



Tri County Canary

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

Engebretson to speak at 5th Annual Small Scale Sustainable Sheep Farming Event in February

Dennis Engebretson will be speaking at the Small Scale Sustainable Sheep Farming Event February 16, 2019 at Clearbrook City Hall, Clearbrook MN. More information about the event at sheepcommunity or email sustainablesheep@gmail.com or 218-657-2502.

Alethea Kenney had the opportunity to interview Dennis.

1. Tell me a little about yourself and your family?

Jackie, my wife, and I have been married since 1979. Jackie grew up in Cavalier/Grasston area, ND in her younger years but moved to the Bagley area in her teen years. We met at church, married in 1979, been married close to 40 years. We have a daughter Maria who is 38, Philip, our son just turned 36. Maria is home with us and Philip is doing carpentry work and part time employment on a farm in North Dakota in spring and fall for planting and harvesting. He's been doing the carpentry this past year full time.

We've been very involved in church activities over the years, youth group activities, Sunday school. Jackie plays the violin at church regularly. I have a sister Judy who teaches at Clearbrook-Gonvick School Community Ed program summer rec. My brother Gordie and his wife, Roxanne and 4 children served in Gambia, Africa for 26 years. They are now home farming, Roxanne is an RN.



Dennis Engebretson will speak at the Small Scale Sustainable Sheep Farming Event February 16, 2019

2. How long have you been farming and how long has your farm been in your family?

Farming all our lives. The farm was homesteaded in 1903.

3. What livestock were originally raised on your farm?

Beef cattle, dairy, small dairy operation, sheep, chickens, pigs. Those were the early ones. And then kind of the same now only the elk were added in 1995.

Back then, almost all people had the dairy. When I was young, pre-teen, there were six to seven milking cows, using milking machines then, but early on I'm sure they milked by hand.

We'd put the milk in cream cans, then hauled it to Clearbrook to the Creamery. Later we started using a separator to separate milk from cream and hauled cream to the Creamery. That's when we started getting back into feeder pigs, fed the skim milk to the feeder pigs and sold the cream.

Bagley had a creamery, as did Clearbrook and Leonard. Leonard's is Reichert Saddle now, Gonvick also had a creamery. Within eight miles of us there was three creameries. McIntosh had a creamery and Fosston had one.

Used to make butter at the creameries, my Grandpa was on the creamery board there in Clearbrook. Grandpa, back when he was raised, they started the farm, he was into sheep. Had a couple hundred sheep back then, had sheep tours on the farm. Pictures show crowds [at these events], county agent or state official had tours. We have a picture of Grandpa down in South St. Paul with a trucker, David Nordlund, and Bob Moore, sales manager. That was in 1953, selling sheep at the sales barn in St. Paul.

4. How did you first get

interested in elk?

They had these events around the state on diversified farming options. Different people talked about what they'd started, raising sheep for wool, or raising trout or some kind of craft thing they were getting into and making things. I went to several of those, there were some on raising different kinds of puppies. I was looking for another option for income for the farm and so looked at several. I had looked at elk but I had ostriches for four years before I got into elk. When I went into it [ostriches], a lot of people were excited about ostriches and I was looking for something to diversify but also something that provide more diversified income from the animal. After three years, I realized it was a fad. They were not as diversified at that time with products that could be marketed. After that I started thinking about the elk. Elk are much more adapted to our weather. I've raised a variety of animals over the years and visited three to four different elk farms. I bought my first bred cows in 1995 from a man near Sauk Centre. From there I have been adding to the numbers, doing artificial breeding, selling some breeding stock, mainly trophy bulls, meat, velvet antler.

5. What were your original goals for your farm and how has that changed (or not)?

My father, I remember him talking about keeping somewhat diversified with several income options on the same farm. He, when I graduated from high school, recommended I seek a trade so I took two years of carpentry which would work along with farming as an option for extra income. So that was the longer term goal, diversifying income on the farm. One way to do that was by taking carpentry schooling after high school, which worked out in the late 1980s and 1990s to 2000s, doing some carpentry work along with farming. Now that I've gotten into the elk numbers and my age, I've been sticking with farming the last few years.

Birdsfoot trefoil was a big part of the farm and is part of the diversification. That was a major part of our farming for years in the 1970s, 1980s and 1990s.

Engebretson...
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Iziah Lewis and Tyrus Lewis visit with Santa.

Essentia Health-Fosston Tree Walk Raises over \$15,000

Essentia Health-Fosston held the 17th Annual Tree Walk to raise money for its hospice program on December 2 at Magelssen Elementary School. The event included a pancake breakfast, cider and goodies, a silent auction, games for the kids, a visit from Santa and a Celebration of Life ceremony.

Festive holiday spirit abounded in the school with locally fresh-cut trees, donated by Mienert Electric, were decorated by a variety of individuals, businesses and organizations. Proceeds from the tree auction, silent auction, donations and angels purchased for the Celebration of Life ceremony raised over \$15,000.

"We are so grateful for the generous community support of our hospice program," says Kristi Mienert, registered nurse and hospice manager. Mienert

adds, "Everyone who attended the event will make a difference in the lives of our hospice patients and their families."

Funds from the event will be used to bridge the gap between the cost of hospice care and the amount insurance reimburses. Hospice care is a specialized type of care for those facing a life-limiting illness, their families and caregivers. Hospice care addresses the patient's physical, emotional, social and spiritual needs.

Special thanks to Fosston-Lengby Lions for the pancake breakfast and tree delivery, Mireaults Home Furnishings for their donation from "Light up the Night", Mienert Electric for donating the trees, Magelssen Elementary staff, everyone who decorated trees, donated items for the auction or attended the event.



One of the beautifully decorated trees.



Dennis has been raising elk on his farm since 1995. Interview and photos by Alethea Kenney.

Jessen will be speaking at the Sheep Farming Event

Weaver Carrie Jessen will be speaking at the Small Scale Sustainable Sheep Farming Event February 16, 2019 at Clearbrook City Hall, Clearbrook MN. More information about the event at sheepcommunity or email sustainablesheep@gmail.com or 218-657-2502.

Alethea Kenney interviewed Carrie recently.

1. How long have you lived in the northern Minnesota area?

Except for a brief summer job as a college student, I've lived in the Bemidji area since the fall of 1980. My husband and I have lived in our Solway home for 32 years.

2. Can you tell me a little bit about your hobbies and interests?

Weaving blankets and household linens with wool and linen has been from a hobby to "serious fun"! I also enjoy fingerweaving (a type of weaving used by native Americans to make sashes and straps related to Fur Trade historical reenacting), knitting, embroidery, and sewing. I also enjoy perennial gardening and reading.

3. How long have you been weaving and what other fiber art techniques do you use?

I started weaving about 24 years ago on a table loom. Some of the techniques I use could also be described as different patterns in weaving, such as huck-a-back for towels and different twill patterns for blankets. I like making stripe patterns and plaid patterns. Another technique I often use is heavy fulling, which is similar to felting.



Carrie Jessen has woven many blankets with wool and linen. Photos by Carrie Jessen.



4. What got you interested in fiber arts and weaving?

Hmmm. I had a phenomenal "home-ec" teacher when I was in the 7th grade, in Medina, ND. Yup, the class "home-ec" was where we were taught sewing, cooking, and some other fun



things like knitting and crocheting, and even how to apply make-up! I wasn't exposed to weaving for many years after that, but I was given free rein to learn all sorts of needlework techniques. I was totally hooked on fiber and rarely went any-

where without a project to work on, including band bus trips and biology class. I became interested in weaving when I saw an exhibit at the old Carnegie library in Bemidji and 10 years later I was incredible providence that I met a weaver with looms and generous patience to teach me how to weave!

5. What weaving techniques have you used and what are you focusing on now?

I have used 4 and 8 harness looms but I weave almost entirely on 4 harnesses now. I have done colonial overshot, different types of twills and huck-a-back patterns. I focus on twills and huck-a-back presently, for blankets and home linens. These patterns were also commonly used in our colonial era. Most of the blankets I've made are woven in two panels that are joined down the center. This was common in the colonial era as well, since looms in homes were not wide enough to weave a blanket in only one panel. I heavily full most of my blankets as well, to make them heavier, and warmer.

6. Have you used other fibers besides wool for your weaving?

I also weave with linen and cotton.

7. What can you tell me about wool that makes it useful for weaving blankets?

Wool is warm, sustainable, and takes dyes beautifully. It fulls well to become lofty and even more warm and beautiful. It's fibers have enough stretch

Jessen...
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Dennis has been harvesting elk fiber for yarn.

