



Tri County Canary

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



From left: Trey Netland and BJ, Kealan Downs and Dante, Katrina Evenwoll and Lena, Courtney Evenwoll and Bella.

Area Youth compete in Minnesota State Fair Horse Show

Four youth from the Clearwater County 4-H Horse Project recently competed at the Minnesota State 4-H Horse Show held on September 18th through the 21st at the state fairgrounds in St. Paul, MN. These 4-H members, Trey Netland, Courtney Evenwoll, Katrina Evenwoll and Kealan Downs, each earned a state trip by competing and placing high at the county fair 4-H horse

show. The county show has two categories, performance and games. These kids all won state trips in games which is made up of four different events including barrel racing, pole weaving, jumping figure eight and keyhole. Everyone who participated at the state show performed very well and three members came home with awards for placing in the Top 10 of their

division. Trey Netland won fifth place in 7th grade pole weaving, Kealan Downs placed seventh in 6-7th grade trail, and Katrina Evenwoll took home ninth place in 7th grade keyhole. Courtney Evenwoll represented Clearwater county by carrying the county flag in the Grand Entry event. The Clearwater county members also received an honorable mention for their herds-

manship. This award is given to counties that keep their stalls, aisles and horses extremely clean and neatly kept over the weekend. The kids, along with the help of 4-H Horse Project members Keira Evenwoll and Kirah Otting, worked hard to earn recognition for their efforts. Congratulations to all the 2015 state trip winners!

October is Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. Awareness about domestic violence is a matter of life and death. In Minnesota this year, as of October 1st, twenty four people are known to have been murdered due to intimate partner violence. Unfortunately, domestic violence does happen in our communities. It is estimated that 1-in-3 women and 1-in-4 men have been victims of some form of physical violence by an intimate partner at some point in their lives. Locally, Violence Intervention Project assists at least 400 people each year with its various services. These women and men are your friends, your relatives, your neighbors and all are members of our communities in NW Minnesota. Each day in the United States, at least three women are killed by an intimate partner. Women leaving a violent relationship are in the most danger but with the support of community advocates such as Violence Intervention Project they can leave a violent relationship in a safe manner. The burden should not be on victims to protect themselves from a dangerous person. The responsibility to provide safety falls on all of us. Domestic violence is not a private matter. Violence experienced in the home has far-reaching consequences. It results in death, serious injury and chronic medical and mental health issues for all involved; including victims, children, perpetrators, family,

friends, those trying to provide protection, as well as innocent bystanders. Domestic violence accounts for over twenty-five percent of violent crimes in Minnesota. If you suspect someone you know is in an abusive relationship, show concern; let them know that they are not the cause of the abuse and that the abuser needs to be held accountable. Support their strengths and encourage them in the choices they make for themselves. Offer to accompany them to get help. Encourage them to contact an advocacy agency such as Violence Intervention Project. Inform them that abuse is against the law, even if the abuser is a partner. Above all, don't give up on them. Understand their fears and hopes, even if they return to the situation. Be a friend who believes and can listen without judging. If you would like to learn more about how you can take a stand against violence or you wish to invite Violence Intervention Project to provide a presentation to a group, please call VIP's office at 218-681-5557 or 1-800-660-6667 for more information. VIP provides advocacy and several more services for victims of domestic violence and sexual assault in Pennington, Red Lake, Marshall, Kittson and Roseau Counties; with its main office based in Thief River Falls. We are here 24/7. Your call is confidential and you may remain anonymous.

Solo Piano Recital by Guest Artist John McKay, Sunday, October 25, 2016

CROOKSTON, Minn. – A solo piano recital featuring guest artist John McKay, D.M.A., will be held at the historic 1913 Steinway grand piano in Kiehle Auditorium at the University of Minnesota, Crookston, on Sunday, October 25, 2015. McKay, who's career as a recitalist, collaborative musician, and soloist with the orchestra spans more than five decades, will be in concert beginning at 7 p.m. The recital is free and the public is welcome to attend. Parking permits are not required. The program will feature the Beethoven Sonata in E flat major and the Brahms Variations and Fugue on a Theme by Handel. Also included will be the Bach English Suite No.3 in G minor and the Debussy Three Water Pieces. McKay is an American pianist and music educator of Canadian birth who has performed in concerts, recitals and on radio and television broadcasts throughout North America and Europe. Born and raised in

Montreal, Canada, he graduated from McGill University. He earned graduate degrees at the Eastman School of Music where he studied with Eugene List and David Burge. McKay spent most of the sixties in Europe studying and concertizing widely. He taught at the University of Toronto, Toronto, Ontario, Canada; and Gustavus Adolphus College, St. Peter, Minn., where he taught piano and the history of music for 28 years. For 17 of those years, he also directed Minnesota Valley Sommarfest, a festival of chamber music held every July at Gustavus. He continues to be in demand as a recitalist. McKay is married to Sara Hayden McKay, who directs the St. Peter Choral Society and the couple was honored in 2000 by the Minnesota State Arts Board for their contributions to the arts. For more information on the concert, contact George French, director of music and theater, at 218-281-8266 (gfrench@umn.edu).

McKay concert begins at 7:00 p.m. in the Kiehle Auditorium



The Clearwater County Sheriff's Department today received a boat and trailer from Koch Pipeline Company. Pictured in the photo: -Left: Matt Boyer, Operations Supervisor for Koch Pipeline Company - Right: Darin Halverson, Clearwater County Sheriff.

Koch Pipeline Company Donates Boat to Clearwater County Sheriff's Office

Clearbrook, Minn. – Koch Pipeline Company, L.P. (KPL) donated a boat, outboard boat motor, and boat trailer to the Clearwater County Sheriff's Office today to supplement search and rescue operations and assist with general water enforcement. This is the second donation that KPL has made in Clearwater County this year, following a July donation of emergency

response equipment and materials to the Clearbrook Fire Department. The total value of today's donation is \$8,500. "We are grateful to Koch Pipeline for their generosity and partnership," added Clearwater County Sheriff Darin Halverson. "These donations will be invaluable to our office and will particularly enable us to respond more quickly to incidents in northern Clearwater

County." "Koch Pipeline appreciates the important work that emergency responders do to keep their communities safe," said Dave Stecher, vice president of Northern Operations for KPL. "This donation is part of our ongoing commitment to be a good neighbor in the communities where we operate." About Koch Pipeline Com-

pany Koch Pipeline Company operates more than 4,000 miles of pipelines in Texas, Wisconsin, Minnesota, Missouri, Iowa and Illinois that transport crude oil, refined products, natural gas liquids, and chemicals. Koch Pipeline Company is the operator of the Minnesota Pipe Line system. Learn more at www.kochpipeline.com.

Bridge connecting Baudette and Rainy River, Ontario to be replaced in 2018

BEMIDJI, Minn. – Residents and business owners are encouraged to attend an open house from 4 to 7 p.m. on Wednesday, Oct. 28 to learn more about the replacement of the Baudette/Rainy River International Bridge. A public meeting will be held in each city at the same time: •Lake of the Woods Ambulance Garage, 111 Southwest First Avenue, Baudette, Minn. •Rainy River Recreation Centre, 219 Government Road,

Rainy River, Ontario The project to replace the bridge is a joint effort between the Minnesota Department of Transportation and the Ontario Ministry of Transportation. It will provide a more structurally sound crossing for improved traffic mobility between the two cities. The project's environmental study is estimated to be complete next spring. Final bridge design will take place 2016-2017 and construction is slated

to begin in 2018. The public meeting will be held in an open house format and participants will have the opportunity to review the initial evaluation criteria, preliminary alignment, and structure alternatives. Representatives of the project team will also be available to discuss the project, answer questions, and receive input on the project. To provide input or stay connected with the project: •Check the website at www.mndot.gov/baudette-bridge

updates •Join the interactive discussion To request an ASL or foreign language interpreter, call 651-366-4720. To request other reasonable accommodations, call 651-366-4718; the Minnesota Relay Service toll-free at 1-800-627-3529 (TTY, Voice or ASCII) or 711, or email your request to adarequest.dot@state.mn.us.



John McKay

Mille Lacs: Winter harvest cap set; ice fishing regulation decision by end of month

State and tribal biologists have reached agreement on how many pounds of walleye could be harvested by Mille Lacs Lake anglers over the winter season, according to the Minnesota Department of Natural Resources. The agreement paves the way for a decision later this month on the state's ice fishing regulations.

At a meeting Oct. 15, DNR and tribal biologists agreed to set the winter harvest cap for state anglers at 5,000 pounds or less. The total walleye harvest last winter was 3,100 pounds. The DNR and the Chippewa bands were able to reach this decision because September fish assessment data show that pounds of spawning-age walleye

and numbers of walleye from the 2013 year class were above established benchmarks. "This decision allows anglers and businesses to look forward to some harvest opportunity during the upcoming winter angling season that begins Dec. 1," said Don Pereira, DNR fisheries chief. "We'll announce a final decision about the details

of the ice fishing season by the last week of October, following an Oct. 21 meeting with the Mille Lacs Fisheries Advisory Committee." In preparation for that meeting, DNR biologists will evaluate the potential effects

Mille Lacs
Continued on page 2

"Your family owned
and operated store"
Phone: 218-435-1454
Store Hours
8am -8pm Mon-Sat
9am-4pm Sunday

Palubicki's

Sale Dates: Monday afternoon October 19 to October 25

Come in and get your
FREE Pumps Perks Card!
Save On Gas!



FOODS & DELI
Fosston, Minnesota
Double Coupon Sunday
through Wednesday

1 LB QUARTERED
**ESSENTIAL EVERYDAY
BUTTER**
3/\$10
MILD CHEDDAR, TACO, NACHO, SHARP CHEDDAR,
COLBY JACK, MEXICAN OR MOZZARELLA
**ESSENTIAL EVERYDAY
FANCY SHRED
CHEESE**
2/\$3
8 OZ

COUNTRY FRESH RF VANILLA
**DEAN'S
ICE CREAM**
\$3.99
4.5 QT PAIL
LIMIT 2 PLEASE
ADDITIONAL FOR \$4.59

REGULAR OR PLUS CALCIUM
**CASS CLAY
ORANGE JUICE**
2/\$4
1/2 GALLON

ASSORTED CLASSIC, THIN & CRISPY
OR BRICK OVEN
**RED BARON
PIZZA**
3/\$9
PEPPERONI, CHEESE OR SAUSAGE/PEPPERONI
ESSENTIAL EVERYDAY PIZZA.....**5/\$10**

**ESSENTIAL
EVERYDAY
SUGAR**
3/\$5
4 LBS
LIGHT BROWN, DARK BROWN OR POWDERED
ESSENTIAL EVERYDAY SUGAR 2 LBS **2/\$3**

**CHARMIN
BASIC
BATH
TISSUE**
\$5.99
12 PK - DBL ROLL
SOFT & STRONG OR VANTAGE
VIVA TOWELS 6 PK **\$5.99**

ASSORTED 20 PACK
**PEPSI COLA
PRODUCTS**
\$5.99
12 OZ CANS
LIMIT 2 PLEASE
ADDITIONAL FOR \$6.39
ASSORTED FLAVORS
12 PACK - 12 OZ CANS
SUPER CHILL POP..... **3/\$8**

