidence suggests it can help with pain and even anxiety. Similarly, marijuana has demonstrated therapeutic benefits for those with epilepsy, glaucoma and even multiple sclerosis.

Available for purchase

CBD products aren't as regulated or as restricted as products containing THC. It's possible to find everything from tinctures to oils to creams to gummies containing CBD in retail stores. Marijuana, on the other hand, is more carefully controlled in areas where it is legal for use. It is likely one will have to visit a licensed marijuana dispensary to purchase cannabis legally, and consumers may have to be a certain age. For example, in New Jersey that age is 21. Dispensaries also may be restricted in regard to how much product they can sell in one transaction. Legally allowable product categories can include dried flower, concentrated oils, resin, vape formulas, tinctures, topicals, syringes, lozenges, and soft chews, but will vary by dispensary. Shoppers should keep in mind it also may be illegal to transport cannabis across state lines in the United States, and it is illegal to drive while under the influence of cannabis.

The climate surrounding cannabis products is rapidly changing. From legalization to decriminalization, laws are as varied as the products containing CBD and THC.

Minnesota Receives New Horizon Award For Sec-ond-Consecutive Year at AFBF Convention

SALT LAKE CITY, Utah - For the second year in a row, the Minnesota Farm Bureau Federation (MFBF) is the recipient of the American Farm Bureau Federation (AFBF) New Horizon Award, honoring the most innovative new state Farm Bureau programs.

The award was presented during the American Farm Bureau Federation's (AFBF) 105th Annual Convention in Salt Lake City.

Minnesota was recognized for its Ag Day Gala, an annual event held on National Ag Day, designed to cultivate and recognize the rich history of the farmers, organizations, busi-nesses, and communities that support the success of agriculture across our state. The gala has been held the past two years, and each one was a sell-out.

"It is truly an honor to be recognized by the American Farm Bureau for a second year in a row," said Foundation Director Ruth Meirick. "The gala is an exciting opportunity to bring together all facets of Minnesota agriculture for one special night of celebration."

The evening served not only as a great networking opportunity, but also a unique platform to incorporate the diversity of Minnesota agriculture in a variety of ways: A signature drink with locally-produced spirits; local, hand-crafted items highlighting the silent auction; table flowers featuring fresh fruits and vegetables, arranged by local FFA students; en-tertainment provided by a former state 4-H member; and menu items locally sourced and thoughtfully selected to represent the diversity of products grown in our state.

The next Ag Day Gala will be held on Tuesday, March 19, 2024 at the North End Events Center on the Minnesota State Fairgrounds.

Minnesota was also one of 34 states to receive the Award of Excellence for demonstrating outstanding achievements in four program areas: Advocacy, Coalitions & Partner-ships, Engagement & Outreach and Leadership & Business Development.

About the Minnesota Farm Bureau Federation

To ensure Minnesota's agricultural vitality, the Minnesota Farm Bureau amplifies its members' voices through engagement, grassroots advocacy and agricultural awareness. Learn more about our efforts as an advocate for our 30,000 members and 78 county and regional Farm Bureaus at www.fbmn.org.

Attention Senior Class of 2024!

Attention Senior Class of 2024, there are several scholarships available through the American Legion Auxiliary. Go to https://www.legion-aux.org/scholarships . The deadline for submission is March 1st 2024.

Additionally, there are several scholarships available through the American Legion Auxiliary, Department of Minnesota. Information and applications can be found at

https://www.mnala.org/scholarships/

If you are interested in these scholarships, please familiarize yourself with deadlines, requirements and if the Unit President needs to sign the final application. Most scholarship applications need to be submitted by March 1st.

Does tea have medicinal properties?

The common cold can strike at any time of year, but most people likely associate colds with winter. Colds tend to spread more easily in winter, when people typically spend more time indoors with windows closed, thus making it easier for colds and other viruses to spread.

Many people have their own remedies when it comes to treating colds, and those strategies may include a daily glass of tea. Tea has been a beloved beverage for quite some time. According to the UK Tea & Infusions Association, tea can be traced all the way back to 2737 B.C. in China. As the legend has it, Chinese Emperor Shen Nung was sitting beneath a tree when some leaves blew into some boiled drinking water his servant had been preparing for him. The emperor tried the concoction and the rest is history.

Since tea was first (accidentally) consumed, it has become an integral part of many people's daily lives. That's even more so when people feel a little under the weather, which might prompt some to wonder if tea actually boasts any medicinal properties or if it's all just legend. According to Penn Medicine, various types of tea do, in fact, provide some notable health benefits.

White tea

A comparative study published in the Journal of Food Science in 2010 found that white tea might be the most effective cancer-fighting tea thanks to its robust antioxidant content. Penn Medicine also notes white tea is a source of fluoride, catechins and tannins, which means it could help to strengthen teeth and fight plaque.

Herbal tea

Harvard Medical School notes the curious distinction that herbal teas are not technically tea, as they typically lack the leaves or leaf buds of tea plants. Herbal teas are in fact made from tisanes, which are blends or infusions of dried fruits, flowers, spices, or herbs. Harvard Medical School advises speaking with a physician prior to drinking herbal teas, as they can cause problems among individuals with certain medical conditions. If a doctor gives the green light for herbal teas, people may be happy to learn that they've been linked to a host of health benefits, including improved sleep, reduced stress and lower blood pressure, among others.

Green tea

Penn Medicine notes that green tea is high in flavonoids, which are a type of metabolite found in plants. Flavonoids have been linked to improved heart health because they can help to lower levels of bad cholesterol and reduce blood clotting. In addition, a 2014 study published in the European Journal of Nutrition concluded that green tea and its catechins can help to improve blood pressure.

Should certain teas be avoided?