...Engebretson continued from front

6. What products do you get from your livestock?

Beef cattle are mainly raised for cow/calf operation and selling feeder calves. With the sheep, I sell feeder lambs and a smaller amount of butcher lambs. Now I'm considering wool off my sheep as well, since being in contact with what was Northern Woolen Mills in Fosston. Raising the wool and one of the reasons for doing that is trying to develop interest in other producers, including 4H kids, that there are other products besides just meat lamb. The wool has good value to it. That's been one of my goals the last five to six years.

I don't have poultry anymore. When I was 8 years old to 30 yrs old, I raised laying hens. Worked up to 200 hens, started out small and then sold meat birds and sold eggs for about 20 years. That was a training period in my life to take on a task, a project as a young kid, teenager and up through my 20s, selling eggs and butcher chickens.

The elk provide velvet antler that is harvested off the bulls in late May/June and it's harvested and frozen and then marketed to the Oriental market, mainly China. That's processed into a velvet product for humans. In North America, velvet is made into products for pets, dogs and horses. For human consumption it goes to China and is used as a natural safe, effective pain relief. It also promotes energy and stamina. It has been used for arthritis, pain relief, nutritional supplement for athletes and an ingredient in Traditional Chinese Medicine for over 2000 years, second only to ginseng.

There are several grades of elk velvet and they even use the hard antler in some oriental teas. It is a high calcium product for anti-inflammatory agents. The hard antler is also cut into four to six inch pieces, splitting the antler down the middle to make dog chews. This is one of the bigger sales, sold by the pound in the U.S.

Trophy bulls are raised to an age of four to five years or older and sold to hunting preserves for the trophy market. AI [artificial insemination] semen is purchased from other elk producers for use in my breeding program. The breeding is very similar to breeding beef cows.

"Trophy hard antler sheds" are antlers that are naturally shed or cut off after the velvet is off. Naturally shed antlers are higher in value. These are used in the craft industry for table legs, chandeliers and things like that.

Elk meat is a big part of the industry but this is a more common use and more well-known.

Elk hides and capes are sold for mounting purposes on trophy bulls and are tanned for display and for craft use. Elk undercoat is now being explored for use in wool blend yarns.

Elk ivory tooth is harvested from skulls for jewelry purposes. One tooth on each side of the upper jaw is ivory. They don't know what those teeth are used for but elk is one of the only North American animals that have ivory.

7. What led you to try harvesting elk fiber for yarns?

Probably Stephanie Anderson at Northern Woolen Mills in Fosston, looking at fibers, she mentioned bison. I thought "I've got down [fiber] laying around all over the ground at home". I went home, picked it up and took it back to her. She made some skeins for me, blended with wool and that's how it got started. Stephanie put it out on

her fiber site and it could have been sold within minutes but we only had a few skeins. People from Montana and Wisconsin would have bought it all. That spurred me on another year to gather more. If I had ten pounds, what she got from that, what I got back, did some numbers and it seemed to be worth my time to pick it up. Not that it's been progressing very fast but I have twenty pounds laying in my grain bin I could put together. The problem is separating the hair from the down.

For dehairing, I heard a thing on the radio for a mill in Texas that was dehairing bison. Apparently that down is stronger than elk down and some hair is mixed in. You lose a fair amount of the down when you run it through the machines and I'd like to minimize that. In some of the mills, like Old Creamery in Randall, MN, they'd take the time to go through this for me. In Kindred, ND, there is a mill that can do this as well.

8. Do you sell your sheep wool and if not, do you have plans to start implementing that as part of a diverse marketing program?

I've sold a small amount to fiber people and would like to do more of that.

9. Is it difficult to get started in elk and what would be your answer to someone asking "Why get elk"?

It's not difficult to find animals to purchase, there is a education part on the regulations that you'd want to familiarize yourself with so you know. Go through that with several elk producers so you know what all is involved in fencing and transportation and all of that. It's not hard to purchase or find them to purchase. You have to be aware of the regulations, as far as transportation, especially across state lines.

We raise them as a farm-raised animal under the Department of Agriculture, the regulations have to do with controlling the spread of CWD (chronic wasting disease). Just like regulations on other livestock, what states and what regulations you have to follow change. Moving them from state to state, each state is different with what paperwork you have to have to get them into the state. There are diseases like mad cow, TB and brucellosis that are regulated. Some state regulations are minor and some have more paperwork involved. There is a fair amount of record keeping as far as keeping individuals identified and tagged for annual inventory.

12. Is there anything else you'd like people to know about the Engebretson Elk Farm? Where can people find out more information about you?

I'm always open for a farm visit and very willing to show the animals. Look under Minnesota Elk Breeders website or the North American Elk Producers site for detailed information. People are more than welcome to come for a farm visit. There are several thousand elk raised in Minnesota and most producers are more than open to a farm visit. I'm also listed on the Sustainable Sheep and Fiber Community of Northern Minnesota Website sheepcommunity.com where I am also a board member.

Thank you for taking the time to talk with me and to educate people about your century farm and unique outlook on farming diversity.

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Polk County Sheriff

Search Warrant Columbia Township

On 12/28/2018 the Polk County Sheriff's Office conducted a search warrant at a residence in Columbia Township. Deputies located several items of interest including drug paraphernalia, a firearm and ammunition. As a result of the search, 29 year old Cory Goldsmith was placed under arrest for being an ineligible person in possession of a firearm and a controlled substance possession crime.

The Minnesota State Patrol assisted with the execution of the search warrant.

No further information is being released at this time.

Stolen Vehicle Located

On December 27th, 2018 Polk County Deputies located a vehicle off the roadway near the intersection of Fairfax Ave and Hwy 2 in Crookston. The vehicle was found to be reported stolen out of Stearns County, Minnesota. The four juvenile occupants of the vehicle were arrested and placed at the Red River Valley Juvenile Center. The investigation is on-going and there are not additional details at the time. Crookston Police Department assisted with this call.

"Gift Exchange"

You and your friends are invited to the "Gift Exchange" brunch on Wednesday, January 16, 2019, 9:30 AM at New Journey Church (Fosston Baptist Church) 505 9th St. NW, Fosston.

Feature: Gift exchange. Music by Pastor Karl Anderson. **Speaker** Kathleen Kjolhaug sharing "Theology in the Trenches".

Reservations due by Monday, January 14, 2019 at 6:30 p.m. For reservations call Arlene 563-2085, Barbara 687-3431, Beverly 776-3897, Judi Lindseth 563-2205 or 361-446-3218.

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Nathan Magnell

Magnell receives MSU degree

Nathan Magnell graduated from Minnesota State University Moorhead on December 20, 2018 with a Bachelor of Science Degree in Communication Arts and Literature Education and a certificate in Publishing. Nathan is the son of Danielle and Dennis Magnell of Gully, MN.

Time for the Country Music Jam

Join us at the Embassy Community Center, 603 3rd St. NE, Fosston on Sunday, January 6th from 1:00-5:00.

Everyone is welcome!

Happy New Year!

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Three public transit meetings

Northwest Regional Transportation Coordination Council (NWRTPCC) will host 3 public transit meetings in the region January 17th, 24th, and 31st.

The public meetings will be held at the Ada Event Center, 415 W Main, Ada, January 17th, Tri-Valley Bus, 1345 Fairfax Ave. Crookston, January 24th and the Karlstad Senior Center, 104 Main St. Karlstad, January 31st. All meetings will be held from 4:30 to 6:30pm. Tri-Valley Transit will provide free rides to the meetings. 1-800-201-3432

What is the NWRTPCC?

The NWRTPCC consists of stakeholders from each of the Northwest Regional Development Commission's 7 county region. Counties include Kittson, Roseau, Marshall, Pennington, Polk, Red Lake, and Norman. The Board is interested in transit mobility to increase service

efficiencies and availability in each of the 7-county region. The intent of the NWRTPCC will be improving mobility for "transportation disadvantaged" older adults, individuals with disabilities, individuals with low income, and/or military veterans. The RTCC wants to improve transit coordination throughout the region using a mobility manager to coordinate rides and act as a travel trainer teaching people how to ride the buses. The public is asked to come and learn more about the NWRTPCC and provide feedback on their transit experiences.

Fosston Library Book Club to Discuss "A Man Called Ove"

The Fosston Public Library's is pleased to announce that the library's Book Club will discuss the popular novel "A Man Called Ove" by Fredrik Backman. The book tells the story of Ove, a local curmudgeon who is caught in a life of strict routines and patterns. When a new family moves in next door, he finds his world and himself changing. All are welcome to join library staff for an informal discussion, scheduled Tuesday, January 8 from 7-8 p.m.