ORIGINAL, COUNTRY STYLE, HOMESTYLE
OR MAPLE CURED
**BUSH'S
BAKED BEANS**
3/\$5
28 OZ

WATER PACKED
**CHICKEN OF THE SEA
CHUNK LIGHT
TUNA**
4/\$3
5 OZ

MIXED FRUIT VERY CHERRY, FRUIT COCKTAIL
OR SLICED PEACHES IN HEAVY SYRUP
**DEL MONTE
FRUIT**
4/\$5
15-15.25 OZ

APPLE CIDER
**ESSENTIAL EVERYDAY
OR APPLE JUICE REGULAR OR KIDS
OLD ORCHARD**
3/\$4
64 OZ

FAMILY PACK 85% LEAN GROUND BEEF LB \$3.79	FAMILY PACK BONE-IN ASSORTED PORK LOIN CHOPS LB \$1.89	GOLD N PLUMP BONELESS, SKINLESS CHICKEN BREASTS 20 OZ \$4.49	SCHWEIGERT BEEF OR COARSE RING BOLOGNA 14 OZ \$3.69
ANGUS FARMS BEEF BONELESS CHUCK BLADE ROAST LB \$4.29	FAMILY PACK BONE-IN PORK SHOULDER STEAK LB \$1.69	FAMILY PACK CHICKEN DRUMSTICKS OR THIGHS LB 89¢	FULLY COOKED HORMEL BACON 2.51 OZ \$3.99
ANGUS FARMS BEEF BONELESS FAMILY PACK CHUCK BLADE STEAK LB \$4.49	PORK SHOULDER ROAST LB \$1.59	FAMILY PACK SPLIT CHICKEN BREASTS LB \$1.29	VERNON MANOR SMOKED HAM STEAK LB \$2.99
ANGUS FARMS BEEF BONELESS FAMILY PACK BALL TIP STEAK LB \$4.79	FAMILY PACK BONE-IN COUNTRY STYLE RIBS LB \$1.59	GERBER "AMISH RAISED" WHOLE CHICKENS LB \$1.59	VERNON MANOR SLICED PEPPERONI 2 LBS \$4.89
ANGUS FARMS BEEF BONELESS RIBEYE STEAK LB \$9.99	HORMEL PORK BABY BACK RIBS LB \$2.79	FAMILY PACK HEN TURKEY DRUMSTICKS ... LB \$1.39	ELLIOTT'S SUMMER SAUSAGE 2 LBS \$6.99
ANGUS BEEF BONELESS STEW MEAT LB \$4.99	BLUEWAVE POLLOCK FILLETS 16 OZ 2/\$5	FOSTER FARMS HONEY BATTERED CORNDOGS LB \$1.99	JOHN MORRELL TASTY LINKS PORK SAUSAGE 7 OZ 99¢

WHOLE, 2%, 1% OR SKIM
**CASS CLAY
EZ GRIP
MILK**
4/\$9.50
97 OZ

FROSTED MINI SPOONERS
MALT-O-MEAL
10/\$10
36 OZ BAG
QUICK OR OLD FASHIONED
QUAKER OATMEAL42 OZ **3/\$10**

BBQ, HONEY BBQ, REGULAR, WAVY REGULAR,
SCO, CSC OR DILL PICKLE
**LAY'S
POTATO CHIPS**
2/\$5
7.75-8 OZ
ASSORTED KETTLE COOKED
LAY'S CHIPS 8 OZ **2/\$5**

TOMATO OR CHICKEN NOODLE
**ESSENTIAL EVERYDAY
SOUP**
5/\$2
10.5 OZ OZ
ESSENTIAL EVERYDAY CREAM OF MUSHROOM,
CHICKEN OR CELERY
SOUP.....10.5 OZ **4/\$3**

CLASSIC ROAST, FRENCH ROAST,
100% COLOMBIAN OR GOURMET
**ESSENTIAL EVERYDAY
COFFEE**
\$5.99
27.8-33.9 OZ
ASSORTED CHIPS DELUXE OR SANDIES
KEEBLER11.2-14.8 OZ **\$1.99**

**CASS CLAY
HALF & HALF**
5/\$4.50
PINT
CASS CLAY
WHIPPING CREAM..... PINT **\$1.99**

SEMI SWEET
**ESSENTIAL EVERYDAY
CHOCOLATE CHIPS**
\$1.99
12 OZ
3 LB REGULAR
CRISCO SHORTENING **\$4.89**

ASSORTED
**OLD DUTCH
POTATO CHIPS**
2/\$4
9.5-10 OZ
ASSORTED KELLOGG'S
FRUIT SNACKS..... 8 OZ **\$1.99**

TRADITIONAL, MEAT, MUSHROOM
OR GARLIC & HERB
**HUNT'S
SPAGHETTI SAUCE**
10/\$10
24 OZ
SPAGHETTI, THIN SPAGHETTI OR ELBOW MACARONI
ESSENTIAL EVERYDAY16 OZ **10/\$10**

**SHOPPER'S VALUE
ADULT DOG FOOD**
\$12.99
50 LBS
ARTIFICIAL CARVABLE
PUMPKINS..... **\$4.99**

ASSORTED
**LAND O LAKES
COTTAGE CHEESE**
\$1.89
16 OZ
ASSORTED LAND O LAKES
SOUR CREAM..... 16 OZ **\$1.59**

ASSORTED NATURALLY RISING, BRICK
OVEN OR THIN & CRISPY
**FRESCHETTA
PIZZA**
2/\$10
ULTRA THIN CRUST SUPREME, PEPPERONI,
CHEESE OR CHICKEN
BELLATORIA PIZZA.....**\$3.79**

A&W ROOTBEER, 7-UP, DIET 7-UP,
CANADA DRY GINGER ALE OR
SUNKIST ORANGE
POP PRODUCTS
\$5.99
18 PKs
ASSORTED FLAVORS
GATORADE... 8 PK - 20 OZ BTLs **\$4.59**

CHILI, BLACK, SMALL WHITE
OR RED KIDNEY
S&W BEANS
4/\$3
15-15.5 OZ
ESSENTIAL EVERYDAY PIECES & STEMS, NO SALT
MUSHROOMS..... 4 OZ **5/\$3**

NATURAL ELEMENTS, FREE & CLEAR,
MOUNTAIN BREEZE OR OXI & ZOUT
**PUREX HD
LIQUID LAUNDRY**
\$3.99
63-75 OZ
MONSTER TRUCK JAM
HOT WHEELS..... **3/\$4**

DAIRY
KRAFT
AMERICAN SINGLES.....12 OZ **\$2.59**
KRAFT
VELVEETA.....2 LBS **\$6.99**
ASSORTED WHITE OR CHOCOLATE
CASS CLAY MILK 1/2 PINT **3/\$1**
MID AMERICA CHIVES OR TACO FIESTA
SOUR CREAM TOPPING12 OZ **\$1.89**
ASSORTED
LAND O LAKES DIPS16 OZ **\$2.59**
LAND O LAKES
BUTTERMILK QT **\$1.49**
LAND O LAKES 1% CHOCOLATE
TRUMBO GAL **\$3.99**
REGULAR, CARAMEL OR CHEESY PUFFCORN
OLD DUTCH 7-9 OZ **2/\$4**
LAY'S REGULAR POTATO CHIPS, RUFFLES CSC,
CRUNCHY CHEETOS OR NACHO DORITOS
FRITO LAY 2.625-3.5 OZ **4/\$5**
ORIGINAL, PEPPERED, TERKIYAKI OR SIZZLIN SWEET
MATADOR BEEF JERKY 3 OZ **\$5.99**
FLAVOR, CLASSIC OR DORITOS & CHEETOS
MIX SNACK SAK 20 CT **\$6.99**
ASSORTED
TOSTITOS SALSA15.5 OZ **\$3.29**
ASSORTED LAY'S, TOSTITOS OR DIP ETIZERS
DIPS 10-15 OZ **\$3.29**
CHEESE FIX OR ULTIMATE CHEDDAR
MUNCHIES 8 OZ **2/\$5**
ASSORTED
HOLD GOLD PRETZELS 8.25-16 OZ **2/\$5**
ESSENTIAL EVERYDAY RICH & CRISP
CRACKERS 16 OZ **\$1.99**
ASSORTED RITZ OR WHEAT THINS TOASTED CHIPS
NABISCO 8-8.1 OZ **\$2.59**
ASSORTED ANGIE'S BOOM CHICKAPOP
POPCORN.....5-6 OZ **\$2.29**

FROZEN FOOD
CHICKEN NUGGET OR CHICKEN FINGERS
BANQUET TV DINNERS **\$1.19**
ESSENTIAL EVERYDAY
WHIPPED TOPPING.....12 OZ **\$1.69**
TURKEY, CHICKEN FINGERS, SALISBURY STEAK OR
BONELESS FRIED CHICKEN DINNER
SWANSON HUNGRY MAN. 14-16 OZ **\$3.39**
WHITE OR WHOLE WHEAT
RHODES DINNER ROLLS... 24-36 CT **\$3.99**
LASAGNA WITH MEAT SAUCE
STOUFFER'S19 OZ **\$3.39**
MACARONI & CHEESE
STOUFFER'S20 OZ **\$3.39**
PEPPERONI, FIVE CHEESE OR SUPREME
CULINARY CIRCLE PIZZA **\$4.99**
ASSORTED FLAVORS ICE CREAM OR FROZEN YOGURT
DEAN'S 48 OZ SCROUND **\$3.59**
ASSORTED
DEAN'S POPS6 PK **\$1.19**
CHOCOLATE OR STRAWBERRY
DEAN'S ECLAIR BARS6 PK **\$1.89**
DEAN'S
ICE CREAM SANDWICHES6 PK **\$1.89**
ASSORTED FLAVORS
DEAN'S SHERBET..... QT **\$1.89**
ASSORTED FLAVORS
DEAN'S ICE CREAM PINT **\$1.59**
TOOTSIE POPS, CARAMEL APPLE POPS, SUGAR DADDY,
CHILD'S PLAY OR TOOTSIE ROLLS
CANDY12-16 OZ BAG **\$2.59**
ESSENTIAL EVERYDAY BUTTERSCOTCH, LEMON,
CHOCOLATE, PISTACHIO, BANANA OR VANILLA
INSTANT PUDDING 4 SERVE SIZE **5/\$3**
ESSENTIAL EVERYDAY
SOUP & OYSTER CRACKERS 9 OZ **79¢**
CHOICE OF 4 FLAVORS
KOOL AID GELATIN 3 OZ **10/\$5.50**

FRUITS & VEGETABLES
PUMPKINS
\$3.99
EACH

BUTTERCUP
SQUASH LB **59¢**
SWEET
CLEMENTINES 3 LBS **\$5.49**
BARTLETT
PEARS LB **99¢**
WISCONSIN
CRANBERRIES 12 OZ **\$1.99**
BRAEBURN
APPLES 3 LBS **\$3.29**
WONDERFUL
POMEGRANATES..... EACH **\$1.99**
FRESH
GREEN BEANS LB **\$1.89**
GREEN
CABBAGE LB **49¢**
NATURE SWEET
CHERUB TOMATOES .. 10.5 OZ **\$3.19**
RUSSETT
POTATOES 10 LBS **\$1.99**