Though white tea, herbal tea, green tea, and other forms of the popular beverage have been linked to various health benefits, Penn Medicine notes other types of tea are best avoided. For example, detox teas, which Penn Medicine notes are often laced with laxatives, can be harmful to overall health. Bubble teas also tend to be high in sugar and calories. In general, it's best to discuss tea with a physician before making it a part of your daily routine.

Tea can provide a host of health benefits, and individuals are urged to discuss those properties with a physician as they look to turn over a healthier leaf.

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Multi-Generational Farm Transition Retreats

BRAINERD, MN. (1/8/2024)— Three hands-on educational retreats focused on multi-generational farm transition are being offered across Minnesota.

Multiple generations, spouses, partners and/or other relevant parties of family farms are encouraged to attend the Farm Transition Retreats together for a deep dive into conversations about family and business goals. These free hands-on retreats include facilitated planning and time for discussion, along with educational instruction.

Three locations will be offered. Pick the location that is most convenient for you.

• Mankato – Friday, February 23, 5 to 8:30 p.m., and Saturday, February 24, 8:30 a.m. to 4 p.m.

• St. Cloud – Friday, March 8, 5 to 8:30 p.m., and Saturday, March 9, 8:30 a.m. to 4 p.m.

• Crookston - Friday, March 22, 5 to 8:30 p.m., and Saturday, March 23, 8:30 a.m. to 4 p.m.

Topics covered in the retreats will be family and business goals, job responsibilities, tips for communications, financial needs of multiple generations of the farm and families, inheritance considerations and mechanisms of property and farm transfer. Follow-up visits are available following the retreat sessions to work with individual families.

"Finding time to discuss or think about a farm transition is hard to do when everyone is busy running the farming operations," said Susanne Hinrichs, Extension agricultural business management educator. "These farm transition retreats allow all parties involved the time to hear the educational topics together and then discuss and start making plans."

The Farm Transition Retreats are offered by Jim Molenaar, retired faculty at St. Cloud Technical and Community College, and Nathan Hulinsky and Susanne Hinrichs, Extension educators with U of MN Extension. Due to generous sponsorships of the Southern and Northern Centers of Excellence, AgCountry Farm Credit Services, and Compeer Financial, these retreats are free, but registration is required.

For more information and to register, follow this link: https://z.umn.edu/farmtransitions.

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Our Brooks Branch is Closing March 29, 2024

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- Debit cards - disable or reactivate debit card
  - Add to your electronic wallet

If you need assistance after closing, any of our four other branch locations can assist.

O23tfc

Representative Matt Grossell
Legislative Update District 2A

227 State Office Building 100 Rev. Dr. Martin Luther King Jr. Blvd. Saint Paul, MN 55155 ph: 651.296.4265

Legislative Update

This time last year we had a 17.5 billion dollar surplus and yet after nearly 10 billion in new taxes the Democrats' budget is projected to face around 2 billion in deficit in the next biennium. This out-of-control spending includes raising transportation costs in motor vehicle sales tax and registration, as well as over $700 million for a new office building for the House members. The spending in Saint Paul has gotten completely out of hand.

Red Flag Law that was Not Ready

On January 1st the Democrat's Red Flag law went into effect with some of the documents necessary to restore a Minnesotan's right to a firearm after being reported were not even ready for the law. Republican Leader Lisa Demuth released this statement chiding this careless rollout of this law. You can view the original statement here.

This law is an affront to due process and does nothing to address the alleged safety risk – the individual. Every American is entitled to due process, as guaranteed by the Constitution. This new Extreme Risk Protection Order was just one aspect of the Democrats' radical gun control agenda that they hurriedly passed in the last session. They also enacted Universal Background Checks, which will create strict and impractical obstacles for law-abiding Minnesotans who are attempting to exercise their Second Amendment rights.

2024 Session Priorities

Bringing attention to the scourge of child sexual assault will continue to be one of my top priorities. With cases right here in the Bemidji area this is a problem across the state and country that receives regrettably too little attention. Raising awareness is crucial to dispel societal stigma, and encourages survivors to come forward and seek support. Increased awareness also facilitates the implementation of preventive measures, such as educational programs, community outreach, and legislative changes, to better protect children and hold perpetrators accountable. Ultimately, prioritizing the recognition and prevention of child sexual abuse is essential for fostering a society that prioritizes the well-being and safety of its youngest members.

We need to bring balance back to the Minnesota Legislature and I pray that in the next year we will be able to do just that. Thank you for trusting me to represent you for these eight years. Please reach out with any legislative concerns or ideas you wish to share.

Please Stay in Touch

Please continue to stay in touch to share your thoughts or concerns. My phone number is 651-296-4265 or you can email me at rep.matt.grossell@house.mn.gov.

Have a great week and God Bless! Matt

2024 Snowmobile Safety Class

The Lengby-Fosston KnightRiders Snowmobile Club will be conducting their annual snowmobile safety class Sunday January 28th at 2:00 PM.

This will be the field day and review for the online snowmobile safety training. Students must first complete an online class from the MN DNR website. https://www.snowmobilecourse.com/usa/minnesota/

Must be at least 11 years of age.

Training will be at the KnightRiders Groomer Facility two miles East of Fosston at 42582 360th Ave. SE Fosston, MN 56542.

Remember to bring your printed voucher from the completion of the online portion.

For questions or to register please contact:Paul Nelson (218)280-0133

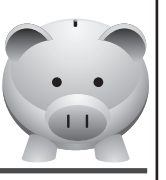
MCCL March for Life

Sat., Jan. 27, 9:30 a.m. leave from the southwest corner of Hugo's parking lot and march to New Journey Church for a 10:30 program, including speaker, Joan Berntson, director on the board at Northwoods Pregnancy Center. Refreshments will be served. Return rides to Hugo's will be available. Bring the family! Bring a sign! Some signs will be available, too.