...Jessen continued from front

to be easy to weave with. It is strong enough to be used for both weft and warp. It can be used for blankets as either worsted or woolen spun. Depending on the particular wool being used, it may be soft enough to lay against skin, or over a bed sheet. Wool combines beautifully with linen and/or cotton for lighter weight blankets as well. Wool keeps us warm even when wet, which makes it wonderful for outerwear.

8. Is there something you'd like to learn that you aren't currently doing?

I would love to learn to weave more patterns or types of weaving that I haven't tried yet, such as Scandinavian weaving. I would like to do research on domestic colonial weaving because there really are so few remaining intact examples to study. And, I would like to study weaving throughout the world since weaving began because world history and textile history go hand in hand. I am also interested in learning to do rug hooking! So much wool, so little time.

9. Is there anything else you'd like to share?

Thank you for the opportunity to speak at your event! And thank you for producing the beautiful fiber, wool!

Thank you for your time and I look forward to your presentation "What To Do With All This Wool!" where you will be discussing attributes of wool and how those are applied to handwoven articles. You'll also be sharing some of your experiences of fulling different types of wool and giving a brief early American history of wool and weaving.

More examples of Carrie's hand woven wool blankets and linen towels can be found on her Face Book page, Bear Den Handwovens. She also participates in the Pine to Prairie Midwest Fiber Art Trail. She welcomes questions and inquiries by FB messenger or e-mail musket@paulbunyan.net.

Wednesday, January 2, 2019



Northland Community & Technical College hosted 50 teams from the region at the Pioneer VEX Robotics Tournament on the Thief River Falls campus. Vex Robotics is the world's fastest growing competitive robotics program for middle schools, high schools and colleges around the world with over 11,000 teams from 45 countries competing in over 900 tournaments worldwide. Minnesota is home to nearly 400 teams.

The Gators from Badger, MN paired with Green Wave Robotics of East Grand Forks, MN won the tournament championship title defeating the other tournament finalist alliance. The Iron Chargers, shown above, from Grygla High School received the Energy Award. The Eagles, shown below, from Red Lake Falls, High School received the Design Award.



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Send completed application and resume to ICC, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycouncil.org. Applications must be received by 4 pm on Monday, January 7, 2019. Call 218-796-5144 x1027 for more information about the position. ICC is an equal opportunity employer.

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ITALIAN MENU WORD SEARCH

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 R A A A T A V B F A R F A L L E M Z E S
 E P C O D G U L C S T R I N G C M F O T
 B P R O S C I U T T O F M G E P P U Z I

Find the words hidden vertically, horizontally, diagonally, and backwards.

ITALIAN MENU WORD SEARCH *Answers on page 6*

ANTIPASTI	CANNELLONI	ORZO	RAVIOLI
ARANCINI	CAPONATA	PANCETTA	RISOTTO
ARRABBIATA	CARBONARA	PANE	SALAMI
BRACIOLE	FARFALLE	PASTA	SARDE
BRANZINO	GNOCCHI	PESCE	SCAMPI
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Northern Plains Sustainable Ag Society

Moorhead, MN – Northern Plains Sustainable Agriculture Society will hold its 40th annual winter conference at the Holiday Inn, Fargo, ND on January 24-27, 2019.

NPSAS moved its winter conference from Aberdeen SD to Fargo to accommodate its increasing numbers of attendees. Held each January, this educational conference is highly regarded for its valuable content and annual networking opportunities.

This year's conference program places a strong emphasis on the relationships between crop diversity and soil health, nutrient dense food and human health, and between sustainable agriculture and resilient, rural communities.

The conference kicks off on Thursday with pre-conference workshops on regenerative agriculture, tools to build soil health, and biodynamic practices. Thursday night will feature a brand-new event designed to bring farmers and consumers

together called A Taste of Agriculture. Attendees at this social event will enjoy tastings by local food businesses, appetizers, and artistic displays inspired by agriculture. This event is open to the public but requires the purchase of an entrance ticket.

Conference workshops run all day Friday and Saturday and cover a wide range of topics including healthy livestock management, raw milk, direct marketing, organic weed control, soil health, reducing inflammation, medicinal plants, and managing for pollinators. The conference will also offer youth workshops (18 and under always attend free), evening entertainment, and much more.

Keynote speaker Dan Barber observed "In the rush to industrialize farming, we've lost the understanding, implicit since the beginning of agriculture, that food is a process, a web of relationships, not an individual ingredient or commodity."

Dan Barber can be seen on

Take steps now to ensure a healthful future

People in America today can expect to live longer than ever before. Once you make it to 65, the data suggest that you can live another 19.3 years, on average, according to the Centers for Disease Control and Prevention (CDC). For many, then, senior living includes carefully managing chronic conditions in order to stay healthy.

Making healthy lifestyle choices, like quitting smoking and losing weight, can help you avoid senior health risks, though "you also need to be physically active and eat a healthy diet," explains Jeanne Wei, MD, PhD, executive director of the Reynolds Institute on Aging at the University of Arkansas for Medical Sciences in Little Rock. Including a geriatrician, a doctor who specializes in the health concerns of aging, on your senior healthcare team can help you learn how to live better with any chronic diseases.

Then you too can be among the 41 percent of people over 65 who say their health is very good or excellent, according to the CDC.

1. Arthritis
 "Arthritis is probably the number one condition that people 65 or older contend with," says geriatrician Marie Bernard, MD, deputy director of the National Institute on Aging in Bethesda, Maryland. The CDC estimates that it affects 49.7 percent of all adults over 65 and can lead to pain and lower quality of life for some seniors. Although arthritis can discourage you from being active, it's important to work with your doctor to develop a personalized activity plan that, along with other treatment, can help maintain senior health.

2. Heart Disease
 According to the CDC, heart disease remains the leading killer of adults over age 65, accounting for 489,722 deaths in 2014. As a chronic condition, heart disease affects 37 percent of men and 26 percent of women 65 and older, according to the Federal Inter-agency Forum on Aging-Related Statistics. As people age, they're increasingly living with risk factors, such as high blood pressure and high cholesterol, that increase the chances of having a stroke or developing heart disease. Dr. Bernard's advice for addressing this senior health risk not only helps with heart disease but can improve senior health across the board: "Exercise, eat well, get a good night's rest. Eating well means eating in a fashion that will allow you to keep a healthy weight with a well-balanced and healthy diet."

3. Cancer
 Cancer is the second leading cause of death among people over age 65, with 413,885 deaths in 2014, according to the CDC. The CDC also reports that 28 percent of men and 21 percent of women over age 65 are living with cancer. If caught early through screenings, such as mammograms, colonoscopies, and skin checks, many types of cancer are treatable. And though you're not always able to

prevent cancer, you can improve your quality of life as a senior living with cancer, including during treatment, by working with your medical team and maintaining their healthy senior living recommendations.

4. Respiratory Diseases
 Chronic lower respiratory diseases, such as chronic obstructive pulmonary disease (COPD), are the third most common cause of death among people 65 and older, with 124,693 deaths in 2014, according to the CDC. Among people 65 and older, about 10 percent of men and 13 percent of women are living with asthma, and 10 percent of men and 11 percent of women are living with chronic bronchitis or emphysema, according to the Federal Interagency Forum on Aging-Related Statistics. Although having a chronic respiratory disease increases senior health risks, making you more vulnerable to pneumonia and other infections, getting lung function tests and taking the correct medication, or using oxygen as instructed, will go a long way toward preserving senior health and your quality of life.

5. Alzheimer's Disease
 Alzheimer's disease accounted for 92,604 deaths of people over age 65 in 2014, according to the CDC. The Alzheimer's Association reports that one in nine people age 65 and older, which is about 11 percent, have Alzheimer's disease, but because diagnosis is challenging, it's difficult to know exactly how many people are living with this chronic condition. Still, experts acknowledge that cognitive impairment has a significant impact on senior health across the spectrum, from issues of safety and self-care to the cost burden of care, either in the home or a residential facility.

6. Osteoporosis
 "Osteoporosis can contribute to becoming less mobile and potentially disabled should you fall and have a fracture or as the vertebral bodies collapse," Bernard said. The National Osteoporosis Foundation estimates that 54 million Americans over age 50 are affected by low bone mass or osteoporosis, putting them at risk for a fracture or break that could lead to poor senior health and reduced quality of life. What's more, they estimate that by the year 2020 that number will rise to 64.4 million.

7. Diabetes
 The CDC estimates that 25 percent of people ages 65 and older are living with diabetes, a significant senior health risk. According to CDC data, diabetes caused 54,161 deaths among adults over age 65 in 2014. Diabetes can be identified and addressed early with simple blood tests for blood sugar levels. The sooner you know that you have or are at risk for diabetes, the sooner you can start making changes to control the disease and improve your long-term senior health outlook.