ESSENTIAL EVERYDAY
WHOLE CASHEWS 8.5 OZ **\$4.99**
ESSENTIAL EVERYDAY
PARTY PEANUTS.....12 OZ **\$2.39**
ESSENTIAL EVERYDAY ORIGINAL OR
DOUBLE STUFFED CHOCOLATE SANDWICH
COOKIES 14.3-15.35 OZ **\$1.79**
ASSORTED SUNSHINE
CHEEZ-IT CRACKERS.....9-12.4 OZ **\$2.59**
ASSORTED
KEEBLER CLUB CRACKERS11-13.7 OZ **\$2.59**
ESSENTIAL EVERYDAY
COFFEE CREAMER35.3 OZ **\$3.99**
ESSENTIAL EVERYDAY
STUFFED GREEN OLIVES.....10 OZ **\$1.39**
ESSENTIAL EVERYDAY HOMESTYLE
PIZZA SAUCE14 OZ **\$1.19**
ESSENTIAL EVERYDAY WHOLE OR SLICED
WATER CHESTNUTS 8 OZ **59¢**
ESSENTIAL EVERYDAY
PURE OLIVE OIL17 OZ **\$3.99**
OLD FASHIONED VEGETABLE BEEF, SPICY CHICKEN
QUESADILLA OR HEARTY CHEESEBURGER CHUNKY
CAMPBELL'S SOUP..... 18.8 OZ **3/\$5**
ORGANIC LEMONADE, MANGO LEMONADE
OR STRAWBERRY LEMONADE
WILD HARVEST 64 OZ **2/\$3**
MACARONI & CHEESE DINNERS
KRAFT 5 PK-7.25 OZ BOXES **\$5.99**
ESSENTIAL EVERYDAY
KETCHUP 24 OZ **89¢**
ESSENTIAL EVERYDAY
APPLE SAUCE 48 OZ **\$1.99**
HONEY BUNCHES OF OATS FRUIT BLENDS
PEACH RASPBERRY
POST CEREAL 14.5 OZ **\$2.99**
CHOCOLATE OR CARAMEL SWEETENED
CONDENSED MILK
EAGLE BRAND..... 14 OZ **\$1.99**

HOME, HEALTH, BEAUTY
AIM
TOOTHPASTE 7.2 OZ BONUS SIZE **\$1.19**
MENNEN OR LADY SPEED STICK
DEODORANT..... 2.3-3 OZ **\$1.59**
COATED TABLETS OR CAPLETS
EQUALINE IBUPROFEN50 CT **\$1.99**
100% WHEAT BREAD
COUNTRY HEARTH..... 24 OZ **\$2.99**
PLAIN, WHEAT OR LIGHT ENGLISH MUFFINS
COUNTRY HEARTH..... 12 CT **\$2.49**
PETER PAN CREAMY OR CHUNKY
PEANUT BUTTER..... 16.3 OZ **\$1.99**
ESSENTIAL EVERYDAY MILK CHOCOLATE
OR WITH MARSHMALLOWS
HOT COCOA MIX 10 CT **\$1.29**
ESSENTIAL EVERYDAY
WHOLE ASPARAGUS..... 14.5 OZ **\$2.79**
RAISIN BRAN WITH CRANBERRIES
KELLOGG'S 13.5 OZ **\$2.99**
CUT GREEN BEANS, FRENCH CUT GREEN BEANS,
SWEETPEAS, CREAMSTYLE CORN
OR WHOLE KERNEL CORN
ESSENTIAL EVERYDAY14.5-15.25 OZ **10/\$5**
REGULAR OR KOSHER
GEDNEY BABY DILLS 32 OZ **2/\$5**
SUNKIST LEMON
BETTY CROCKER BAR MIX **\$2.19**
GUSHERS VARIETY, FRUIT SNACK VARIETY, FOOT LONG
VARIETY, TROPICAL GUSHERS, FRUIT ROLL UPS, HOT
COLORS OR STRAWBERRY GUSHERS
BETTY CROCKER **\$1.99**
PUFF'S SOFT PACK
FACIAL TISSUE..... 132 CT **99¢**
ESSENTIAL EVERYDAY SPRING OR MOUNTAIN
SOFTENER SHEETS 120 CT **\$2.99**

CLASSIFIED ADS!

Help Wanted

HELP WANTED: Full or Part time Cook/Bartender/Waitress. Experience a +, but will train. Apply in person at Carol's Cozy Bar & Grill in Brooks. O18fc

HELP WANTED: Night and week-ends. Bartender and cook. Stop by for application. Deuce Bar & Grill, Erskine, 218-687-2500. R27-31P

HELP WANTED: Full time cook/waitress/food prep in our deli. Good customer service, experience, we will train. Stop by for applications at Bakken's Market in Clearbrook. R29-33C

Accepting Applications

RLCC School is accepting applications for a full time-year round High School secretary position. This position is at the High School in Oklee.

Applications are on the school website or can be obtained by contacting the school. O30-32C

Mrs. Olson's Lefse is Now Hiring!

Work in a clean environment with a friendly crew.

Hours are M-F 6:30 am to 2:30 pm and we offer **VERY FLEXIBLE SCHEDULING.**

Call **487-5218** or stop at our office on Main St., Gonvick. R29-30C



Help Wanted

Field Drainage of Brooks, MN a family owned and operated business is NOW HIRING equipment operators and laborers. We pay for motels, transportation and a per diem when on the road.

Must be able to work overtime hours and be away from home during the week. We never work Sundays.

Call **JESS or CINDY 218-698-4628!** O30-33C



Home at Heart Care has open positions for Full Time and Part Time Registered Nurses. Home at Heart provides services to over 500 elderly and disabled recipients in Northern Minnesota. Duties for RN's include PCA and Homemaker supervision, Client intake, case management including staffing coordination. Travel is required.

Information about Home at Heart is on our Web Page at www.homeatheartcare.com. Interested applicants should submit a resume before November 1st to: H@H RN, P.O. Box 183, 221 3rd Ave., Clearbrook MN 56634. R29-30C

Home at Heart Care is an EOE

Organists/Pianists Wanted

Oklee Lutheran Parish is seeking persons interested in playing the piano or organ for Sunday Services. This is a paid position. There are two churches served by the parish. For more information call Leif at 218-796-5372 or John at 218-796-5370. O29-30C

* HELP WANTED *

Northern Plains Rail Services in Erskine is hiring 2 employees willing to work overtime hours. Competitive wage. Duties include cleaning and repairing railcars. Located on N side of Hwy 2 in Erskine. Call 218-687-3138 or 218-687-3499 for more info or stop in to pick up an application. R29-31C

HELP WANTED



Red Lake County Cooperative has a full-time position open in their Agronomy Department. Competitive pay and full benefit package offered. Co-op will train employee.

Call Doug at **218-280-3607** or send resume to PO Box 37, Brooks MN 56715. O29-30C

Wanted: Full-time Finance Person

Clearbrook-Gonvick School District is looking for a full-time finance person. The job includes: Reporting student data to the Department of Education; Payroll and Insurance processing and reporting, Process Food Service lunch applications and monthly reports to Dept. of Ed. And USDA, File applications and process documents for E-rate, Title programs, and Impact Aid, Prepare cash deposits and cash boxes for student activities. Prepare reports for School Board and Administration as needed.

This position is open until filled.

Send Application material to Wayne Olson, Superintendent of Schools, Clearbrook-Gonvick Schools, 16770 Clearwater Lake Road, Clearbrook, MN 56634. Email wolson@clearbrook-gonvick.k12.mn.us; 218-776-3112 R29-30C

Clearbrook-Gonvick School is an Equal Opportunity Employer

Systems Administrator - Polk County, MN

Polk County has an opening for a **Systems Administrator** in the Information Systems/IT Department. This is a management level position with primary responsibilities including the technical planning, implementation, day-to-day operation, administration and support of: Database, server, storage, desktop and mobile systems. Applicants must have a Bachelor's Degree in Computer Science, Information Systems, or an equivalent combination of education, certified technical training and hands on experience performing essential duties of this position.

A valid driver's license is required. Wage range for this position is \$27.23 - \$34.62/hour; DOE and qualifications. Interested individuals may contact the Polk County Administrator's Office at 218-281-5408 or go online to <http://www.co.polk.mn.us> to view this job description and application. Applications for this position will be received until 4:30 p.m. on October 26, 2015. M29-30C

EMPLOYMENT NOTICE HEAVY EQUIPMENT OPERATOR

Clearwater County will be taking applications to fill Heavy Equipment Operator positions for an employment roster. Future positions will be filled as needed from the roster created by this interview and testing process. There is one full-time position open at this time.

The applications will be screened for the following minimum qualifications: Class A Commercial Driver's License, three years of experience operating heavy equipment including motor graders, tandem trucks, loaders, backhoes, and dozers, and high school graduate or GED.

Salary Range: \$14.79 - \$19.61/hr plus benefits

Applications are available at the Clearwater County Highway Department, 113 7th St. NE, Bagley, MN 56621, (218) 694-6132 or on our website at www.co.clearwater.mn.us. Applications must be received no later than November 6, 2015. R27-30C

Clearwater County is an Equal Opportunity Employer

Help Wanted

HELP WANTED: Legumex Walker Sunflower in Mentor is looking for a few good men or women to fill open positions for general laborers. Legumex offers competitive wages, health, dental & life insurance, a simple IRA & vacation pay. Call 218-637-8204 or stop out for information & an application. Ask for Rory or Luke. R30-32C



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218-694-6552

Cornerstone Nursing and Rehab Center

has the following full or part time positions open:

- Cook
- LPN
- Housekeeping
- Certified Nursing Assistants

Cornerstone Nursing and Rehab Center is a skilled nursing facility in Bagley. Employee benefits available, such as Paid Time Off, Sick Leave, Health and Life Insurance. Applications may be obtained at www.cornerstoneshc.com, from the facility or by calling 218-694-6552. E.O.E. R30fc-C

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R26TFC

For Sale on Sealed Bids

The Clearbrook-Gonvick School District has the following for sale by sealed bid.

- 1 Standup Beverage Cooler with glass door 28" w x 28" d x 72" h
- 7 black metal TV carts with wheels
- 1 Wood file cabinet
- 1 Jet Electric Metal Band Saw
- 1 Older Table Saw w/o motor
- 1 Dust Collector small shop - Jet DC1200C
- 1 Pulley Weight system with free weights
- 1 Drill Press Rockwell/Delta model 15-655

All equipment sold as is; contact Lowell Bjerke at 776-3112 for more information. Bids mailed should be addressed to: Wayne Olson, Superintendent of Schools, Clearbrook-Gonvick Schools, 16770 Clearwater Lake Road, Clearbrook, MN 56634. Bids are due in the School Office at the end of the day on October 23, 2015. R29-30C

GREAT selection of modular & manufactured homes at Frontier Homes in Bemidji. 751-7720. R11fc-C
Closeouts on select models.

Deluxe (4) bedroom home on closeout at Frontier Homes.
frontier@paulbunyan.net R11fc-C

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LOG HOME KITS
AMERICAN LOG HOMES IS ASSISTING LIQUIDATION OF **NEWLY RELEASED ESTATE & ACCOUNT SETTLEMENT ON HOUSES**
3 Log Homes selling for **BALANCE OWED, FREE DELIVERY**

• Model # 303 Little Rock	\$38,525	—	BALANCE OWED \$15,900 ★
• Model # 403 Augusta	\$42,450	—	BALANCE OWED \$16,500 ★
• Model # 502 Santa Fe	\$44,950	—	BALANCE OWED \$17,500 ★

• **NEW - HOMES HAVE NOT BEEN MANUFACTURED**
• **Make any design changes you desire!**
• Comes with Complete Building Blueprints & Construction Manual
• Windows, Doors, and Roofing not included
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M48-47C

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For more information on MCAN ads call: 218-487-5225

Minnesota Classified Advertising Network



HELP WANTED MANAGER

for central Minnesota newspaper printing plant. Experience with direct-to-plate systems preferred, management and other web fed press experience helpful. Email: jquinceo@runestone.net by October 30, 2015

HELP WANTED - DRIVERS

LINSMEIER TRUCKING
A MN based company is now hiring Company Drivers to pull hopper bottom in the upper Midwest. Home weekends. Call 320/382-6644

NOW HIRING

Company OTR drivers. \$2,000 sign on bonus, flexible home time, extensive benefits. Call now! Hibb's & Co. 763/389-0610

MISCELLANEOUS

"MINNESOTA EXPOSED"

is now available! This bathroom humor book contains insights into the passive-aggressive communication style of Minnesotans. Visit www.MinnesotaNiceMojo.com to order one today!