Kaitlyn Ringeisen

As soon as your child is old enough to count, spend time teaching them to sort, save and count coins.

To make saving more fun, you could use the tradition piggy bank your child will receive when you open a savings account at Security State Bank.



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Theology in the Trenches

By Kathleen Kjolhaug

Sometimes There Are No Words—and Sometimes There Are

Sometimes there are no words.

I came home after receiving a long overdue haircut. As my husband greeted me, he paused. He paused long enough to lean down as though he was going to say something wonderful about my haircut! I knew he noticed, and I was eager to hear what he had to say. Would he tell me it looked nice? Would he say I looked beautiful and that the beautician did a great job?

He stepped in even closer to touched my hair and a smile came across his face. That was it! I just knew it would be good and I began to smile back—eager to hear what he had to say. "What do you think?" I asked. "Can you tell I got one?" Do you like it?"

His response came quickly as he seemed as eager as I to impart the lovely words I just knew were coming! "Hey!" he said as he looked over that which was before him. "Finally, I'm not the only one with gray hair. You've caught up to me, dear!"

There were no words. I stared blankly back.

That same afternoon I turned on the radio and heard a professor at Cornell University who had something to say about the war in the Middle East. After talking about the horrific deeds done he said, "It's exhilarating!" He said it alright cause I looked up the video and heard his words or lack of them when interviewed the next day. He actually had plenty to say, but sometimes, even in the midst of speaking words—there truly are no words—to equate to the emptiness one hears.

As a sign of hope, the same broadcaster mentioned a different educational institution which had reached out and was in stark contrast to the first one mentioned. The University of Steubenville invited all Jewish students to their campus assuring them they would be able to study in a place of safety. The announcement brought healing to all who heard.

"Interesting," the broadcaster said. "In times when evil is lived out, evil voices begin to rise and become loud. Yet, others filled with Light, offer goodness and this rises with a bold response giving voice to Truth."

Every so oft and ever so soft—there ARE words that give rise to goodness and those words carry healing and they bring light and love and grace and mercy and they build up and they do not tear down. And it becomes about the other and not about self—that's how you know the difference between which voices—which words—to spend your time listening to.

"Thy Word is a lamp unto my feet and a light unto my path" (Psalm 119:105). There ARE words worth listening to—His Word.

By the way—my husband did like my haircut—take my word for it—I eked it out of him! Amen.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: Hello, I thought I read somewhere that rest areas help reduce crashes. I saw a trooper at a rest area the other day, and it got me thinking about that. Can you write about that?

Answer: More than 20 million travelers stop at Minnesota rest areas annually.

Rest areas serve as an essential safety feature on the highway system by giving travelers a place to stop and rest. That helps address driver fatigue, a major cause of serious crashes. Studies reveal that a 15 to 20 minute break improves individual performance, even among sleep-deprived people.

According to the Minnesota Department of Transportation (MnDoT), rest areas serve as a practical way to provide motorists a convenient opportunity to stop, rest and refresh.

In addition, rest areas also:

- Reduce motorist need for shoulder stops.
- Reduce driver and passenger discomfort.
- Reduce driving under hazardous weather and road conditions.
- Offer customer services.
- Promote statewide tourism.

For more information on the safety value of rest areas, visit MnDoT's website here: https://www.dot.state.mn.us/restareas/program.html#safety

A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO_NW or reach him at, jesse.grabow@state.mn.us).

Watching for Tractors

By Auctioneer Eric W. Mickelson

A couple of years ago when school got out for the summer my wife, Patty, and my sister-in-law Liz headed for Fairfield Bay, Arkansas. Arkansas you say? Yes, it was the home of my in laws for about 20 years! They now have downsized moving to the Milwaukee area near their son. We helped with a moving sale and took home some family heirlooms that they will not be moving with them.

In this 1000 plus mile drive I had my eyes out for TRACTORS (of course)! First of all watching the farm work progress was interesting! We were probably as far in Minnesota as anywhere at that time, thanks to the flooding in Iowa, Missouri, and down into Arkansas. Some of the fields were planted and then flooded, but several are simply not planted yet. On the whole way down I only saw a couple of tractors working in the field. Then on the way home only a few again. One I know was replanting after his corn field had been flooded!

When I am traveling I keep my eyes open for "old" tractors and yes, I saw a few! Trouble is when you are on a schedule and traveling the interstate at 65 to 75 mph it is hard to get a picture. A couple of highlights were an A John Deere about 20 feet off the ground on a big steel pole, and down the road a ways was what I am guessing was about an F 12 Farmall also raised high on a pedestal. At some kind of dealer of misc. Items in Missouri was a nicely painted AR John Deere. This names a few!

Probably the one that caught my eye the most was a Ford tractor, bigger than the N series, in a yard hooked to a Super 77 New Holland baler. I don't think it was a working unit, but more of a display item. It brought back memories. I can remember my grandfather and dad heading to the hayfield when I was very young with our R John Deere on the front of our Super 77 New Holland baler. The New Holland had an air cooled Wisconsin engine for power and the tall plunger going up and down was fascinating for a child of 4 or 5 years old that loved tractors.

It wasn't long after that dad got our new 224T John Deere baler, quite a step up! But I am glad that we still have that old New Holland sitting out in memory lane. About once a year or so I take a trip out in the field and down the fence row and think about all the old equipment out there. Some people would tell you that old stuff is an eyesore, but I would tell you it is the opposite!! Every piece of old equipment out there has a little bit of history behind it, family history……. and there is nothing in the world more important to me than that!