8. Influenza and Pneumonia
 Although the flu and pneu-

Netflix's "Chef's Table" and the film "Wasted!: The Story of Food Waste", screening at The Fargo Theatre on January 13th at 2pm.

Rachel and Steffen Schneider of Hawthorne Valley Farm will offer a pre-conference workshop and give a keynote on regenerative ag. The mission of their Institute for Mindful Agriculture "is to connect our current food and farming systems to a future of health and well-being for all. Because agriculture is so fundamental, we think that by mindfully evolving the foodshed, many other of Earth and society's illnesses will heal along the way."

Join like-minded individuals and a resource-packed exhibitor hall to gain access to valuable tools, innovative solutions, and perspectives on regenerative practices and food systems that are developing across the Northern Plains.

For more information visit www.npsas.org, call 218-331-4099 or e-mail info@npsas.org.

monia aren't chronic conditions, these infections are among the top eight causes of death in people over age 65, according to the CDC. Seniors are more vulnerable to these diseases and less able to fight them off. Senior healthcare recommendations include getting an annual flu shot, and getting the pneumonia vaccine if recommended by your doctor, to prevent these infections and their life-threatening complications.

9. Falls
 The risk for falls requiring emergency room care increases with age. Each year, 2.5 million people ages 65 and older are treated in emergency departments because of falls, according to the CDC. That's more than any other age group. And, one-third of people who go to the emergency room for a fall may find themselves there again within one year, according to a study published in August 2015 in the American Journal of Emergency Medicine. Also be aware that most falls occur in the home, where tripping hazards include area rugs and slippery bathroom floors, according to a study published in January 2013 in the Journal of Injury and Violence Research.

10. Substance Abuse
 An analysis of data from the National Epidemiologic Survey on Alcohol and Related Conditions suggests that one in five people over 65 have had a substance or alcohol abuse problem at some point in their lives. Alcohol and tobacco topped the list of non-medical substances abused by survey participants. Substance and alcohol abuse are a concern for senior health because of possible interactions with prescription medication, their impact on overall health, and the increased senior health risks, such as falls, associated with intoxication.

11. Obesity
 Obesity is an important senior health risk factor for heart disease, diabetes, and cancer — all chronic conditions that impact quality of life. As the numbers on the scale increase, so does the risk for disease. Of the adults between 65 and 74, 36.2 percent of men and 40.7 percent of women are obese — meaning that their body mass index is greater than or equal to 30 — according to the CDC. It can also be a signal that an older adult isn't as active or mobile as he or she once was.

12. Depression
 According to the American Psychological Association, 15 to 20 percent of Americans over 65 have experienced depression. A threat to senior health, depression can lower immunity and can compromise a person's ability to fight infections. In addition to treatment with medication and therapy, other ways to improve senior living might be to increase physical activity — 59.4 percent of adults 65 and older don't meet CDC recommendations for exercise—or to interact socially more

10 Steps...
 Continued on next page

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Theology in the Trenches

By Kathleen Kjolhaug

The Magic of Reset is No Magic at All

Recently, I had the privilege of watching my granddaughter have a meltdown. Yes, when we are invited into these sacred moments, it is a privilege. It means they feel safe and are okay with letting it all out knowing that those nearby will love them still. I doubt that any preschooler is thinking this way, but grandma is. I see it as an opportunity to teach.

I didn't always see things that way. Why, I do believe when my own had a meltdown or two, I joined in full-fledged and had one of my own a time or two...or three or four. I could give you reasons why I didn't have the wear-with-all...the excuses are many. I've grown since then and have gained perspective.

At any rate...in the middle of this sacred moment I was.

I took the little one who was emotionally spent over something she didn't even understand and held her. "I'm not having a good day. I want to start over!" She sobbed. From her perspective, life was one big insurmountable beast with little hope.

"Hey," I offered. "I think we need to push the reset button so we can begin again! Yes, that's it. Let's just start the day all over." The nearest round button was on the toy box nearby and for some reason, she was delighted. She quickly pushed the decorative button upon the cloth box and her tears came to a halt. Magically, she reset her little mind for the day.

That was one week ago.

Today, once again, life appeared to be overwhelming. Things were not going as planned and she was frustrated. I tried the reset button idea, but



she was not buying! She squared her little shoulders and refused to participate in pressing the button. She was stuck.

I grabbed the nearest electronic device as an idea was downloading within me. As I typed word, reset button, into the search engine, I clicked on the image that came up. This little one needed more than words, she needed something substantial to hang her heart onto...something visual.

"Look!" I pointed to the image before us. Two words popped up for "reset": "Choose Joy."

"Never, ever, does Jesus say that we are supposed to just have a good day. He does not tell us to pray for joy. He says to 'Choose Joy!'" I tried desperately to speak life back into her little heart.

Her heart took in the information as I held my breath to see if she was buying what I was selling. The author of those words knew much more than all of us when He wrote them. I did not doubt His Word would have its way...in due season. I was just hoping that it might permeate sooner than later because we both needed a miracle to help regulate our breathing.

Her eyes opened widely as did her hands as she held them open repeating the words that brought her heart back into rhythm while she began to relax. As she hopped on out of my arms she said aloud, "Choose Joy" and scampered off to play.

Today, with hands wide open, I, too, choose joy...because He said to. James 1:2-3. 1Peter 1:8-9 supports this theme as well as Rom. 15:13. Look them up and look up as you, too, choose joy. Amen.



First National Bank of McIntosh staff hosted a Christmas Open House and a retirement party for Sheree Breckel on Friday, December 14th. Pictured (l-r): Philip Lee, Sheree Breckel, Paulette Kringlen, and Nicole Grande.



On Friday, December 14th, The First National Bank of McIntosh honored and celebrated 27 year employee, Sheree Breckel with a retirement party during the Christmas Open House. Pictured (l-r): Holly Breckel, Angela (Breckel) Linden, Sheree with granddaughter, Mae Breckel.

10 Steps...

Continued from last page

— seniors report spending just 8 to 11 percent of their free time with family and friends, according to the Federal Interagency Forum on Aging-Related Statistics.

13. Oral Health

Healthy teeth and gums are important not just for a pretty smile and easy eating, but also for overall senior health. According to the CDC, 25 percent of adults over 65 have no natural teeth. As you age, your mouth tends to become dryer and cavities are more difficult to prevent, so proper oral health care, including regular dental checkups, should be a senior healthcare priority, Dr. Wei said.

14. Poverty

In 2013, 45 percent of adults ages 65 and older had incomes below the poverty level, according to a 2015 Kaiser Family Foundation report. This number takes into account available financial resources, liabilities such as taxes, value benefits like food

stamps, out-of-pocket medical expenses, geographic variations in housing expenses, and other factors. Older women are slightly more likely than men to be living in poverty, and that gap widens in those over 80. Single older adults are also significantly more likely to live alone with fewer resources. Poverty affects senior health if you're unable to afford doctor visits, medication for chronic conditions, and other essential senior healthcare needs.

15. Shingles

Remember that bout of chicken pox you had as a kid? It can come back as shingles when you're an adult. According to the National Institutes of Health, one out of three people over 60 will get shingles, and 50 percent of all Americans will experience it before they're 80. It usually affects only one side of your body, starting out with severe pain or tingling and then developing into an itchy rash and possibly blisters. There is a vaccine available, so talk to your doctor about it.

New Year's Day

In 45 B.C., New Year's Day is celebrated on January 1 for the first time in history as the Julian calendar takes effect.

Soon after becoming Roman dictator, Julius Caesar decided that the traditional Roman calendar was in dire need of reform. Introduced around the seventh century B.C., the Roman calendar attempted to follow the lunar cycle but frequently fell out of phase with the seasons and had to be corrected. In addition, the pontifices, the Roman body charged with overseeing the calendar, often abused its authority by adding days to extend political terms or interfere with elections.

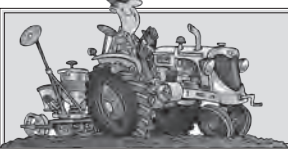
In designing his new calendar, Caesar enlisted the aid of Sosigenes, an Alexandrian astronomer, who advised him to do away with the lunar cycle entirely and follow the solar year, as did the Egyptians. The

year was calculated to be 365 and 1/4 days, and Caesar added 67 days to 45 B.C., making 46 B.C. begin on January 1, rather than in March. He also decreed that every four years a day be added to February, thus theoretically keeping his calendar from falling out of step. Shortly before his assassination in 44 B.C., he changed the name of the month Quintilis to Julius (July) after himself. Later, the month of Sextilis was renamed Augustus (August) after his successor.