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truck/boat to Heritage For The Blind. Free 3 day vacation, tax deductible, free towing, all paperwork taken care of 800/439-1735

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PROJECT ENGINEER

ENGINEERED PUMP SERVICES, INC. serves the pump repair and engineering needs of electric utilities; large and small municipalities; and a variety of industries including steel, mining, paper, and brewing. Specialties include: evaluation, repair, engineering, and field services.

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- Project management, customer service, and sales skills
- Professional Engineering license is a plus

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Cell: 218-280-7270
218-435-6995

NEW LISTING!!



Great Business opportunity! Building is currently being used as a bar and lounge and has 3 apartments that are included. Apartments are currently rented. Building is in great shape and located on main street. Call for details and our private showing. Owner is willing to finance new buyer. **MLS #15-2180**

R30C

Rummage Sale

RUMMAGE SALE: Embassy basement, 3rd/Eaton, Fosston. Friday, Oct. 23 (most items 50¢), Saturday, Oct. 24 (\$2 bag day). 9am-noon both days.

R30C

MOVING SALE

3-piece sectional couch; complimentary chair; solid oak curio cabinet; solid oak dining room set (trestle table, 4-straight back chairs, 2-captain chairs, hutch); 2-club chairs with ottoman; wicker patio table and chairs (2); ink jet combination printer/copier/scanner/fax; desk chairs; oak counter chair; 3-burner gas grill (used very little); exercise bike; and more.

34279 Oak Lake Circle SE Erskine
(H) 218-687-2721
(C) 218-791-0147/0146

M30C

Recreation

FOR SALE: '83 Chevy motorhome, 23', \$3800. Call evenings, 218-487-5260.

R71C-NC

FOR SALE: 14' Lund boat, 30 hrs., Honda trailer, like new. Call evenings, 218-487-5260.

R12-HC-NC

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.

M31C-C

- FOR SALE -

\$124,900.

47305 Co. Rd. 7
Gonvick
Cute, furnished, seasonal cabin on 311' x 75' lot. Dbl car gar, awesome beach! Ready for you to enjoy! **just needs a well.

--- CALL TODAY ---
Sue Dalager
LeBlancRealty.com
218-779-7977

\$149,900.

34895 310th St. SE
Fosston
Gorgeous 3 bdrm. 2 1/2 bath home on 16 acres with open floor plan, spacious kitchen, patio, deck and attached heated dbl garage. 11 miles W of Gonvick. Great Hobby Farm!

LeBlanc Realty

R30C

NEW LAKE LISTING!



#4130 - Beautiful! A term overused? NOT HERE! Because this property truly is! Beautiful private wooded setting. Beautiful lake views! This beautiful custom built lake home features vaulted ceilings, ceramic tile and stunning hickory cabinetry throughout to accent the "ultimate kitchen" which flows into the spacious dining room, living room and beyond. Then there's on to the lower level which brings entertaining to a whole new level for family and friends. Complete the package with attached double plus garage and shop. Call today to see this one!

SOLLIE REALTY
Fosston, MN
218-435-1525
www.sollie.net

www.sollie.net

Cars, Trucks, etc.

FOR SALE: Handicap accessible van. 1996 GMC, new battery, new break lines, runs great! 153,000 mi., w/wheelchair lift, has new motor. \$5000. Call 218-776-2168.

R281C-NC

For Rent

2 BR MOBILE HOME + 3 AC. FOR RENT: 7 mi. W. of Bagley / 11 mi. E. of Fosston. (EBRO) Lg. 2 BR, stove, fridge, washer & dryer, lg. yard, pasture, old outbuildings & storage bldg. \$500/mo. + utilities & deposit. 218-556-2061.

R281C-C

EFFICIENCY APTS in OKLEE

218-686-6533

O28-31C

We Want YOU!

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Pay only 30% of adjusted income for rent

On-site laundry/ Mail Delivery

Contact **CAROL** at

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WANTED: Large round bales of hay. Call 218-280-4149.

R27-30P

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MAJOR REDUCTION!

20 ACRES & 3 BEDROOM HOME. New windows throughout and hardwood floors! Just off the tar & 2.5 miles to Gonvick. Good pasture and crop land with some outbuildings. Beautiful garden spot and apple trees. Wood heat. **MLS#15-1818-\$97,500.**

47 ACRES TROPHY HUNTING GROUND

- 4 Bdrm split entry - Open living area, new flooring, New Baths & New Kitchen 1644 ft. Htd. Att Gar., Lg Insul Shop. Adjoining 80 Ac. of land locked County Forest! Wood Boiler & Elec. Heat! (Leonard) **MLS#15-1485-\$159,900.**

SPACIOUS ONE LEVEL! Gorgeous 2 lot yard! Two bdrm. (Mstr has back deck). Newly remodeled Bath & Kit w/oak cabinets & pantry. Dual Heat: Propane & heat pump. Ctr. Air, 3 Decks, Fire pit & sgl Dt garage. Lovely, quiet, "homey". **MLS#15-1457-\$67,900**

GORGEOUS 5 AC LOCATION ON PINE LAKE BLUFFS! Spacious living w/2 Liv. Rm., 2 kit, 4BR/2.5 BA & office. Indoor pool & FP. 1 level & 2 story/ joined living quarters! Perfect extended family home! Near pristine Pine Lake Beach! **MLS#15-479-\$139,900**

PINE LAKE HOME-4 LOTS & FURNISHED! Beautiful yard level to a hard sandy beach with crystal clear water! 2 Bdrm. plus Loft! U-shape kitchen W/New Flooring & New Bath! Dbl insul/htd Gar W/Loft above! Great fishing & duck hunting! **\$157,900-MLS#14-2121**

CHARMING 2 BDRM HOME OR BUSINESS! Hrd. wood floors! Spacious liv Rm. Was set up for beauty salon but easy to convert back for living or Rental! Full Bath, kitchen & bsmt. Attached huge storage building was drugstore! **MLS#15-2048-\$39,900.**

R30C

Fall into Great Specials!

WHITE EARTH CONGREGATE HOUSING

has immediate openings for a 1 bedroom unit. Must be 62 years of age or 18 years of age with a disability. Rent includes water, sewer, garbage and heat. Rent is based on 30% of income. Certain Restrictions apply.

For more information call DW Jones Management, Inc.
(800) 810-2853 or www.dwjonesmanagement.com

Equal Housing Opportunity.
TTY 711 CREATING BETTER LIVING

R221C-C

FALL INTO GREAT SPECIALS!

\$300.00 Walmart Gift Card

RED LAKE SENIOR APARTMENTS

Call today about our 1 bedroom apartments that are available for immediate occupancy. Certain Restrictions apply. Rent is based on income and includes heat, water, sewer, garbage and electric. Must be 62 years of age or older. Laundry on-site, central air included, community room, emergency call system, meal services available. For more information contact 218-547-3307.

Equal Housing Opportunity TTY 711 Creating Better Living

ADVERTISING IN THE CANARY GETS RESULTS! AD DEADLINE NOW 4:30 PM FRIDAYS

Miscellaneous

FOR SALE: Pal sit-to-stand transfer lift. 2 batteries included plus charger. Very gently used. \$2700 new. Sell for half price OBO. Call 218-776-2168.

R281C-NC

FOR SALE: Seasoned hardwood \$120/pick up load. 218-563-4380 or 218-280-6377.

M30-33C

Deer hunters encouraged to buy license early

With nearly 500,000 firearms deer hunters in the state, the Minnesota Department of Natural Resources encourages hunters to purchase their licenses early to avoid long lines and any potential system issues associated with the high sales volume. The 2015 Minnesota firearms deer season begins Saturday, Nov. 7.

"There are usually lines of people who wait to buy licenses until the Thursday and Friday before the firearms deer opener. Last year we sold more than 120,000 licenses on those two days," said Steve Michaels, DNR licensing program director. "Buying early lets you avoid the lines and spend more time getting ready to hunt."

Deer licenses can be purchased at DNR license agents across Minnesota, by phone at 888-665-4236 or online at www.mndnr.gov/buyalicense. There are additional fees for telephone and Internet transactions. Hunters who purchase licenses by phone and Internet will receive their deer license and tags by mail, which can take three to five business days to arrive, so hunters who choose these options should allow enough time for delivery. Hunters must have a valid deer license and tag in their possession when hunting deer.

The information center and license center at DNR headquarters in St. Paul will extend their hours on opening weekend to accommodate additional phone calls from deer hunters. Phone lines will be open on Friday, Nov. 6, until 8 p.m., and Saturday, Nov. 7, from 8 a.m. to noon.

Hunters need to be familiar with deer hunting regulations, which are available at any DNR license agent or online at www.mndnr.gov/regulations/hunting.

License questions should be directed to the DNR Information Center at 651-296-6157 or 888-646-6367.

Entertainment & Dining

Liquor Pigs
Winger, MN

Costume Contest
"Plum Crazy Entertainment"

Friday, Oct. 30th 9pm-1am

1ST PLACE PRIZE: (2) 4TH ROW END ZONE TICKETS for VIKINGS Dec. 27th game against the New York Giants

2ND PLACE PRIZE: \$50 Gift Certificate!

Judging will be from 9pm-11pm and winners will be announced at midnight!

R28-30C

8th Annual HALLOWEEN BASH

at **TJ'S TAVERN** of OKLEE

Sat., Oct. 31

Get your costumes ready!

Costume Contest at Midnight-
\$100 cash prize for first place!

Dance starts at 9 o'clock with video **DJ SOUND SENSATIONS!**

Also, mark your calendars:
By popular request, join us for the 1st Annual **SECOND WEEK OF DEER CAMP PARTY!**

Saturday, Nov. 14th: Dance & drawings, food & drink specials!

OFF-SALE: Root Beer **BEER** back in stock!

TJ's Tavern
of OKLEE
218-796-5153

O30-31C

BINGO Friday, October 23rd at 6:30pm.

Blackout in 56#s or less for \$1000!!

SAVE THE DATES:

Oct. 24th: Annual Lions Smoker
28th: Annual Lioness Pie & Craft Auction
31st: Annual Halloween Party
Nov. 14th: LIVE music by 2 @ A Time!!

EVERY Thursday:
AYCE PIZZA & SALAD for only \$8!!
Tacos EVERY Tuesday!!

GOODRIDGE MUNICIPAL LIQUOR STORE

R30C

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608

Friday, October 23rd
Music by "Cathy Erickson", 3-7 pm
★ Prize Drawings

FRIDAY & SATURDAY DINNER SPECIALS
(All dinners include: potato, salad & dinner roll)
•BBQ Ribs •Walleye •Steak
•BBQ Ribs & Broasted Chicken

POTATO KLUB
THIS THURS., OCT. 22
Serving until gone!
SAT., NOV. 14TH

HUNTER'S BALL
Raffle tickets on sale now for rifles & other hunting items
Music by "Wild Wes" from 8 p.m. to closing.

COMING EVENTS:
Bar Bingo - starting soon!
Sunday, Nov. 8: Music by Donovan & Friends playing 50's - 60's & Country Music

(COUPON)

\$1.00 OFF Broasted Chicken
for the month of October, 2015

O30-31C

NO BINGO
~ SATURDAY, OCTOBER 23 ~

Fri. & Sat. Special
5:00-10:00 pm
SHRIMP

SMEAR TOURNAY
every TUESDAY at 7 pm

SHORTY'S PLACE, Gully

R30C

SIDE TRACK Tap
Bar & Grill
Leonard, MN

HALLOWEEN PARTY
Friday, October 30th

Costume Contest!