An Oliver tractor pulling a New Holland 77 Baler.

How about a little tractor trivia!

1. True or False: There is a facebook page dedicated to 77 New Holland Balers.

2. Did the bales come out of a Super 77 baler with the twines on the tip and bottom like most modern balers or on "edge" with the twine on the sides?

3. Minnesota is the Gopher State or the North Star State. What is Arkansas's nickname?

4. My wife's grandfather and my grandfather and father each had a 1949 _____ John Deere Tractor.
A) Model A B) Model B C) Model D D) Model R

5. In Grand Island, Nebraska this year they are celebrating the 70th Anniversary of the introduction of what John Deere tractor?
A) Model A B) Model B C) Model D D) Model R

Answers: 1. TRUE 2. "On edge" or I would call it vertical. 3. The Natural State 4. B. Model B 5. D. Model R

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Snowshoeing opportunities abound on state lands

Snow cover in northeast and southwest Minnesota means snowshoers can enjoy the sport

Snowshoeing is the perfect way to beat cabin fever, bringing people outside for fresh air and providing a connection with nature that is beneficial for physical and mental health. Snow came late to Minnesota this year, and although there are still areas of the state with little snow cover, there are also many locations in northern and southwest Minnesota with enough snow for snowshoeing, and there are many opportunities to participate in snowshoeing on state lands managed by the Minnesota Department of Natural Resources.

Exploring on snowshoes is not only great exercise, it is a way to see areas of parks, forests and other lands that aren't accessible in summer. When the ground is snow-covered, it's safe to wander off trail without the risk of trampling sensitive plants or spreading invasive species through picking up seeds of invasive plants on footwear.

The recreation compass tool is an easy way to find locations for snowshoeing. All types of DNR-managed lands listed below are included on the Recreation Compass map (mndnr.gov/maps/compass.html)

Here are places to enjoy snowshoeing on state lands this winter:

State parks, recreation areas and trails

Snowshoeing is allowed at all state parks, recreation areas and trails. Visitors can snowshoe anywhere except trails that are specifically groomed for another activity, such as cross-country skiing or snowmobiling.

Many state parks offer snowshoe rentals for $6 per day. Details are available on the DNR's state parks snowshoeing webpage (mndnr.gov/state_parks/snowshoeing.html).

Some parks and trails locations offer snowshoeing programs such as guided snowshoe walks and wildlife watching. Participants in these programs are provided with a set of snowshoes if they don't have their own. To ensure there are enough snowshoes for all participants, many of the programs require advance registration. Most programs are free; more details are available on the DNR's parks and trails event calendar (mndnr.gov/ptcalendar).

For those who are new to the activity, six locations offer snowshoeing programs specifically geared toward beginners: Afton, Fort Snelling, Itasca and Mille Lacs Kathio state parks, Big Bog State Recreation Area, and the Gateway State Trail.

No permit is needed for state trails, but a vehicle permit is required for state parks and recreation areas. The DNR recommends purchasing a permit in advance using the DNR permits webpage (mndnr.gov/permits). Permits can also be purchased at park offices during open hours, which can be found on park webpages (mndnr.gov/parklist).

Scientific and natural areas

Minnesota has 168 scientific and natural areas, and snowshoeing is allowed at all of them. Visitors will need to bring their own snowshoes, and keep in mind that most SNAs do not have maintained trails. Some roads in SNAs are plowed, but parking areas are not plowed in winter. There is no pass or permit needed to visit an SNA.

SNAs recommended for snowshoeing include Bonanza Prairie, Grey Cloud Dunes, Lutsen, Mille Lacs Moraine, Purvis Lake-Ober Foundation, Sand Lake Peatland, St. Croix Savanna and Wild Indigo.

State forests

Minnesota's 60 state forests are also great places for snowshoeing. Like in state parks, snowshoers should avoid snowshoeing on trails groomed specifically for other activities like cross-country skiing or snowmobiling. No permit or pass is needed to snowshoe in state forests.

Those who want to snowshoe in state forests will need to bring their own snowshoes and should be aware that state forests are open to hunting and trapping during the appropriate seasons. Some small game hunting seasons opened on Jan. 1, and wearing blaze orange or pink is a good safety precaution.

Wildlife management areas

The DNR manages more than 1,500 wildlife management areas. Snowshoeing is allowed at all WMAs, and no pass or permit is needed.

People will need to bring their own snowshoes, and keep in mind that they may be sharing the land with hunters and trappers. Some small game hunting seasons are open and it's a good idea to wear blaze orange or pink even if not hunting. People bringing dogs to a WMA should be aware that there are trapping seasons during the winter.

Safety tips

Being prepared is important for a safe and fun snowshoeing outing.

- To learn about snowshoeing, check out the Minnesota Outdoor Skills and Stewardship webinar on snowshoeing and cross country skiing basics (youtube.com/watch?v=Bo1SKY5pdm4).
- Know before going. Visit the temporary closures webpage (mndnr.gov/closures) for links to information on state forest roads, wildlife management areas, state parks and state recreation areas.
- Check the weather forecast before heading out, and dress appropriately for the conditions. The DNR offers a guide to dressing for Minnesota winters (mndnr.gov/dressforwinter).
- Always check ice depth before going on frozen water and remember that ice is never 100% safe. A life jacket and ice picks are essential safety gear to wear on the ice. Read the DNR ice safety website (mndnr.gov/icesafety) for information.
- Snowshoeing can make people thirsty, even in cold temperatures. Bring water, as drinking water faucets are typically turned off in the winter at locations with drinking water.