Celebration of New Year's Day in January fell out of practice during the Middle Ages, and even those who strictly adhered to the Julian calendar did not observe the New Year exactly on January 1. The reason for the latter was that Caesar and Sosigenes failed to calculate the correct value for the solar year as 365.242199 days, not 365.25 days. Thus, an 11-minute-a-

year error added seven days by the year 1000, and 10 days by the mid-15th century.

The Roman church became aware of this problem, and in the 1570s Pope Gregory XIII commissioned Jesuit astronomer Christopher Clavius to come up with a new calendar. In 1582, the Gregorian calendar was implemented, omitting 10 days for that year and establishing the new rule that only one of every four centennial years should be a leap year. Since then, people around the world have gathered en masse on January 1 to celebrate the precise arrival of the New Year.



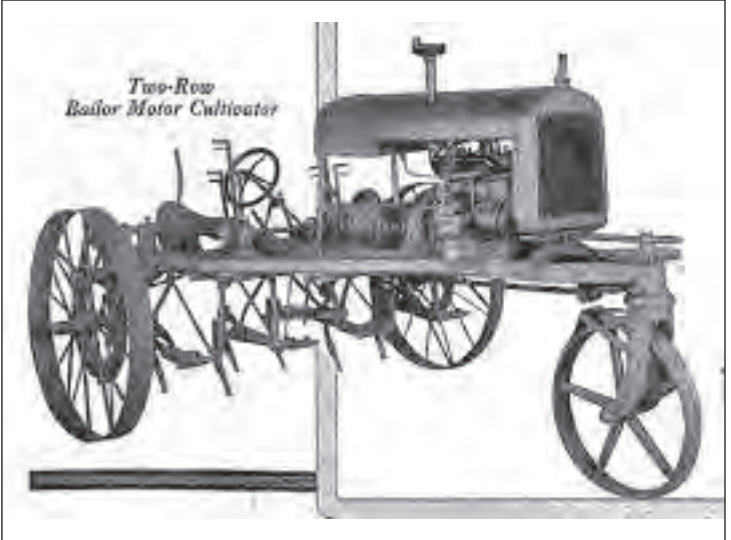
Bailor Motor Cultivator

By Auctioneer Eric W. Mickelson

I love to hear the stories of my grandfather, Ames Mickelson, back in the day. He was good with horses. Often in the winter he was off to woods with his team to spend the winter logging at some logging camp. Once again as I reflect back on the farmers, ranchers, and loggers from back in the day, I think about the hard work put into everything that was done.

When some tractors were coming out the manufacturers were very concerned about these "old timers" that didn't really want to get rid of their horses that they were so attached to. The "Samson Iron Horse" was actually steered from behind with reins.

Silas Bailor started his manufacturing career making one and two row horse drawn cultivators. His business was successful. He built a quarter million dollars worth of machinery in 1915. But he had even bigger ideas than cultivators. He called it a "Motor Cultivator". He hoped it would help farmers replace that team of horses used for cultivating. At the time tractor manufacturers were popping up all the time. In 1919 the company came out with its two row cultivating machine and a year later a one row model was introduced. Advertising stated that the Bailor Motor Cultivators were simply one and two row horse cultivators



with the horses "unhitched."

Although the tractors were not successful Silas continued work on implements such as planters and cultivators. Bailor Motor Cultivators.....another tractor company.....if you keep digging and reading you can learn something new everyday! Happy New Year!! My resolution in the New Year is to learn more about old tractors and the people who love them!!

How about a little tractor trivia.

1. The Bailor Two Row Motor Cultivator was called the model _____.

A. A B) B C) W D) Z

2. The Bailor One Row Motor

Cultivator was called the model _____.

A. A B) B C) W D) Z

3. The Two row model sold for _____ dollars.

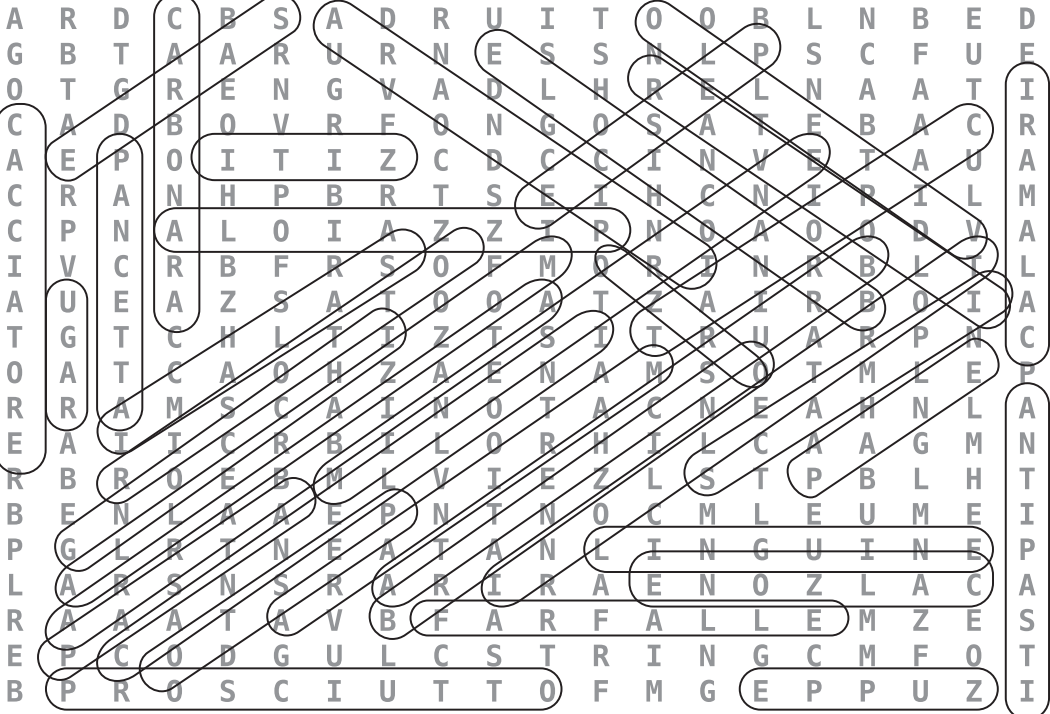
4. The One row model sold for _____ dollars.

5. The Bailor Motor Cultivator was manufactured in _____.

A. Beatrice, Nebraska B) Tarkio, Missouri C) Atchinson, Kansas D) South Bend, Indiana

Answers: 1. A. Model A 2. C. Model W 3. \$850 4. \$675 5. C. Atchinson, Kansas

Word Search Answers



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OBITUARIES

Services Saturday Jan. 19. for Otto Hagen

Otto Hagen, 101, Grygla, MN died Tuesday, December 25, 2018 at Villa St Vincent Nursing Home, Crookston, MN.

Visitation will be 1-2 PM, followed by a Celebration of Life at 2 PM Saturday,

January 19, 2019, at Grace Lutheran Church, Grygla with Pastor Vickie Saude-Worthington officiating. Military honors will follow. Burial will be in the spring at Northwood Cemetery, Grygla.

Arrangements with Johnson Funeral Service, Thief River Falls, MN

Services for Clarice W. Dahl

Clarice W. Dahl, 90, of the Benedictine Care Community, Ada MN, met Jesus face to face early Christmas morning, December 25, 2018.

Clarice Wilma was born September 14, 1928, at her Grandmother, Sigrid's, home- stead in Pine Creek, MN to Carl and Olga (Stromstad) Bjerke, rural Hoople, ND and was Baptized into the Christian faith at Pine Creek Lutheran Church. Clarice attended Glenwood and Fisher Country Schools through the 8th grade and graduated Cavalier High School 1946. She attended UND and St. Michael's School of Nursing. While working at Northwestern Bell, she met Kenneth Dahl, Grafton ND, and they married in June 1948. Clarice and Kenny raised their "7 Js", and "life was never dull".

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Clarice loved, supported, and daily prayed for her family her entire life. She enjoyed reading, history, and traveling, especially to Norway, and to the home of her Grandmother, Olivia.

Clarice is survived by her seven children, Jolinda Peterson, Jacqueline (Dennis) Engebretson, Jennifer (Emory) Flaten, Jeffrey (Kathy) Dahl, Joel (Kris) Dahl, Julie (Jerry) Dalen, John Dahl. Her Precious 18 Grandchildren and 25 Great-grandchildren. Three siblings, Odella Dalzell, Charles Bjerke, Audrey (Wesley) Thomas. 12 nieces and nephews and their children. Her friend and caregiver, Adele Koskela. Her friend and roommate, Karen Larson.