Prizes:
1st- \$100, 2nd-\$50, 3rd-\$25

DMS ENTERTAINMENT • 8 PM-1 AM

R30-31C

Stadium Seating
FOSTON THEATRE

Phone: 218-435-1700
Evening Shows: 5:50
Matinees: \$5.00

Fri 10/23-Thurs 10/29

PAN (PG)



Fri 4:30 7:30
Sat & Sun
1:30 4:30 7:30
Mon-Thurs 4:30 7:30

Through Thurs 10/22

THE MARTIAN (PG-13)

Fri 4:30 7:30
Sat & Sun
1:30 4:30 7:30
Mon-Thurs 4:30 7:30

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The Club
Bar & Grill
McIntosh

FRI., OCT. 9 9 pm to close
"Wild Wes"

SAT., OCT. 10 9 pm to close
"Sound Sensations"

NOW OPEN SUNDAYS

SAT., OCT. 24

Pumpkin Carving Contest 2:00 pm

Dinner Specials
Shrimp, Steak, & Fried Walleye
FRIDAY & SATURDAY NIGHTS
★ Daily Food & Drink Specials ★

Every Thursday at 6:30 pm

RIBS SATURDAY NIGHT

- 563-4011 - Try our new **HOMEMADE PIZZA**
Now delivering in the city of McIntosh!

M341C-C (28)

HALLOWEEN COSTUME PARTY

1st, 2nd & 3rd place prizes will be awarded for the best costumes at midnight!

Halloween Night only enjoy a tap of "Orange Coors Light" for only \$2.00

Come for a "Howling" good time!

"Deer Hunting Opener"
Fri., Nov. 6 & Sat., Nov. 7
LIVE! Karaoke & DJ with "STAR KARAOKE" from 9 pm-1 am both nights

MARK YOUR CALENDAR...
"Wine Tasting Event"
Sat., Nov. 21 starting at 6 pm
This is a great time to purchase your favorite wines for the holidays!

Clearbrook Liquor Store
Saturday, Oct. 31

Todd & Co. w/Dwight will be playing from 9 pm-1 am

Plus other **Drink Specials** and **Door Prize Drawings** will be held throughout the night.

R30-31C

Hunting News

Get Wild hockey discounts with hunting or fishing license

Minnesota hunting or fishing license holders can order discounted tickets to Minnesota Wild hockey games at www.mndnr.gov/wild-hockey.

The promotion includes home games on Thursday, Oct. 22, against the Columbus Blue Jackets; Wednesday, Nov. 25, against the Vancouver Canucks; Thursday, Dec. 3, against the Toronto Maple Leafs; Monday, Jan. 25, against the Arizona Coyotes; Sunday, Feb. 28, against the Florida Panthers; and Sunday, March 6, against the St. Louis Blues. Ticket costs vary based on game and seating options. For the Oct. 22 game, they are \$92.50.

"Hockey, hunting and fishing all bring to mind Minnesota culture and traditions," said Jennifer Wical, with the outreach section of the Minnesota Department of Natural Resources. "If you love hockey and the outdoors, this deal is for you."

A limited number of tickets are available for each game and will be reserved on a first-come, first-served basis. The offer is available online only and is available to hunting or fishing license holders for 2015 or 2016. Fishing and hunting licenses can be purchased on a mobile device or on the DNR's licensing Web page at www.mndnr.gov/buyalicense.



October is Breast Cancer Awareness Month

It's hard to miss the fact that October is Breast Cancer Awareness Month; sports teams are wearing pink, bras are hanging from buildings in some communities, and the frosting on the cookies in RiverView Health's Diagnostic Imaging Department is pink. Hopefully, the alarming statistics in news reports have also caught your attention; 230,000 women are diagnosed with breast cancer every year. So, with all of this and then some, you are more than likely aware of Breast Cancer Awareness Month. But while awareness is great; action is better.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

A Mammogram at RiverView Health

RiverView Health's Diagnostic Imaging Department conducts about 130 mammograms a month. According to Jennifer Bailey, radiology and mammography technologist, the average mammogram at RiverView only takes about 20 minutes, including the time it takes to complete the history questionnaire. As for the common fear of pain during the exam, Bailey shared that while all patients have different pain levels, the exam should not cause extreme pain. RiverView's mammography technologists work with each individual to make the experience as comfortable as possible. While there are no special preparations for the exam, Bailey said it may help to go caffeine and chocolate-free 24 hours before the exam and take Tylenol or ibuprofen before the exam to help with possible discomfort.

According to the American Cancer Society and American College of Radiology,

• Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular health exam every 3 years. Starting at age 40, women should have a CBE every year.

• Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

• Women who are at high risk for breast cancer based on certain factors, including family history of breast or ovarian

cancer, should talk with their provider about how often they should have a mammogram.

To make an appointment for a mammogram at RiverView Health, you can either schedule through your primary care provider or call the Diagnostic Imaging Department to make your own appointment, although you do need to have a provider to which the exam results can be sent. That provider will follow up with you on any further care that might be required. Test results are sent to the patient's provider within 48 hours. Patients then receive the results from the provider's office.

3D Technology coming to RiverView

According to Ryan Hager, director of Diagnostic Imaging, RiverView was on the forefront in bringing digital mammography to the region many years ago. Digital and conventional mammography both use x-rays to produce an image of the breast; however, in conventional mammography, the image is stored directly on film, whereas, in digital

mammography, an electronic image of the breast is stored as a computer file. This digital information can be enhanced, magnified, or manipulated for further evaluation more easily than information stored on film.

But while digital technology trumps conventional mammography, soon three-dimensional (3D) technology will be the champion at RiverView.

RiverView will begin offering 3D mammography before the spring of 2016, according to Hager. The new technology will allow for pictures to be taken as thin slices of the breast from different angles and computer software will reconstruct the image. Breast tissue can then be examined layer by layer instead of only a flat image.

The new technology is proven to detect 41 percent more invasive breast cancers and reduce false positive results by up to 40 percent. This amounts to reduced imaging call backs and additional tests; earlier detection of small breast cancers; greater accuracy in pinpointing size, shape and location of abnormalities; and greater likelihood of detecting multiple breast tumors, which occur in 15 percent of breast cancer patients.

Early detection is the best defense against breast cancer. Successful treatment and survival rates for breast cancer patients are dramatically affected by early detection of breast cancers. If breast cancer is found early, before it has spread to lymph nodes, the five-year survival rate is almost 100 percent.

For more information on breast health or to make an appointment for a mammogram, call RiverView's Digital Imaging Department at 218-281-9428.

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58202A	2008 Chev 1500 LT 4x4, 63K, Immaculate Condition, Victory Red	\$17,500
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58191b	2007 Chev 1500 LT 4x4, Matching Topper, 104K, Silver	\$16,800
58125A	2009 Chev 1500 LT 4x4, 31K, Blue Granite.....	\$23,800
58122a	2009 Chev 1500 LT 4x4, 57K, Black.....	\$22,200
59064C	2011 Chev 1500 LT 4x4, 62K, Blue Granite.....	\$23,800
48135a	2011 GMC 1500 SLE 4x4, 27K, White	\$26,500

Crew Cab

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59005b	2004 Chev 1500 Z71 4x4, 176K, Red	\$ 9,900
48154b	2005 Chev 1500 Z71 4x4, 145K, Blue.....	\$13,000
57057C	2005 Chev 1500 Z71 4x4, 163K, Silver.....	\$12,900
48065A	2008 Chev 1500 LT 4x4, 92K, Blue Granite	\$19,800
59028a	2008 Chev 1500 LT 4x4, 131K, Blue Granite.....	\$17,350
38187a	2009 GMC 1500 SLE 4x4, 117K, Red	\$18,800
48055A	2009 Chev 1500 LT 4x4, 72K, Maroon	\$21,900
28142A	2009 Chev 1500 LT 4x4, 47K, Blue Granite.....	\$25,200
59031B	2009 GMC 1500 SLE 4x4, 119K, Black.....	\$19,300
58132C	2010 Chev 1500 LT 4x4, 111K, Silver.....	\$18,800
38235a	2010 Chev 1500 LT 4x4, 90K, Silver	\$21,300
59007A	2010 Chev 1500 LTZ 4x4, 50K, White Diamond	\$28,600
58175A	2011 Chev 1500 LT 4x4, 90K, Gray.....	\$24,800
58067a	2011 Chev 1500 LT 4x4, 76K, Black.....	\$25,000
59035a	2011 Chev 1500 LT 4x4, 76K, Gray.....	\$19,800
59058a	2011 Chev 1500 LT 4x4, 43K, Silver	\$27,000
38101a	2011 Chev 1500 LT 4x4, 59K, Steel Green.....	\$25,500
38151a	2011 Chev 1500 LT 4x4, 34K, Silver Green.....	\$27,600
59020A	2011 Chev 1500 LT 4x4, 65K, White Diamond	\$25,800
48095a	2012 Chev 1500 LT 4x4, 49K, White Diamond	\$28,900
58121A	2013 Chev 1500 LT 4x4, 67K, Matching Topper, Deep Ruby.....	\$26,800
48187a	2013 Chev 1500 LT 4x4, 46K, Mocha.....	\$28,900
69003A	2014 Chev 1500 High Country, 26K, Loaded, Matching Topper, White Diamond	\$39,500

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59045B	2004 GMC 2500 Crew Cab SLT 4x4, Duramax Diesel, 185K, Blue	\$16,000
58076B	2009 Chev 2500 Crew Cab LT 4x4, 113K, Blue.....	\$22,500
58203A	2011 Ford F350 Crew Cab Lariat 4x4, 6.7 Diesel 58K, Gray	\$36,500
58144a	2012 Chev 3500 Crew Cab LT 4x4, Matching Topper, Immaculate, 29K, Victory Red.....	\$32,900

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Target shooting, hunting go hand-in-hand for world-class teen archer

Before her arrows started shredding the tiny rings in the center of archery targets, world-class teen archer Breanna Theodore was trailing her dad, Mike Theodore, to deer stands on the Iron Range. When she was old enough, she hunted with a pink .243 rifle.

Now, pink is in the past, replaced by the logos of her sponsors. Breanna, 15, of Hibbing, and her dad travel around the country so she can shoot on the national and international level as a member of Team USA. The two will be attending the 2015 Minnesota Governor's Deer Hunting Opener, with Breanna taking an exhibition shot to kick off events for the public that begin Thursday, Nov. 5, at the Mountain Iron Community Center.

In a schedule busy with competition and practice, Breanna finds that mastering the mental game while shooting at targets isn't all that different from trying to make a good shot on a deer – like when two years ago in a deer stand, she heard rustling and out stepped the biggest deer she'd ever seen.

The big-bodied 8-point buck had its nose to the ground trailing a group of does. Breanna was "almost dying" while standing up getting ready to shoot. Like in competition, she aimed to shoot a perfect shot. Like so many of her shots in competition, this one was right on target.

Field dressed, the buck weighed 200 pounds. It was only one of many times she's earned success while holding a bow.

"When you see a deer and you stand up and get ready and know you're going to shoot one, your heart beats," Breanna said. "And it's the same thing with target archery, that feeling. It's basically the same thing, you have to learn how to control it. And you do it for the love of it."

Meeting up with others who want to celebrate Minnesota's deer hunting tradition and the Iron Range is part and parcel of the Governor's Deer Hunting Opener. The Iron Range area is home to 320,000 acres of the Superior National Forest, three state forests and 500 lakes, rivers and streams.

That the Iron Range has ample hunting opportunities isn't lost on Breanna and her dad. Mike grew up in the Eveleth area, and the two have spent a good portion of their hunting days on public land. For them, hunting and competitive archery go hand-in-hand.

Pistols or bows?