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BATH SAFETY WORD SEARCH

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Y	B	K	G	T	G	R	H	B	U	F	L	E	K	B	O	A	D	B	F
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BATH SAFETY WORD SEARCH *Answers on page 7*

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BENCHES
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HANDHELD
HOT
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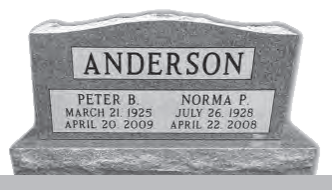

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OBITUARIES

Obituary for Norman Jacobson

Norman Jacobson, long time resident of Clearbrook passed away January 17, 2024.

Norm was born to Adil and Bertha Jacobson on April 13, 1924 in rural Clearbrook. He was preceded in death by his parents, three brothers Oscar, Norfolk, Virginia, Clearance of Clearbrook, and Robert, Duarte, California, as well as sisters Alice Dunrud of Springfield, Mo. and Anna Erickson of Gonvick. He is survived by his youngest brother Bernel living in California, son Curt Jacobson of Glendora, CA and grandchildren Jodi and Jeff Jacobson.

Norman married Clara Lebuck of Oklee and they had a son Curt Jacobson. Later Norm married his second wife Ethel Sutton in 1971 and they relocated from California to Minnesota in 1975. Due to age and illness he resided at the Cornerstone Residence Senior Care in Bagley the past three years.

Norm loved sports especially the Minnesota Twins and the Vikings. He also loved horse racing and the casino action in both Mahnomen and Bagley.

Graveside services are being considered for early May with further information and dates to follow.

Obituary for Rodney Emerson

Rodney Ray Emerson age 77, of Albertville, MN passed away July 22, 2023, at Abbot Northwestern Hospital in Minneapolis due to complications from surgery. His wish was that his body be donated to the University of Minnesota Medical School bequest program. A memorial program was held on January 6, 2024, at the 21st Century Bank Event Center in Rogers, Minnesota.

Rodney was born on June 4, 1946, to Raymond and Harriet (Haugan) Emerson and he grew up on the farm in Eden Township. He attended Gully grade school and graduated from Fosston High School in 1964. In 1965, he enlisted in the Army and spent two years in Germany and a year in Vietnam in combat, grinding through the jungle pulling dead and wounded G.I.'s through the back hatch of his armored personnel carrier and getting rained on with Agent Orange. A year that would affect the rest of his life. Rodney was awarded a Purple Heart and a Combat Infantry Badge during his time in Vietnam.

After returning home he went to work for Gambles in Minneapolis. Later, he worked for Thermo-King for many years and the Civic Center in St. Michael, MN before he retired. In 1983, he married Cathy Bantarri and they raised a family of two girls. He enjoyed being with his family and in later years his grand kids. Rodney was a lifelong Corvette enthusiast. His life was not complete if he didn't have a Corvette or two in his garage to take out for a spin now and again. He also was an avid reader, stamp collector, and a gun collector. And his loyal beagle dog, Winston was his true companion to the end.

He is survived by his wife, Cathy, daughter Allison (Nicholas) Anderson, daughter Crystal (Jamie) Carlson. Grandchildren Brock and Barrett Anderson, Clarabel Carlson. Sister Ramona Emerson, brother Ronald (Deb) Emerson, brother Russell (Sheila) Emerson. Aunt Murriel Nelson and a variety of nieces, nephews, and cousins.

He was proceeded in death by his parents and his sister Rosalind Coleman and brother-in-law David Coleman.

Blessed be his memory.

Obituary for Morley Peterson

Morley Allen Peterson, 81, of West Concord, passed away on January 19, 2024, at Benedictine Living Community in Owatonna.

Born on February 16, 1942, in Owatonna, Minnesota, to Ernest and Blanche (Bogues) Peterson, Morley grew up and attended school in Dodge Center and later earned an Associate Degree in diesel engine repair from Rochester Technical College.

Morley married Karen Karel on June 17, 1967, in Red Lake Falls, Minnesota, and they built their life together in West Concord, raising their children, Julie and Daniel. Morley had a career as a small engine mechanic at Sears Service Center and Earl's Small Engine Repair, and he also owned a stump-cutting business.

Upon retirement, Morley embraced the joys of life, engaging in activities such as fishing, camping with friends, coffee gatherings with the guys, and exploring town and beyond on his beloved scooter. A dedicated community member, he was involved in Trinity Lutheran Church, received the West Concord Citizen of the Year award in 2010, and volunteered his time for community projects. His legacy is one of commitment, family, and a passion for the simple pleasures in life.

Morley is survived by his wife, Karen Peterson of West Concord; children, Julie Peterson of Apple Valley and Daniel Peterson of Shakopee and siblings, Shirley Tate and Wayne Peterson, both of Aurora, Minnesota.

He was preceded in death by his parents, Ernest and Blanche Peterson.

Visitation will be at Michaelson Funeral Home, West Concord Chapel on Friday, January 26th from 4:00 - 7:00 PM and at church one hour prior to the service. A Memorial Service will be held Saturday, January 27, 2024 at 2:00 PM at Trinity Lutheran Church, West Concord with Pastor Chad Christensen officiating. Private interment will be held at a later date.

Michaelson Funeral Homes, Inc. 1930 Austin Road, Owatonna, MN 55060

Obituary for Lylah Hanson

Lylah Hanson, age 88, of Fosston, MN, passed away on Saturday, January 13th, at Essentia Health Hospital in Fosston. A memorial service was held at 2:00 p.m. on Thursday, January 18th, at Kingo Lutheran Church in Fosston with the Rev. John Ragan officiating. Interment will be in Kingo Lutheran Cemetery, Fosston, at a later date. Family will greet friends for one hour prior to the service on Thursday at the church. Arrangements are pending with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Lylah Ann Loland was born on July 29, 1935, in Yellow Medicine County, Minnesota to parents Selmer and Bernice (Olson) Loland. She was baptized at St. Paul Lutheran Church in Lengby and confirmed at Fridhem Lutheran Church in Lengby. She attended Hoge country school and graduated from Fosston High School in 1953.