Clarice was preceded in death by her husband, Kenny, her parents, "Dad and Ma", brother-in-law, Clifford Dalzell, nephew, Alan Dahl.

Clarice acknowledged God's presence and guidance over every day of her life. Blessed be her memory and may the seeds she sowed, flourish for eternity.

Funeral service was held at 2:00 p.m. on Monday, December 31, 2018, at Bethel Free Lutheran Church, Grafton, ND. Visitation was one hour before the service on Monday at the church. Burial at North Trinity Lutheran Cemetery, rural Nash, ND.

Arrangements were with Fredrikson-Ganje Funeral Home, Ada, Minnesota www.fredriksonfh.com

Services for Marie Thompson

Marie Thompson, age 88, of Fosston, MN, passed away on Wednesday, December 26th, at Sheyenne Crossing Long Term Care in West Fargo, ND. Funeral services will be held at 11:00 a.m. on Monday, December 31st, at Calvary Free Lutheran Church in Fosston with the Rev. Alan Arneson officiating. Interment will be in Calvary Free Lutheran Cemetery, Fosston. Visitation will be held for one hour prior to the service on Monday at the church. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be sent at www.carlinfuneral.com.

Marie Jane Brinkman was born June 26, 1930, to Olaf and Emma (Oistad) Brinkman in Fosston, MN. She was baptized at Asphult Lutheran Church in Hill River Township and confirmed at Fridhem Lutheran Church in Lengby, MN. Marie attended Fairview Country School in rural Fosston.

Marie was united in marriage to Alvin Thompson on March 26, 1955. They lived in rural Erskine for 45 years, until Alvin passed away in February 2000. In June 2001, Marie moved back to her home town of Fosston. She was a member of Calvary Lutheran Church in Fosston.

Marie held several jobs throughout her lifetime. She worked at Dahl's Bakery

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Marie held several jobs throughout her lifetime. She worked at Dahl's Bakery

(filling bismarcks beyond their capacity!), Garden Valley as a telephone operator, and Mac Manor and Essentia Home Health as a nursing assistant. Her main 'occupation', however, was as a homemaker. Marie was an amazing cook. Visitors to the family farm knew the coffee pot would be on and freshly baked goods would be in that one special kitchen cupboard. Marie continued her gift of hospitality even in her last years, offering a treat to each person who visited her in West Fargo. She also loved serving at Ladies Aid, teaching Sunday school, and reading to nursing homes residents.

Marie enjoyed her friends and family and was especially fond of her grandchildren and great-grandchildren. Although Marie loved her family and friends, she loved her Lord and Savior, Jesus Christ, most of all, which was evident throughout her lifetime.

In February 2016, Marie entered Sheyenne Crossings Care Center in West Fargo. She lived there until her death on December 26, 2018 at 88 years of age.

Survivors include her children Beth (Rick) Niemeyer of Brookings, SD, Becky (Jon) Burnison of Medina, MN, Dale (Denise) Thompson of Detroit Lakes, MN, and Diane (Tim) Ryden of Minneapolis, MN; her grandchildren Matthew (Rachael) Niemeyer, Sara (Jordan) Smith, Laura (Aaron) Sundquist, Tim Burnison, Alyssa (Matthew) Bell, Kelsi, Jacob, and Joshua Thompson, and Britte, Anders, and Kristian Ryden; great-grandchildren Gavin, Morgan, and Brekken Niemeyer, Parker Sundquist, Griffin Smith, and Jack Bell; two brothers Dewain (Arlene) Brinkman and Nordin (Barb) Brinkman of Fosston; and many nieces and nephews.

She was preceded in death by her husband, her parents, her brother and sister-in-law, Glen and Clarice Brinkman, and her sister, Joyce Brinkman.

Blessed be her memory

Services for Winton Lindberg

Winton Lindberg, 88, died on December 21, 2018 at the Martin Luther Care Center at Bloomington, MN.

Funeral services will be held on Saturday, January 5, 2018 at 12:00 noon at the Cease Family Funeral Home Chapel in Bagley, MN with the Reverend Robert Kirchman officiating. Visitation will be one hour prior to the services at the funeral home. Interment will be at the Oak Park Lutheran Cemetery in Weme, MN.

Winton was born on August 7, 1930 at Clearbrook, MN the son of Melvin and Ella (Johnson) Lindberg. He honorably served our country in the Air Force from 1951 – 1955. He lived in Clearbrook for 21 years, St. Paul for a year and Bloomington for 62 years. Winton worked for Zeigler Caterpillar for 38 years, retiring in 1994. He enjoyed skiing, motor cycling and camping. He was a member of VFW in Bloomington, a member of Christ the King Church and a member of the Uller Ski Club. Winton was a loving and caring father. He passed on his extensive

handyman knowledge and qualities. For example; When his son Lauren was 14 or 15, he gave him a box of new auto parts (shocks) and pointed to his car and said "Go find where these are located and replace them." Of course, he watched his son through the whole process, and gave him input now and then, to assist in getting it done right and safe. He taught his son how to hunt and hunt safely. Winton showed the family the joys of travel and camping, and he introduced his son to the joys of skiing. Winton was there to bail his son out if he needed help. He taught his son financial responsibility, a real chore for them. Lauren stated that it was because of his father that his son excelled in this life.

He is survived by his son – Lauren Lindberg of Austin, Texas

Daughter – Robin Lindberg of Bloomington, MN

Many cousins

He was preceded in death by his parents, and his sister Violet Siefert.

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

Services for David Plante

David Plante, age 80, of Mentor, MN and formerly of rural Erskine, MN, passed away on Thursday, December 27th, at Essentia Health Living Center in Fosston. Memorial services will be held at 2:00 p.m. on Friday, January 4th, at Calvary Free Lutheran Church in Fosston with the Rev. Alan Arneson officiating. Interment will be in Saron Lutheran Cemetery, rural Erskine, MN, in the spring. Family will greet friends for one hour prior to the service on Friday at the church. Arrangements are with the Carlin Funeral Home of Fosston and messages of condolence may be sent at www.carlinfuneral.com.

David Lavern Plante was born on May 26, 1938 in Erskine, Minnesota to parents Vedo and Myrtle (Hunter) Plante. He grew up and attended rural school and high

school in Erskine. Following school, he helped on the family farm and spent two years in Montana before returning to the area.

David was united in marriage to Lola Mae Brazier on April 9, 1957 in Red Lake Falls, Minnesota. After their marriage, they lived and raised their family on their farm north of Erskine. David farmed and worked at American Crystal Sugar in Crookston for 38 years until his retirement in 1997. In 2016, they moved to Mentor where they were currently living.

He was an active member of Saron Lutheran Church of rural Erskine. He enjoyed fishing, hunting, watching football and spending time with family.

Survivors include his loving wife of 61 years, Lola, of Mentor, MN; one son, Kelly (Jennifer) of Fosston, MN; son-in-law, Jeff Wang of Mentor; three grandchildren, Shane Fladhammer of Fertile, MN, and April and Miranda Plante of Grand Forks, ND; five great grandchildren, Alexis, Saddle, Brooke, Miley, and Kotlen; one brother, Virgil (Jan) Plante of Grand Forks; and two sisters, Violet Cote of Oklee, MN, and Gloria Benedict of Erskine. Nieces, nephews and cousins also survive.

He was preceded in death by his parents; daughter, Brenda Wang; one brother, Richard Plante; and two sisters, Darlene Fjerstad and Joyce Cook.

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Heart Failure . . . and Success

By Philip B. Adamson

Heart failure is becoming more and more common. Nearly 6 million Americans are suffering from it today. That figure will grow to more than 8 million by 2030.

The condition exerts an enormous toll on patients, their families, and the economy. Fortunately, medical research has yielded new technology that can help people with heart failure live healthier, fuller lives -- and reduce overall healthcare costs. It's time to fully deploy that technology.

Heart failure occurs when a person's heart struggles to pump blood. This deprives the body of oxygen and nutrients, which can make performing even basic daily activities -- like walking or climbing the stairs -- difficult.

Heart failure hospitalizes more than 1 million Americans annually. About half are back in the hospital within six months of diagnosis; the average stay lasts five days. That's a huge burden for patients -- and for caregivers, who may not live nearby and thus may have to miss work. In total, the condition costs the U.S. more than \$30 billion every year.

The standard treatment regimen for heart failure -- take medication, reduce salt intake, and stay active -- has been in place for years. But it has never been truly effective, largely because it's complicated and difficult for patients to follow.

Consider medication. Some drugs do help patients. But three-quarters of patients don't consistently take their medications as instructed. More than one in four never fill a new prescription. And doctors sometimes don't prescribe all the medication that's recommended.