It was Mike's passion for shooting and hunting – combined with a desire to spend quality time with his daughter – that led Breanna to get involved in competitive archery. Mike did some competitive pistol shooting and Breanna would tag along to competitions. Around the same time, Mike got back into bow hunting after a couple decades off.

"He shot one of the bucks over here and I got really jealous," Breanna said.

Mike gave his daughter the choice of whether she wanted to have a pistol or a bow. And the rest is history. "Yeah, it kind of blew up on us," he said. "It went from having fun to being something pretty serious."

For Breanna, archery started out as something to do together with her dad, but she got more and more competitive, and would spend hours and hours practicing. At first,



Theodore with targets: World-class teen archer Breanna Theodore, 15, holds two targets that combined have the marks of 420 arrows she shot within the center ring, called the 10 ring.



At full draw: World-class teen archer Breanna Theodore, 15, prepares to shoot in 20-yard archery range at her home in Hibbing.

her goal was simple: "The goal was just to be better than him," she said.

Things snowballed once they started shooting in league competition and became more involved in the local archery community. They met others who now help with the logistics of supporting Breanna, throwing fundraisers and getting people to rally behind the teen phenom.

"She's got a group of people that really stand behind her," Mike said.

Breanna has collected top finishes over the past three years both in outdoor and indoor competition. In June, Breanna and her teammates on the compound cadet women's team won a team gold medal in the 2015 Youth Archery World Championships. Out of all the girls in the compound bow cadet (age 15-17) class, she's ranked 7th in the world.

Sportsmanship tops

In spite of the accolades, sportsmanship, learning and meeting new people are more important than medals for Breanna. She and three other girls have been competing at many of the same shoots lately and have gotten to know each other well enough to razz each other at competitions in good fun. And the proud parents get to watch together, too.

"All four of us dads were standing there watching these girls walk from the shooting line to the target next to each other laughing, giggling, being amazing," Mike said.

Mike noted that even though she wants to win, his daughter also wants her competitors to do well. "She doesn't want to beat someone because they're having a bad day," he said. "She wants to shoot against

somebody on their best day."

To find time to travel to the more than two-dozen competitions she's had scheduled for 2015, Breanna takes online high school classes. Every now and then, she and her dad will get stopped by some who've seen news stories about her progress as an archer.

All this came about from a dad and a kid spending some quality time together at ranges and out in the woods.

"It's a sport for anybody, that's for sure," Breanna said. "You can shoot a bow and you don't have to be good at it. It's just all for fun. If you want to be good at it, you can."

For Mike, time hunting and shooting with his daughter is quality time participating in a sport that anyone can try and doesn't require somebody to be overly athletic

"There are no barriers – me being almost 40 and she being 15, we can grab our hunting bows or our target bows and compete," Mike said.

By the time early November rolls around, Breanna and Mike hope to have spent plenty of days out bow hunting. Breanna already has notched progress in that arena by hunting the opening Saturday and Sunday of the Minnesota archery deer season. And even though she and her dad have been able to fill tags over the years, for them hunting isn't so much about shooting deer as it is about being outdoors, spending time with family, relaxing and watching wildlife.

"It's been fun all the way around," Mike said. "Whether it's scouting or putting out the trail cameras, all of it is fun. And that's on the hunting end of it. When it comes to target shooting, it's the practice that's fun – the learning and the equipment."

Breanna has been posting updates on her Facebook page titled Breanna Theodore: My Life in Archery. More information about the Governor's Deer Hunting Opener can be found at www.mngovernors-deeropener.com/.

Hunting...Did You Know? Minnesota deer facts

Deer: The animal

- Adult female white-tailed deer weigh about 145 lbs., and males weigh about 170 lbs.
- The biggest white-tailed deer ever recorded in Minnesota was a 500-pound buck.
- A whitetail's home range is about one square mile.

Deer hunting

- There are nearly 500,000 firearms deer hunters in Minnesota.
- Last year, 25 percent of Minnesota firearm hunters successfully harvested a deer. About 61 percent were antlered bucks.
- 70 percent of Minnesota's firearms deer harvest typically occurs during the first three or four days of the season.
- The average hunter spends five days afield during Minnesota's firearms deer season.
- Last year's total deer harvest was about 140,000.
- Because of a conservative 2015 season designed to boost the statewide population, total deer harvest in 2015 is again anticipated to be relatively low. The DNR is projecting total harvest to come in around 140,000 to 155,000 deer.
- Hunters can register their deer via Internet, phone or at walk-in big-game registration stations.
- The largest typical white-tail buck ever taken in Minnesota had a Boone & Crockett score of 202, shot by John Breen in 1918 near Funkley.
- Minnesota's No. 1 non-typical whitetail buck had 43 points, shot by 17-year-old Mitch Vakoch in 1974.

Deer licenses

- In total, about 628,000 deer hunting licenses and permits (all types) were sold in 2014.
- 96 percent of Minnesota deer licenses are sold to state residents.
- The DNR Information Center remained open 3 1/2 hours later on the day before last year's deer opener to answer more than 1,400 telephone inquiries, most of them related to the firearms opener.

Hunting economics*

- All hunting-related expenditures in Minnesota totaled \$725 million.
- Trip-related expenses such as food and lodging, transportation were \$235 million.
- Hunters spent \$400 million on equipment.
- Hunters spent \$90 mil-

lion on other items such as magazines, membership dues, licenses, permits, land leasing and ownership.

* From the 2011 National Survey of Fishing, Hunting and Wildlife-Associated Recreation, U.S. Fish & Wildlife Service (www.census.gov/prod/www/fishing.html).

Top 10 big-game hunting violations

1. Hunting over bait.
2. Transporting uncased or loaded firearm.
3. Trespassing.
4. Failing to register the animal.
5. Failing to validate tag.
6. Lending, borrowing, transferring or altering a license.
7. Untagged animal.
8. License not in possession.
9. No valid license.
10. Insufficient blaze orange.

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District court eFiling coming to 16 counties in north central, northwest Minnesota

ST. PAUL, Minn. (October 19, 2015) – In the coming weeks, 16 district courts in north central and northwest Minnesota will begin allowing court users to electronically file and serve court documents online.

The move to electronic filing and service of case documents – known as eFiling and eService – is part of the Minnesota Judicial Branch eCourtMN initiative, which is transforming the state's court system by replacing paper-based court files with an electronic information environment. The goal of the eCourtMN initiative – which received a 2014 State Government Innovation Award from the University of Minnesota's Humphrey School of Public Affairs – is to make the state's court system more accessible, more efficient, and more convenient for court customers.

One of the key elements of the eCourtMN initiative is the establishment of eFiling and eService – giving case participants the ability to submit documents to the court and serve documents on opposing parties electronically. This allows court customers to file documents without traveling to the courthouse or paying for postage or courier costs, to submit documents immediately and outside of courthouse business hours, and to receive court documents electronically.

On Monday, October 26, eFiling and eService will become available in Kittson, Mahanomen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

On Monday, November 2, eFiling and eService will become available in Aitkin, Beltrami, Clearwater, Crow Wing, Hubbard, Itasca, Koochiching, and Lake of the Woods counties.

This expansion will make eFiling and eService available in every district court in Minnesota's Ninth Judicial District. Cass County District Court was part of an 11-county eFiling and eService pilot, and already offers court users

the ability to eFile and eServe documents in cases filed within the county.

"We are excited to see the rollout of eFiling and eService for the entire Ninth Judicial District," said Ninth Judicial District Chief Judge Paul T. Benshoof. "Given the 25,000 square miles covered by our district, the ability to file, serve, and receive court documents electronically will make our courts much more user-friendly to members of the public and to legal professionals. All of us in the Judicial Branch are looking forward to the benefits and advantages that the eCourtMN initiative will bring."

Initially, eFiling and eService will be voluntary in the 16 district courts listed above, meaning filers will still be able to file documents using the traditional, paper-based method. On July 1, 2016, use of the eFiling and eService system to file court documents will become mandatory for attorneys, government agencies, guardians ad litem, and sheriffs statewide. Use of the eFiling and eService system will remain voluntary for other filers, such as self-represented litigants.

In addition to electronic filing and service of court documents, the eCourtMN initiative includes a wide array of various projects that are utilizing new technologies to increase efficiency and expand access to information throughout Minnesota's justice system. This includes:

- Providing judges and court staff with new electronic tools to more efficiently review and process court documents within the courthouse;
- Creating an electronic portal for government partners – such as law enforcement, prosecutors, and public defenders – to more efficiently access court documents and records;
- Making it easier and more convenient for the public to view electronic court records from across the state at their local courthouses; and
- Partnering with the Bu-

reau of Criminal Apprehension to expand use of electronic citations (eCitations) and other charging documents (eCharging). These tools allow law enforcement and prosecutors to file citations and complaints electronically, from their office or squad car, with the data automatically transferred to court and law enforcement databases. Use of the eCharging and eCitation will become mandatory for adult complaints and adult citations statewide on July 1, 2016.

The Minnesota Judicial Branch has posted informational resources, training materials, and a three-step guide to starting eFiling and eService at www.mncourts.gov/eFile. The Minnesota Judicial Branch also operates an eFile Support Center for filers with questions about the eFile and eServe system.

About the Minnesota Judiciary

The Minnesota Judicial Branch is made up of 10 judicial districts with 289 district court judgeships, 19 Court of Appeals judges, and seven Supreme Court justices. The Judicial Branch is governed by the Judicial Council, which is chaired by Lorie S. Gildea, Chief Justice of the Minnesota Supreme Court. The Minnesota Judicial Branch is mandated by the Minnesota Constitution to resolve disputes promptly and without delay. In 2014, there were more than 1.3 million cases filed in district courts in Minnesota. For more information please visit www.mncourts.gov.

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Cooperatives in Minnesota

...OVERVIEW...

Minnesota was one of the first states to enact a law authorizing cooperatives and was the first to officially declare October Co-op Month in 1948. Today, Minnesota is home to the largest number of co-ops in the nation, including three Fortune 500 companies and the two largest cooperatives in the United States. More than 800 Minnesota-based cooperatives provide agricultural marketing and supply services, financing, electricity, transportation, health care, food, housing, insurance, and many other products and services to 3.4 million member-owners.

CREDIT UNIONS

- Credit unions operate five in-school, student-run branches.
- Members save about \$111 million a year compared to doing business at other financial institutions.

DAIRY

- Dairy cooperatives market a majority of the milk produced in Minnesota, where the industry employs about 38,000 people and adds \$11.5 billion to the economy.
- The state's largest cheese plant is a cooperative.
- The nation's third-largest dairy cooperative is headquartered in Minnesota.

ELECTRIC

- Cooperatives cover 85 percent of Minnesota, mainly serving farms and rural homes. They comprise the state's largest distribution network and average far fewer consumers per mile than investor-owned and municipal electric utilities.
- Cooperatives were the first Minnesota electric utilities to offer wind energy and now lead the state's community solar garden development.

FARM CREDIT

- Minnesota is home to the nation's second-largest wholesale bank for retail Farm Credit lenders.
- Farm Credit retailers provide agricultural and rural lending services, including insurance, leasing, and free seminars on topics such as retirement planning and cash management for the farm.

FOOD & GROCERY

- Minnesota has the most food cooperatives per capita in America.
- The state's first Certified Organic Retailer is a co-op that now runs a not-for-profit

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Organic Field School, offering education and other services to the organic farming community.

- A cooperative produces, processes, and markets all beet sugar in Minnesota.

GRAIN, FARM SUPPLY & FUEL

- Cooperatives are building rail shuttle facilities so that farmers can sell their grain in markets that offer the best returns. (Watonswan Farm Service, United Farmers Cooperative)

HEALTH CARE

- Health care cooperatives provide a mix of clinics, services, and insurance.
- Minnesota is home to the largest consumer-governed, nonprofit health care organization in the nation, which is the state's top-ranked commercial plan.