Lylah was married to Swen Arneberg in 1956. To this union, two children were born, David and Cheryl. They lived and farmed between Fosston and Winger in Sletten Township. Swen passed away in 1982. She lived on the farm for a few years before moving to McIntosh. While living in McIntosh, Lylah worked at Neil's Meats.

Lylah married Gwendel Hanson in 1987. They lived in McIntosh and spent winters in the south. Gwendel passed away in 1991. Lylah continued to live in her apartment in McIntosh. She lived there until just this past September when she relocated to the Prairie Pines Assisted Living in Fosston. She was a member of Kingo Lutheran Church in Fosston.

Lylah passed away peacefully on Saturday morning, January 13, 2024, at Essentia Health Hospital in Fosston at the age of 88 years.

Survivors include her daughter, Cheryl Vorderbruggen of McIntosh; one sister, Lucy (Mylo) Bjorkman of Sartell, MN; one brother, Gary Loland of Fosston; stepson, Wendel (Jan) Hanson of Fosston; grandchildren, Derick Arneberg, Dustin Arneberg, Devin Arneberg, Cory (Heather) Strandlien, and Cara (Shane) Anderson; great grandchildren, Madison, Macy, McKinna, Katie and Brylie; and one great great grandchild; also surviving are step grand and step great grandchildren; nieces, nephews and cousins.

She was preceded in death by her parents; her husbands, Swen and Gwendel; son, David in 2009; brother, Peter Loland; and stepdaughter, Mae Annette.

Obituary for Tom Nelson

Tom Nelson, age 70, of Fosston, MN, passed away unexpectedly on Wednesday, January 17th, at his home. A memorial service will be held at 11:00 a.m. on Thursday, January 25th, at Kingo Lutheran Church in Fosston with the Rev. John Ragan officiating. Interment will be in Kingo Lutheran Cemetery, Fosston, at a later date. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 7:00 p.m. prayer service on Wednesday, January 24th, at the Carlin Funeral Home in Fosston. Family will also greet friends for one hour prior to the service on Thursday at the church. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Thomas William Nelson was born on November 27th, 1953 in Roseau, MN to William and Mildred Nelson. He lived in Badger, MN until 1961 when the family moved to Fosston. Tom attended school and graduated from Fosston High School in 1971. He continued his education at Northland Community College in Thief River Falls. In 1976, he was employed with Polk County Highway Department where he was a dedicated employee for 40 years before retiring in 2016.

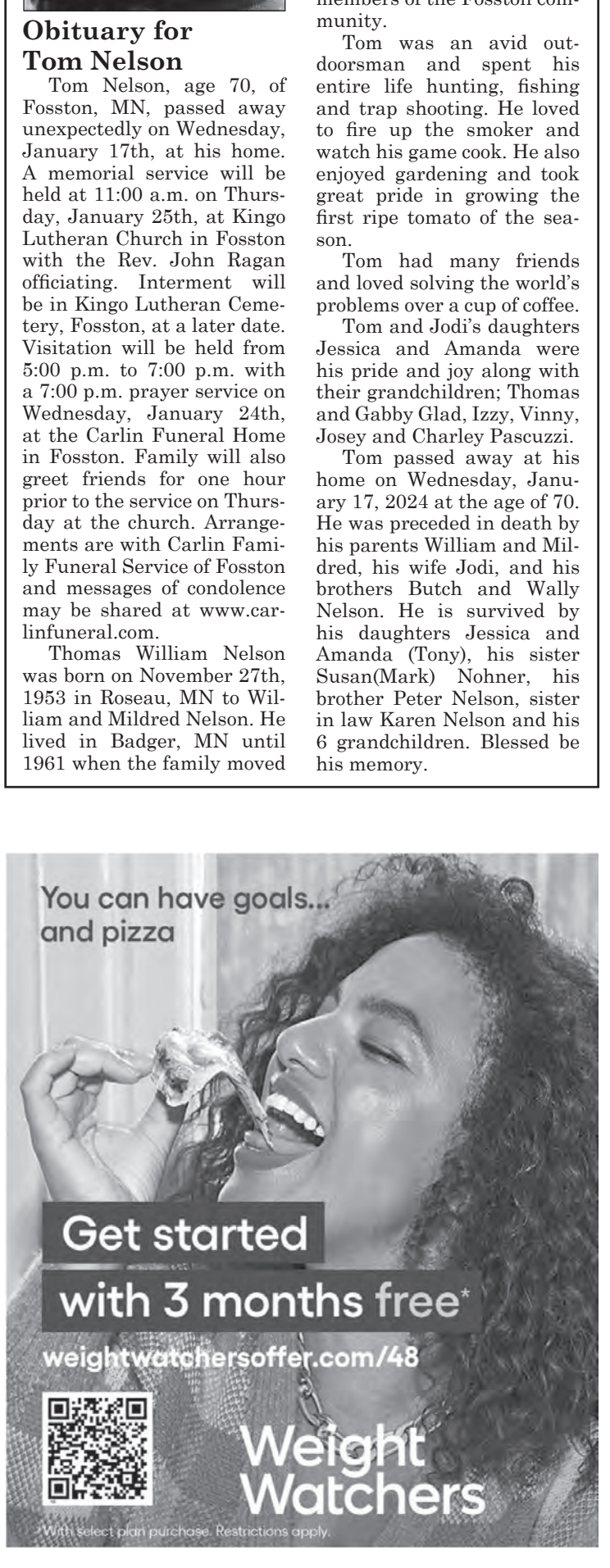
Tom and Jodi were high school sweethearts and were united in marriage on May 24th, 1975, at Kingo Lutheran Church. They built their home and were lifelong members of the Fosston community.