Advising patients to eat less sodium is ineffective, too. Do you know how much sodium you consume? Neither do patients. Ninety-seven percent of Americans underestimate -- or don't feel confident estimating -- the amount of sodium they eat each day.

As for exercise, many patients don't have the time,

resources, or social support to get in recommended workouts.

In other words, the status quo for treatment of heart failure isn't working. But medical researchers are changing that by developing technologies that can help physicians more effectively monitor and treat heart failure -- and improve patients' quality of life.

Consider one device that measures the heart activity of cardiac patients during rehabilitation training. The smart-phone-sized unit helps ensure that workouts are at a safe intensity level and duration. Clinicians can immediately determine if a patient's heart rate is becoming too fast or irregular. The device is demonstrated to improve the health and recovery of heart failure patients.

Researchers at Harvard University are toying with a wearable device that can monitor ankle swelling -- a common symptom of worsening heart failure. That could help ensure patients seek medical attention before a major problem occurs.

Or consider an innovation I helped develop at Abbott. The CardioMEMS HF system enables doctors to proactively monitor patients' pulmonary artery pressure and heart rate remotely. So clinicians can detect worsening heart failure before a patient even feels symptoms and adjust medications accordingly. That helps keep patients out of the hospital.

Indeed, research published in the Journal of the American College of Cardiology last year showed that hospitalizations for heart failure declined 46 percent in patients six months after receiving the device. Based on Medicare claims data, average healthcare costs per patient were \$10,500 lower than in the six months before the implant.

Traditional treatment for heart failure is, itself, failing. We can achieve far greater success by embracing new technology that can better monitor and treat heart failure.

Philip B. Adamson, M.D., is a cardiologist, heart failure specialist and medical director at Abbott (www.abbott.com).

Minnesota January Starwatch

By Deane Morrison

January opens on the first steps in a graceful predawn dance between Venus and Jupiter. Not to be outdone, the evening sky answers with a total eclipse of a "supermoon" in mid-month.

As the sky awaits the first sunrise of 2019, we're treated to a crescent moon hanging above bright Venus, with Jupiter far below. Off to the right of Jupiter shines Antares, the red heart of Scorpius. Over the next three mornings, the moon thins as it drops past Venus and then Jupiter. On the 4th, look 45 minutes before sunrise to see a skinny old crescent just above the east-southeast horizon.

After the 6th, Venus moves slowly nearer to the rising sun. But Jupiter climbs away from it, thanks to Earth catching up to Jupiter in the orbital race. The two planets pass each other on the 22nd. Starting on the 30th, the moon repeats its early-January performance, this time sweeping by Jupiter first. Don't miss the show on the 31st, when a waning crescent moon rises next to Venus. Late in the month, you may spy Saturn low in the southeast as the ringed

planet, like Jupiter, begins a climb into the morning sky.

The moon celebrates its first full phase of the year by plowing through Earth's shadow in a spectacular lunar eclipse. On the night of Sunday, the 20th, the moon will be very close and appear large and bright—hence its supermoon status. It starts to disappear into the dark inner shadow, or umbra, at 9:34 p.m., with totality beginning at 10:41 p.m. and the moon in deepest eclipse at 11:12 p.m. During or close to totality, grab some binoculars and look below and east of the moon for the lovely Beehive star cluster.

Totality ends at 11:43 p.m., when the first silver sliver peeks out from the curtain of Earth's shadow. The last vestiges of umbra drop away at 12:51 a.m. on the 21st.

On January 2nd, at 11:20 p.m., Earth reaches perihelion, its closest approach to the sun. We'll be 91.4 million miles away, only a million and a half miles closer than average, so of course we feel no extra warmth. However, if winter gets you



Dr. Giniwgiizhig is Principal On Special Assignment at the Red Lake School ISD#38 Red Lake School.

Red Lake SD #38 Integrating Culture/Language into “Core” Curriculum

Story Edited By Michael Meurers

Red Lake School District has begun to integrate culture into the “Core” curriculum, which is math, science, language arts, etc., with the goal to have graduates being able to speak conversational Ojibwe.

“Much of this initiative is in the planning stage,” said Dr. Giniwgiizhig, Principal On Special Assignment with the school district. “We are asking students, teachers, parents and the Red Lake Tribe what they want and need for this to happen. We want to include every one’s voice so we can gather ideas, concerns, and know what is needed to be successful. The most important phase is to start the conversations and listen to what people have to say.”

For the cultural integration Giniwgiizhig is simply asking teachers to include cultural aspects in their unit plans and lesson designs. A class might go out on an experiential learning activity such as maple sugar bush or rabbit snaring and teachers make connections in their lesson to that. The maple sap to syrup boiling ratio is 40:1. Many math problems and language art correlations can be extrapolated from that he notes.

“We want students to graduate with basic Ojibwe language conversational skills,” Giniwgiizhig says. “To do this we need

to develop standards, bench marks, and a curriculum path to get there. We need to retool our system to realize this goal. As part of the language initiative, we need to make language available to teachers, students and parents.”

Website Available to All
The school district has created a website for Ojibwe language so language is accessible to everyone at their fingertips. The website is <https://redlake-schoolsojibwe.weebly.com>

The website has vocabulary lists with audio files. A person could use their hands-free cell phone and listen to the audio lessons while driving to work or anywhere with Wi-Fi connection. Mp3 audio files are also available for download. Red Lake teachers for their classrooms designed vocabularies and other thematic words are posted. The program will continue to add resources to the website, such as word labels for the classrooms and home.

“By getting teachers to learn to use Ojibwe phrases like greetings, affirmations, and classroom management words,” said Giniwgiizhig, “students will hear the language through the entire school setting. Parents can learn and speak Ojibwe to their children at home. Other schools and parents can access

the website and learn as well. Hopefully shop owners who may or may not be participating in Bemidji’s Ojibwe Signage Project, will learn to better pronounce the words they have posted and all businesses are greeting people in their stores in Ojibwe, celebrating the Indigenous culture of northern Minnesota

“Indigenizing” the Curriculum: What does it mean?

- Students “see” themselves in the curriculum, whether it is the stories they read, the math problems they do, the games they play, or in the learning activities.

- Students see pictures, words, etc., that reflect their culture throughout the day.

- Students hear their language spoken by adults in the school, and have the opportunity to learn it themselves.

- Students participate in meaningful cultural activities such as sugar bush.

Why do we do it?

- For the students! They feel valued, respected, and welcome.

- Schools who have done it report increased graduation rates, MCA scores, and attendance, along with a decline in discipline referrals.

How do we do it?

- Start small! Learn a few Ojibwe phrases that you can use every day with your students. Then learn a few more.

- As you plan your units and lessons, intentionally decide how to make cultural connections for the students.

- Find ways to incorporate Ojibwe culture and language into the bulletin boards and postings in your classroom.

Ask one of the district’s valuable resource people for help. Dr. Giniwgiizhig will be happy to assist and/or help you connect with someone in your building.

To Be Held at Red Lake Nation College January 9-11, 2019

13th Annual Community Wellness Gathering

Story By Michael Meurers

“Looking to cultural remedies. This awareness can lead to liberation. The first step is love and acceptance of oneself and of being Indian. A restoration of family is needed. Where there is historical grief and loss, you can also find historical strength and healing. One cannot treat addiction without addressing the spiritual and cultural issues. This is critical to long-term sobriety.” ~Dr. Cecil White Hat, (Lakota Sioux) 8th Annual Drug and Gang Summit.

The Thirteenth Annual Red Lake Community Wellness Gathering (formerly Drug & Gang Summit) is slated for Wednesday, Thursday, and Friday, January 9-11, 2019 at Red Lake Nation College in Red Lake. Community Members, Tribal Programs, School Personnel, Mental Health Services and other programs & services from all nations are welcome! Register on site. The event is free and open to the public with lunch provided each day.

Workshops and presentations will be held from 8:00 AM to 4:30 PM each day, Friday until noon. Each morning will feature keynote speakers, with workshops in the afternoon. Storytelling & Music will be featured the 1st night at 7 pm. and a Comedy Showcase the 2nd night. The 2019 theme is “A Return to Tradition.” (See attached agenda subject to change)

The objective of this gathering is to provide a catalyst for change in the community for people seeking solutions and opportunities that improve the quality of life for them and others. Using the Medicine

Wheel as a guide, this gathering will focus on “what is working” when fostering success in people overcoming poverty, addictions, health issues, trauma, and grief. The question of this gathering is how can we help to guide our people to the networks and resources that will improve their quality of life? This gathering will focus on the successes of our people, identify what resources are available, strengthen existing networks, and build new ones. In the words of the late elder and substance abuse treatment pioneer Cecil White Hat, “Everything we need to heal is in the culture.”