HOUSING

- Housing cooperatives offer affordable options in high-cost areas.
- The first housing cooperative for seniors took root in Edina, Minnesota. The U.S. now has more than 100 such cooperatives—about 80 percent are in Minnesota.

INSURANCE

- Minnesota's farm mutual insurance companies have served rural Minnesota for over 150 years. They insure approximately 80% of Minnesota farms.

TELEPHONE

- Telephone cooperatives were established to provide quality, affordable telecommunications service in mostly rural areas. They have been pioneers in bringing broadband to underserved communities in Minnesota.

About Co-op Month...

- MINNESOTA WAS THE FIRST STATE TO DECLARE AN OFFICIAL CO-OP MONTH PROCLAMATION IN 1948.
- CO-OP MONTH HAS BEEN A NATIONALLY RECOGNIZED CELEBRATION SINCE 1964, WHEN U.S. SECRETARY OF AGRICULTURE ORVILLE FREEMAN, A FORMER MINNESOTA GOVERNOR, PROCLAIMED OCTOBER CO-OP MONTH.
- THE FIRST NATIONAL THEME IN 1964 WAS "COOPERATIVES: USDA HELPS BUILD A BETTER AMERICA."
- THE U.S. GOVERNMENT SPONSORED CO-OP MONTH FROM 1964-70.
- SINCE 1971, COOPERATIVES, STATEWIDE ASSOCIATIONS, AND THE NATIONAL COOPERATIVE BUSINESS ASSOCIATION HAVE FUELED THEIR OWN EVENTS AND PROMOTIONS. COOPERATIVE NETWORK ANNUALLY DEVELOPS A CUSTOM THEME, LOGO, AND CAMPAIGN COLLATERAL FOR CO-OP MONTH.



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OBITUARIES



Services held for Jared Burns

A funeral service was held at 10:30 AM on Monday, October 19, 2015 at Grace Lutheran Church in Grygla, MN with Rev. Vicki Saude-Worthington and Rev. Robert Dahlen officiating. Burial at Ebenezer Cemetery, rural Oklee, MN.

Jared William Casper Burns was born eight weeks early at 3 pounds 9 ounces on April 10, 1984 in Grand Forks, ND the son of Rodney and Diane (Sletten) Burns. He was baptized into the Lutheran faith and confirmed at Ebenezer Lutheran Church, rural Oklee, MN. Jared attended Washington Elementary, was in the first fifth grade at Challenger Elementary, Franklin Middle School and graduated from Lincoln High School with the class of 2002.

During his high school years, Jared worked at McDonalds. This allowed Jared to collect his "toys" which include his 4-wheeler, snowmobile, and his pickup...which were all utilized for racing! He did snowmobile racing, quad racing and also did ice racing with his snowmobile on a track in Strathcona.

On March 5, 2003, Jared started working at Machinewell in Grygla, MN and has been a dedicated, loyal employee ever since. He was a "jack of all trades" with a title of Lead Machinist. He had a lot of pride in his company and his co-workers. He also worked at home at Burns Welding with his father building fire boxes for wood stoves, for Carl and Diann Anderson, and for Agassiz Tool.

Jared enjoyed hunting and fishing and would take great pride in making sure that his family and friends were successful. He was a great shot and always sighted in the rifles. Jared was quick witted, had a great sense of humor and enjoyed pulling pranks and telling tall tales. Jared loved his nieces and nephews and would even let his nieces paint his fingernails. He once asked by his mother to build a simple dog house and it turned out to be 2-story dog house with siding and shingles. Jared had a unique skill when it came to card games and board games; he never lost!

Jared was a member of the Grygla Jaycees. He loved and enjoyed supporting the Grygla community.

Survivors include his mother, Diane Burns of Thief River Falls, MN; siblings, Nicole (Tony) Kiesow of Goodridge, MN, Jeremy (Laurie) Burns of Huron, SD and Allison (Scott) Weinmann of Thief River Falls, MN; grandmother, Marilyn Sletten of Thief River Falls, MN; nieces and nephews, Alexis, Kayla, and Hunter Kiesow, Morgan, Paige, Brandon and Chase Burns and Conner Weinmann; many aunts, uncles, cousins, relatives, co-workers, friends; and most importantly his faithful nemesis and companion, Merle.

He is preceded in death by his father, Rodney; brother, Nicholas "Pickie", infant sister, Natalie; grandparents, Clarence Sletten, Jerry and Fern Burns, and cousin, Mitchell Johnson.

Condolences may be shared by visiting www.johnsonfuneralservice.com

Wednesday, October 21, 2015



Services Saturday for Vivian R. Frey

Memorial services will be 1:00 p.m. on Saturday, October 24, 2015 at the Daniel Funeral Home Chapel in Clearwater for Vivian R. Frey, age 84 of Clearwater who passed away of Alzheimer Disease on October 18, 2015 at the Eventide Nursing Home in Moorhead. Reverend Ken Felska will officiate. Inurnment will take place at Mount Hope Cemetery in Clearwater.

Visitation will be after 11:00 a.m. until time of service on Saturday at the Daniel Funeral Home in Clearwater. There will be an Order of the Eastern Star service at 12:00 Noon on Saturday at the funeral home.

Vivian was born on February 4, 1931 in Plummer, Minnesota to Raymond and Rose (Osinski) Gordon. She married Eugene A. Frey on May 2, 1953 at St. Mark's Catholic Church in Lake Andes, South Dakota. Some of Vivian's employers were



Services for Ronald Grant Foss

Ronald Grant Foss was born in Thief River Falls, MN to Gordon and Thelma (Ostlund) Foss, on October 21, 1947. He was raised in Grygla, MN on Moose River and attended school in Grygla before graduating from Goodridge High School. Ron then joined the Army Reserves before continuing his education at the Vocational School in Thief River Falls, MN for Electronics. He married Joyce Peterson in September of 1968 and the couple moved to International Falls, MN in 1969 where Ron began working for Contel Telephone Co. He went to work as a construction electrician and also did some logging when work slowed a bit. After passing his Masters Electrician exam, he started Foss Electric in 1985, he retired in 2009.

Ron had many hobbies which included softball, golf, curling, fishing, hunting. He also enjoyed giving crop tours to his family and friends. He was the number one sports fan for all of his grandchildren. Ron loved spending time with his family, especially his grandchildren. Ron resided in Baudette; he shared his time between Baudette and Waskish, MN with the love of his life Joyce at their cabin. He was always willing and ready to take someone fishing.

Throughout his years Ron was many things husband,

Search for Miss Marshall County Announced

If you are female , single, never been married, and never given birth, and between the ages of 19 to 30 years, applications are being accepted for the title of " 2016" Miss Marshall County!" Miss Marshall County will represent her county at the Miss Minnesota pageant, which will be held at Ritsche Auditorium, March 12th , 2016 in the city of St. Cloud, Minnesota..

The young lady chosen as "Miss Marshall County!" will become an ambassador for the ---Marshall County--- area and will receive an official title and sash!

The young lady chosen as Miss Minnesota will receive a prize package worth \$7,000 and the chance to represent Minnesota at the "2016" Miss International pageant held in Jacksonville, Florida.

"Go Red for Women" American Heart Assoc. are the official Charity of the Miss Minnesota Pageant.

The current reigning "2015" Miss Minnesota is Alexis Adu-Bobi of Duluth, Minnesota.

J.C. Penney in St. Cloud, T.O. Plastics in Clearwater, and J.L. Shieley in St. Cloud. She was a member Long and Crooked Lakes Association and the Eastern Star Cloverleaf Chapter #128 and served as secretary.

Survivors include her children, Rania Johnson of Wadena; Rhonda (Shane) Granzow of Moorhead and Randy of Sauk Rapids; 11 grandchildren; and six great grandchildren.

Vivian was preceded in death by her parents; her husband, Eugene on June 18, 2010; and brothers, Arthur and Roy.

Memorials are preferred in lieu of flowers.

Services Saturday for Violet Olson

Violet Edith Olson, of Crookston, MN, formerly of Clearbrook, MN, died on Friday, October 16, 2015 at the Riverview Care Center in Crookston, MN.

Funeral services will be held on Saturday, October 24, 2015 at 11:00 a.m. at Elim Lutheran Brethren Church in Clearbrook, MN with Reverend Bill Reck officiating. Visitation will be held one hour prior to the service also at the church. Interment will be at Elim Lutheran Cemetery in Clearbrook, MN. The Cease Family Funeral Home of Bagley assisted the family with the arrangements.

Messages of condolence may be sent to ceasefuneralhome.com.

father, grandfather and great educator of all in his family. He was a member of IBEW local 294, VFW, American Legion and was for a time, a board member with North Star Electric.

Ron is survived by his wife, Joyce; children, Scot (Rayanne) Foss of Eden Prairie, MN, Leesa (Tony) Palm of International Falls, MN, Gwen (Rick) Oster of Bemidji, MN, Grant (Alli) of Carson City, NV; grandchildren, Jacob Foss, Veronica Foss, Clara Palm, Simon Palm, Sara Oster, Thomas Oster, Elizabeth Oster, Kaleb Ruelle, Arrianna Holwell; siblings, Marvin, Richard, David, Debbie Dahl, Tim, Steven, Gary, Kathy as well as numerous other family members.

He is preceded in death by his grandparents; parents, Gordon and Thelma Foss; and brother, Mark.

A Memorial Service for Ronald G. Foss of Baudette, MN was held on Friday, October 16, 2015 at 2:00PM at Wabanica Lutheran Church in Baudette, MN. Private interment will be held at a later date.

Ronald passed away on Monday, October 12, 2015 at the LakeWood Medical Center in Baudette, MN at the age of 67.

Obituary Notices also on our website www.tricocanary.com

How to Regain and Maintain Your Health

By Christine Nelson, Holistic Healing Minister

Class offered in Oklee on Saturdays, starting at 9:30 a.m.

6 sessions - Oklee Quilting Class Room.

Cost: \$8.00 per session plus food cost for session 5.

★ WEEKLY TOPICS ★

Oct. 24: We are Sick and Getting Sicker.

Nov. 7: How's and Why's we are sick.

Nov. 21: Getting Back to the Basics of Living!

Dec. 5: Are we eating food or does it just look like food?

Dec. 19: BYOB (bring your own blender) Make shakes using real food...

Jan. 2: Maintain Your Body

Sign up by contacting Oklee Quilting ... 218-796-5151

Sponsored by **Oklee Community Education & Oklee Quilting Supply, Inc.**

As Miss Minnesota, Alexis speaks to young adults about **NO MORE -Together We Can End Domestic Violence & Sexual Assault**

As a child, her mother , siblings and Alexis suffered through years of abuse at the hands of her father. Her mother somehow found the strength to leave, but the aftermath that domestic violence leaves is a legacy of broken lives full of fear, trauma, and mistrust.

For more information go to: www.nomore.org

Miss contestants will compete in Personal interview, Fit-



We Want Your Voice to be Heard!

Come share your success stories, ideas and voice about land and water issues in the Red River Basin. The Red River Basin Commission is a grass roots organization interested in bringing together all levels of basin participation to work together to create a unified voice for the Red River Basin of the North.

The Red River Basin Commission (RRBC) will be holding its 33rd Annual Red River Basin Land & Water International Summit Conference, January 19-21, 2016 at The Alerus Center and Canad Inns, Grand Forks, North Dakota. The annual conference will continue to highlight the progress being made as we work together to achieve basin-wide commitment to comprehensive integrated watershed stewardship and management for the Red River Basin of the North.