Tom was an avid outdoorsman and spent his entire life hunting, fishing and trap shooting. He loved to fire up the smoker and watch his game cook. He also enjoyed gardening and took great pride in growing the first ripe tomato of the season.

Tom had many friends and loved solving the world's problems over a cup of coffee.

Tom and Jodi's daughters Jessica and Amanda were his pride and joy along with their grandchildren; Thomas and Gabby Glad, Izzy, Vinny, Josey and Charley Pascuzzi.

Tom passed away at his home on Wednesday, January 17, 2024 at the age of 70. He was preceded in death by his parents William and Mildred, his wife Jodi, and his brothers Butch and Wally Nelson. He is survived by his daughters Jessica and Amanda (Tony), his sister Susan(Mark) Nohner, his brother Peter Nelson, sister in law Karen Nelson and his 6 grandchildren. Blessed be his memory.



The link between sleep and mental health

Sufficient sleep is often an unsung hero of overall health. When people gets enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

· **Sleep and depression:** The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

· **Sleep and anxiety disorders:** Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal Neuroscience found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

· **Sleep and bipolar disorder:** A 2015 study published in the journal Sleep Medicine Clinics found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

· **Sleep and ADHD:** The Sleep Foundation notes that sleeping problems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD.

The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at sleepfoundation.org.

Obituaries also online
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Word Search Answers for this week

A	I	D	B	S	T	K	M	B	I	S	L	W	R	R	P	B	C	P	M
Y	B	K	G	T	G	R	H	B	U	F	L	E	K	B	O	A	D	B	F
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DNR releases Invasive Carp Action Plan update

Broad collaboration informed plan update

The Minnesota Department of Natural Resources has released the updated Invasive Carp Action Plan for the next 10 years of prevention and management efforts in Minnesota.

The plan includes a prioritized set of recommended actions that build upon the DNR's current intensive invasive carp efforts, including additional actions in the categories of:

- Monitoring invasive carp populations to support response actions
- Prevention and deterrence to limit migration in the state
- Response preparation to ensure swift actions if invasive carp are found in new locations
- Management and control strategies to remove fish and minimize populations
- Outreach, communication and coordination to work with key partners and the public to minimize risk and impacts to the state

"Minnesota is a leader in the use of cutting-edge invasive carp management strategies to protect our waters as well as a leader in collaborative planning," DNR Commissioner Sarah Strommen said. "I want to thank the partners who engaged in the process to inform this plan. Today's updated action plan is a road map that will guide the DNR's work with our partners and all Minnesotans to minimize the impact of silver, grass, bighead and black carp on our state."

The DNR's update of the plan was informed by engagement with more than a dozen agencies and organizations involved in preventing the spread of invasive carp in the Mississippi River.

"As we have said before, invasive carp prevention and management is a team effort, and the DNR is fortunate to be part of a big team," DNR Invasive Carp Coordinator Grace Loppnow said. "The updated action plan prioritizes a range of prevention and management techniques — because we want to use the methods that are proving most effective. There is no single solution to this complex challenge."

Invasive carp management efforts

The DNR and partners are already using a wide range of efforts to manage invasive carp, including tagging and tracking invasive carp to better understand and exploit their movements, contracting with commercial fishing operations to target invasive carp, and developing and testing new methods to capture invasive carp. In addition to continuing and expanding these existing efforts, the updated Action Plan also includes steps to further evaluate potential invasive carp barriers and other deterrents to protect Minnesota. To date, no evidence of invasive carp reproduction has been observed in Minnesota waters.

Seeking Host Families for Foreign Exchange Students

Bring the World to Your Home This Coming Fall

ASSE International Student Exchange Programs (ASSE), a Non-Profit, Public Benefit Organization, is inviting local families to discover the many rewards of hosting a foreign exchange student. ASSE students come from more than 50 countries worldwide: France, Denmark, Spain, Italy, Ukraine, Japan, Australia, to name a few. They are between the ages of 15 and 18 years, and they are enthusiastic and excited to experience American culture, family life, school, sports. etc. They also love to share their own culture and language with their host families, who welcome the students into their home, not as a guest, but as a family member, giving everyone involved a rich cultural experience. Host families may be single parents, couples and single persons.

The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are carefully selected based upon academics and personality, and host families choose their student from a wide variety of backgrounds, countries and personal interests.

ASSE also offers qualified American students the opportunity to learn another language and culture by spending a school year, semester or a summer with a host family in another country.

Those interested in hosting an exchange student or becoming an exchange student abroad, should call Adriane at 1-800-473-0696, visit www.asse.com or send an email to asseusasouth@asse.com to request more information or start the application process. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today. The memories and the friendship you create with your exchange student will stay with you forever.

Contact: Saphia Lesch, Midwestern Regional Director, 1-800-736-1760 - asseusamidwest@asse.com

Six Northwest Minnesota projects receive CERTs Seed Grants for community-based clean energy efforts

SAINT PAUL, Minn. (01/22/2024)—Minnesota's Clean Energy Resource Teams (CERTs) is awarding seed grants to 45 energy efficiency and renewable energy projects—including six within the northwest region of Minnesota. The projects range from educational outreach on clean energy incentives, to energy efficiency for manufactured homes, to skill-building for clean energy careers.

Seed grants strive to support historically underserved communities. Underserved communities include Minnesota populations with high energy burdens, where households spend more than 5% of their annual income on energy costs (compared to 2% for the average Minnesota household). For example, Thief River Falls Food Shelf plans to make energy efficiency upgrades to their space and share energy saving opportunities with their visitors.