“When we break one heart, we break them all, as they are interconnected. If you don’t have balance, you are part of the problem, because it’s an interconnected system. Health is more than the absence of disease; it is a state of optimal well-being. We are doing as our ancestors did. The people were asked, and then all came together and pooled their wisdom.” ~Gichi-Ma’ingan (Big Wolf) ROAD TO PONEMAH: The Teachings of Larry Stilday

Culture is Prevention and Tradition is Treatment.

Note: “According to the 2011 Adult Health Survey, a majority of the tribe’s four districts agreed that culture helps them stay sober. Sixty-nine percent of 2012 Community Readiness Survey respondents, indicated that they agreed/strongly that commitment to cultural heritage can prevent substance abuse problems.” ~Red Lake Chemical Health

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Chemical Health and Oshki-imaajitahdah. Made possible in part by a grant from SAMHSA.

For More Information Call: Tom Barrett 679-1545, Reyna Lussier 679-1547, or Floyd “Buck” Jourdain, Jr., 679-3350

USXC Manvel Event Postponed

ATTENTION RACERS AND FANS

The Manvel event, scheduled for January 5, has been postponed until further notice.

The wind blew most of the snow away, with too much bare ground showing now; we will not run in unsafe conditions.

USXC will try and fit that event in later in the season depending on conditions.

Thank you,
Brian Nelson

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Starwatch...

Continued from page 7

down, you can thank the date of perihelion for the fact that winter is our shortest season.

That’s because Earth’s orbit is an ellipse, not a circle, and when a celestial body follows an elliptical orbit, it always moves fastest when it’s closest to the body it orbits, and most slowly when it’s farthest away. Earth is farthest from the sun and slowest in early July. But it hustles through the part of its orbit it’s in now. The difference in speed gives us winters that are about four and a half days shorter than our summers.

However, your recycling efforts still have huge impact

Recycling contraption at Fosston among most technologically advanced on planet

By Dan Hecht
Clearwater County Environmental Services

A Rube Goldberg machine is a machine that performs a very simple, often useless task in an overly complicated, convoluted way. One example is the old “Mousetrap” game I played as a kid where the winner gets to set off a short chain reaction that causes a mouse to get trapped under a basket, but some others you may have seen are so elaborate you can’t make sense of what you’re looking at because there’s so much going on all at once.

This is what I was reminded of recently, when I had the opportunity to walk through the new Material Recovery Facility (MRF) over in Fosston, which began operating on Dec. 5. The system is incredibly complex. But unlike a Rube Goldberg machine, instead of performing a simple task the MRF is performing the enormous task of separating recyclables out of garbage and further separating recyclables into various types to be sold to recycling markets. A single pop bottle, dropped at the start, could take from 12 to 14 minutes to pass through any or all of the system’s 57 different conveyors, various machines called ballistic separators, eddy currents, optical sorters and electromagnets to finally end up in a 1,500 pound bale, ready to load on a truck and be sold to market. Whether these bales are composed of aluminum, steel, plastic or paper, they’re very close to 100 percent pure, and the MRF can move 20 tons per hour through this system!

The new MRF replaces the original MRF which began operating in 1995 as part of the Polk County incinerator facility. The equipment upgrade is part of a larger project designed to increase waste processing capacity in Fosston to sustain the system long into the future. The project is being paid for with a combination of state and local funding and has been in planning stages for about six years prior to construction in 2018 and 2019. The MRF in Fosston is among the most technologically advanced systems operating anywhere in the world at

this time.

So what does this mean to us here in Clearwater County? It means we have access to state-of-the-art solid waste and recycling infrastructure that most of rural America does not have, because Polk along with its partners Clearwater, Mahanomen, Norman and Beltrami had the foresight to build the incinerator, and later the MRF, beginning in the late 1980s. It also means that Polk is making prudent investments necessary to maintain the infrastructure long-term, so we don’t have to wonder where our waste will go when the facility wears out, or as many other counties do, when the landfill space runs out.

What it does not mean though, is that we don’t have to practice good recycling habits at home. Materials that are recyclable, but get mixed into the stream of regular trash, often pass through the MRF and are incinerated or landfilled because they get contaminated in the waste stream. Paper and cardboard, for example, are no longer recyclable when they’re contaminated with food or otherwise get wet and dirty. The MRF may be nearly 100 percent efficient when separating clean mixed recyclables, such as what we deliver from our drop-off

stations in Bagley and Clearbrook, but when running mixed garbage through the MRF, a large fraction of the recyclable material in the waste stream is lost to contamination.

Most importantly, in terms of solid waste costs, is the fact that Clearwater County pays tip fees and solid waste management tax on mixed garbage delivered to Fosston, but we DO NOT pay a tip fee or tax for recyclables. If you stop, go back and read one sentence in this column twice, this should be the one!

Items you can separate at home and take to the county’s recycling drop-off stations include all tin and aluminum cans, office paper, newspaper, corrugated cardboard and magazines, plastic bottles and plastic containers with a #1, #2 or #5 printed on the bottom. All of this should be clean, but it doesn’t mean you have to thoroughly wash it, just a quick rinse will do. Waxy coated cardboard or paper is not recyclable, nor are plastic films or tin foil. If you’re in doubt or it’s not in the list above, it should probably go in the regular trash.

One last thing I’d like to clarify pertains to our collection method in Clearwater County. I’ve heard people comment about seeing the garbage truck picking up the recyclables at

the drop-offs in Bagley and Clearbrook, and after seeing that conclude that recyclables are just getting mixed with trash... a logical conclusion. But the garbage truck that does that work is dedicated to recyclables. It’s Listrom’s backup truck, so if one of their route trucks goes down for repairs the recyclables truck may fill in after it unloads the recyclables, but that truck’s regular route is only recycling pickup.

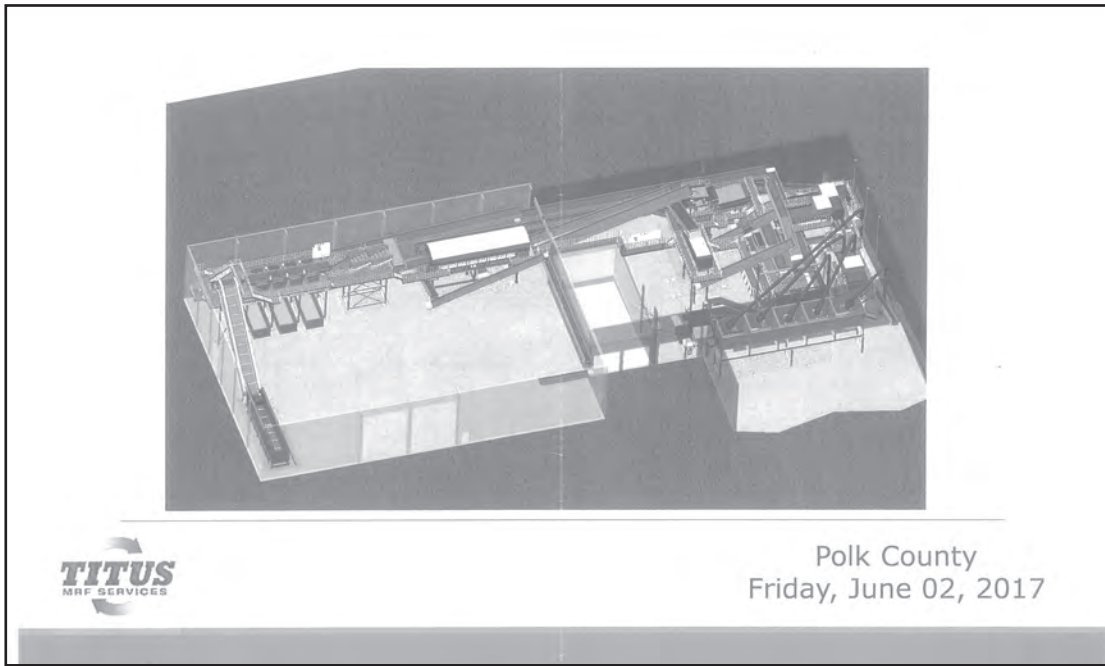
Clearwater County is committed to keeping its solid waste system working at a reasonable cost, and in doing so we want your help and input. If you have questions or comments about solid waste issues, please call or stop by Environmental Services, 694-6183, located in the Courthouse.

A video of the MRF in operation can be viewed on YouTube at Polk County RRF Day 1.

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Polk County
Friday, June 02, 2017

A sketch shows the layout of the Material Recovery Facility at Fosston.

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