Financial and programmatic support comes from CERTs' partner the Minnesota Department of Commerce, with additional support from the Morgan Family Foundation. Minnesota's seven regions are each receiving $43,000. The support will be distributed among the projects which were selected by panels of local residents known as CERTs Regional Steering Committees.

"I'm excited to work with this new round of CERTs Seed Grants that will support community-identified initiatives while achieving clean energy goals. Many of this year's projects are improving the quality of life for those who reside in the Northwest, and that is largely why I do this job,," says Anna Peterson, Northwest CERT Regional Coordinator

CERTs Seed Grants encourage projects that help people see clean energy working in their own communities. With over $1.98 million awarded to 509 projects since 2006, the newly funded 2024 projects will provide more opportunities for Minnesota communities to tangibly learn about and experience the benefits of clean energy.

CERTS SEED GRANTS | NORTHWEST REGION

Aaron's Grocery: Energy Efficiency Cooling Equipment

Fertile, MN. - Aaron's Grocery is one of the few places in the area where people can purchase fresh produce, meats, and cheeses. Installation of coolers with doors will reduce energy use, provide additional space for perishable food, and extend product shelf life.

Care and Share of Crookston: Energy Efficient Utilities Upgrade

Crookston, Minn.—Investing in homeless shelter upgrades can increase capacity to serve more unsheltered people within communities. This project will use insulation to increase the shelter's energy efficiency and will use air quality assessments and appliance safety checks to improve the safety of the space.

City of Halstad: Wimmer Home HVAC Efficiency Pilot

Halstad, Minn.—Wimmer Homes were originally built in the 1960s for low-income, elderly people to preserve independence. An HVAC pilot project in the shared laundry unit will add a high-efficiency cold climate mini split with storage heat.

Midwest Tribal Energy Resources Association: Gap Funding to Pursue Federal Funding for Tribal Clean Energy Projects

Northwest MN—MTERA will provide resources directly to Tribes to fund necessary aspects of clean energy project development and implementation, such as funding grant writers or hiring contractors for specific aspects of projects outside of their or MTERA's expertise.

Thief River Falls Food Shelf: Going Green, Going Clean

Thief River Falls, Minn.—Energy efficiency upgrades to this "Super Shelf" food shelf will include LED lighting, HVAC upgrades, and additional insulation. The project will save the food shelf energy and offer education opportunities on going green for visitors.

West Central Initiative: What Fuels You? Ways That Make 'Cents' Video Series

Northwest MN—The video series will educate and inspire viewers by featuring Minnesotans using clean energy resources within their homes, businesses, and communities.

Free Online Class Assists Farmers to Sell Direct to Customers

Moorhead, MN. (1-16-24) - The University of Minnesota Extension will offer a free online class to farm operators on how best to price and market farm goods direct to customers.

The series of three classes will be on Tuesdays at 6 p.m. on Feb. 6, 13 and 20. A self-guided workbook will be available to apply the knowledge to your own operation and the entire series is free. Register at https://z.umn.edu/direct-to-consumer

"Farm operators typically focus on the production side of farming and have less experience with setting retail prices and actively marketing products," said Ryan Pesch, Extension ag business management educator. "Whether you are a beginning operator looking to get started at your local farmers market or a seasoned veteran looking to sell some quarters of beef on the side, this class will give you the basics to get up and running in 2024."

Extension ag business management assists producers with a range of business management issues. Go to https://extension.umn.edu/managing-farm to find more information and other events.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.

Bagley & Bemidji "Friends in the Kitchen" On-Hold!

Photo by Tomoko Warfield

The Bagley and Bemidji "Friends in the Kitchen" Senior Cooking Programs has been put on hold. "Friends in the Kitchen" was a free cooking program for seniors, that was sponsored by Lutheran Social Service of Minnesota. Classes were held at the Bagley American Legion and the Bemidji Community Food Shelf for nearly all of the past 6 years.

Classes were taught and facilitated by Angie Ness of Bagley and Connie Nunemaker of Shevlin. The pair shared with seniors new ways to prepare healthy meals using local foods and simple ingredients. Yet, most importantly, they built a place where seniors could socialize, learn and sample healthy food.

"Friends in the Kitchen" began in St. Peter, MN six years ago, then expanded to five additional communities statewide. The class had been a tremendous success! More than 2,000 older Minnesotans were able to participate. Seniors not only came away with new tasty and healthy recipes, but also the knowledge that healthy eating can be affordable, easy to achieve, and accommodate most special dietary needs.

"Friends in the Kitchen" was funded initially by the Great Plains Collaborative, a research-based non-profit organization that focused on improving health outcomes. Then, funding was through a variety of community grants. Those grant sources are now complete. "We are grateful for our funding partners and their generous support for making this service possible." Angie said.

Although LSS is no longer sponsoring "Friends in the Kitchen", LSS allowed Angie Ness to keep the program name, as well as retaining the kitchen equipment and supplies necessary to continue providing classes in the future.

Angie is currently working on collaborating with other non-profit organizations for help with grants and partnerships for future classes. Watch your local papers and social media sites for status updates.

"Connie and I would like to continue to teach again in Bagley and Bemidji. We've had a lot of support from the community and local non-profit organizations. This program has been very successful and extremely helpful for area seniors, especially during these times. Participants looked forward each month for the opportunity to be together, to socialize, learn and share food."Angie said

Today, Angie and Connie are still teaching classes at the Clearwaters Life Center in Gonvick on the second Monday of each month. The next class will be February 12, in the dining area of the CWLC-Gonvick from 11 am-12:30 pm. These classes are sponsored by Prime West Health.

If you have any questions or want to contact Angie Ness please call (503) 200-0494.

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