This year's conference theme, "Making Connections: People ~ Places ~ Water", will bring together leaders from around the Red River Basin who are involved in some capacity with water and land resource management, protection, or restoration. Conference participants will focus on the importance of working on these resource issues from a holistic watershed perspective; working on these issues together toward a common vision; speaking with a unified voice; and acting through a unified approach.

"This year's conference will help us all focus on the type of Red River Basin that we want to leave our children," said Jeff Lewis, RRBC Executive Director. "The planning effort of numerous individuals and agencies over the past several years has resulted in the beginning of a basin-wide plan that will help chart our course for the future."

The conference provides opportunities for networking, collaborating, learning, educating and celebrating all the ways we are connected through water and how all the issues are important in how we manage the Red River Basin. We are in fact all in this together and working to make the Basin a better, safer and sustainable place for our generation and future generations to come.

This year's conference keynote speaker will be Harvey Thorleifson. Thorleifson has been State Geologist of Minnesota since 2003. After attending the Universities of Winnipeg, Manitoba, and Colorado, he was a scientist at the Geological Survey of Canada from 1986 until 2003. He is a former President of the Geological Association of Canada, the Canadian Federation of Earth scientists, and Association of American State Geologists. Thorleifson will speak on how water-related topics – such as water supply, water quality, flooding, surface water features, and aquatic ecosystems – are interrelated, and intertwined with all aspects of our lives.

If you are interested in learning more about the Red River Basin Commission and how you can participate in having your voice heard at the annual conference, please visit www.redriverbasincommission.org for more information.

Theology in the Trenches

By Kathleen Kjolhaug

Why Mamas Get Mad

You might think, dear one, that I am crabbing at you more often than not. But truly, that is not what I mean to do... be mean that is. You see, we always seem to be in a hurry and there is no time to tarry. Tarry means that we take time to express our thoughts in order to have a civil conversation about what it is that's on your mind and mine. And since there is little time, the time we do have in this overly busy world never seems long enough.

Truth is...I'd like to know what's on your mind. But the other side of that truth is... there must be times you'd rather not say. I remember well that feeling with my mama. At times she seemed so far removed from the world in which I lived. I needed to know she had my back. I needed to know she believed in me, and I needed her encouragement. But, I did not communicate to her what my needs were. Why? I am not sure. When I think about it, I didn't know what I needed, nor did I know I needed her for that matter...until she was no longer here...and until I was a mama in this world without a mama.

Little did I know she longed to be invited into my world. I know this now because I'm a mama and I love it when you allow me into yours. I love it when you trust me enough to talk and accept guidance about this crazy world in which we live. When you were young, we simply sang to keep troubles away: "Be careful little eyes what you see...be careful little ears what you hear..." Keeping the world at bay was easy back then. As the years sped by demands from studies were met and many an involvement kept us hopping. Days quickly eroded into years, and as time washed away foundations from where you once stood, you drifted off to make your contributions elsewhere.

But your mama I will always be. Somehow it just works that way, and I want you to know that when you hear storm clouds in my voice, it is not because I am trying to dampen your hopes and dreams. It is not that I want to control, nor do I want you to merely please me. Rather, those rumblings that come from deep within are often times a sign that I simply need



to be reassured.

You see, as a mama, I want to know that you will be safe. I want to know that those with whom you surround yourself are people who have your best interest in mind and not their own. I long to know that you love yourself enough to desire good things and that you know His desire is to give you just that...healthy, incredible beauty as you shine His light into this world.

Wisdom appears to be the key, dear one...as His words reveal blessings of wisdom:

Listen to what I say, and treasure my commands,

Tune your ear to wisdom, and your heart to understanding;

Cry out for insight, and ask for understanding

Search for them as you would for silver, seek them like hidden treasures:

Then you will understand what it means to fear the Lord; and you will gain knowledge of God;

For the Lord grants wisdom, from His mouth comes knowledge and understanding;

He has counsel in store for those with integrity, He is the shield of those who walk honestly,

Guarding the paths of the just, protecting those who are faithful to Him.

Then you will understand honesty, justice, and every good path;

For wisdom will enter your heart, knowledge will fill you with joy,

Wise choices will watch over you, understanding will keep you safe (Prov. 2:1-11).

Truth be told, I still have much to learn...especially in the areas of trust and listening to His voice over my own. He shows me my lack of it often, so rest assured, He is still working on your mama, too. One of my favorite passages is from 1Peter 4:8. "Love covers a multitude of sins." For these I implore your forgiveness as they splash upon your footsteps from time to time.

I love you forever. I love you big, and in my imperfection may you know that indeed He alone is God, and that I alone am simply your mama. Amen.

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NEW Perdue
dressers & bookshelves

You Can't Go Wrong at WRIGHT'S!

Ask a Trooper

by Sgt. Neil Dickenson of the Minnesota State Patrol

Question: My question is related to the blocking of rear license plates and the taillights on vehicles equipped with rear mount bicycle racks, and also the large platforms that mount into a receiver hitch and most often contain large coolers. Is it legal to block the rear of the vehicle and the license plate with this equipment? Yesterday I was behind a van that had 2 kayaks strapped to the rear platform and the taillights were completely blocked so the drivers behind would have no idea when the vehicle was braking. I was once pulled over for snow obstructing my rear plate during a blizzard so I find it odd that more and more cars have their plates obstructed with the carriers mounted on the rear of their vehicles.

Answer: If any part of the taillight or license plate is blocked by a bike, carrier or any other object, it is illegal and you may get stopped and possibly cited for it.

According to Minnesota State Statue (M.S.S.) 169.50, vehicles built after 1960 must have two red tail lights that are plainly visible at 500 feet to the rear and on the same plain.

M.S.S. 169.79 requires that the license plate be "conspicuously displayed thereon in a manner that the view of any plate or permit is not



obstructed".

This is a safety issue as other vehicles can't see the taillights, and it could cause a rear end crash. My advice is to make sure that your license plate and taillights are visible at all times. Find other options on where to place bigger objects on or in a vehicle so the rear taillights and license plate can be seen.

Not being able to see the taillights is not the only potential danger when behind another vehicle — so is an unsecured load.

Please make sure that all of your cargo is secured. Double check the tie-down straps and keep an eye on your trailer and cargo. In the event that any item comes off a vehicle while in motion, the driver can be cited for unsecured load, (M.S.S. 169.81.5) and could be liable for any civil actions that result in property damage or injury to other motorists that are trying to avoid and/or strike the unsecured item.

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 Sgt. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56560. (You can follow me on Twitter @MSP-PIO_NW or reach me at jesse.grabow@state.mn.us).

DNR urges caution when burning vegetative debris this fall

The Department of Natural Resources reminds Minnesotans to be careful this fall when burning vegetative debris.

"In Minnesota, 98 percent of all wildfires are caused by people, and the largest contributor is burning debris like leaves, grass and brush," said Linda Gormanson, DNR wildfire prevention supervisor.

Burning permits are required to burn vegetative debris when there is less than 3 inches of snow on the ground. Citizens should know the burning restrictions for their county, and check the weather forecast, before lighting a fire. Permits may be restricted when weather conditions allow wildfires to

easily spread.

Current information on statewide fire danger and burning restrictions is available on the DNR website at www.mndnr.gov/forestry/fire. Burning permits are available online, from local fire wardens or at DNR forestry offices.

Gormanson recommends finding alternatives to burning vegetative debris such as mulching or composting.

If it is not possible to mulch or compost, people should put debris fires out by drowning the remains with plenty of water, stirring and repeating until cold. All fires should be supervised until they are out cold.

Storm ends Bears football season

The Stephen-Argyle Storm ended the Clearbrook-Gonvick Bear football season. The game played on the Bears home field as they claimed the District Title over the same team by a score of 14-3 on their home field on October 8. A second win was not to be as the Storm won 20-0 for the right to go on to the semifinal round of the Minnesota Section 8 9-man high school football playoffs on Thursday, October 22 at 3:00 p.m. at the Fargo Dome. They will meet Kittson County Central who was a 19 to 12 winner over Kelliher-Northome.

The first half was back and forth from one end to the other as the Bears had the ball and then the Storm but neither team could get it into the end zone. Twice in the first half the Bears had the football inside the Storm 10-yard line but turned the ball over on downs. The Bears also had the ball on the seven yard line with first and goal to go but couldn't score as time expired for the half.

The Storm scored with 3:55 left in the third quarter when quarterback Christopher McGlynn went up the middle on a fourth and goal touchdown. Sophomore running back Kyler Szczepanski set up the drive with a 35-yard run up the middle to the 8-yard line. The Bears were still within striking distance of the Storm but on the kick-off to the Bears they fumbled and Jordan Urbaniak recovered on the Bears 19 yard line to set up the next touchdown. Tom Gryskiewicz ran it 17 yards and Justin Yutzenka went on a one-yard run. Within one minute and 47 seconds the Storm had scored two touchdowns to lead 14-0.

Sam Lavin carried the ball 21 times for 138 yards and completed six passes for 81 yards.

Justin Yutzenka rushed for 143 yards on 36 carries and Tom Gryskiewicz had 79 rushes on 10 carries for the Storm. Quarterback Christopher McGlynn

completed 3 passes for 31 yards including a 14 yarder to Jacob Sundby for the final score.

Stephen-Argyle takes a 8-2 record into the section championship on Thursday, October

22 at the Fargo Dome. Clearbrook-Gonvick closed with a 7-3 record.



Luke Burgess #3 for the Clearbrook-Gonvick Bears brings down a pass with the Stephen-Argyle Storm in pursuit.

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Wednesday, October 21, 2015

HUNTERS SUPPER!

Deer Season Opener Tradition!

Gully Town Hall

Come as you are.
ALL WELCOME!

Sat.,
Nov. 7
5-8 p.m.

TAKE-OUTS AVAILABLE

(Meatballs, Mashed Potatoes, Gravy, Wild Rice, Baked Beans, Corn, Jello, Lefse, Rolls, Dessert & Beverage.)

PARISH YOUTH GIFT BASKET RAFFLES!

\$12 adults & 13+ yrs.

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donation for pre-school

LADIES AID FALL MARKET!

Sponsored by LUND LUTHERAN CHURCH, Gully

MEAL PROCEEDS WILL BE USED TOWARD GENERAL OPERATION EXPENSES.



Josh Nelson, harvested this bear south of Oklee by his grandfather's farm. He killed it with one clean shot with a bow & arrow. Field dressed, it weighed 460 pounds. Live weight is estimated at 590 to 625 pounds. The two issues after the kill were getting it loaded to move and then finding a scale big enough to weigh it. Helping Josh get the bear loaded were Mark Nelson, Travis Nelson, Jeff Nelson, Brent Strand and Bill Bergquist. Great appreciation goes out to those folks listed who helped load the bear. Josh is the son of Dennis & Karen Nelson of Frazee and the grandson of Wallace Nelson of Oklee.

Football

Results

Tuesday, Oct. 13

Fertile-Beltrami 13

Red Lake County 9

Fertile-Belt 0 7 0 6-13

Red Lake Cty 0 3 0 6-9

RLC — Ethan Vettleson 26 field goal

FB — Ryan Benson 8 run (Jorgen Qualle kick)

FB — Carter Moser 3 run (kick failed)

RLC — Austin Waliser 77 kick return (run failed)

Individual statistics

RUSHING — FB: Benson 27-225; RLC: Dylan Gustafson 19-72

PASSING — FB: Brady Steffes 2-6-0, 22 yards; RLC: Brandon Klipping 3-12-0, 53 yards

RECEIVING — FB: Quinten-Derosier 1-19, Noah Harstad 1-3; RLC: Will Duden 2-45, Austin Waliser 1-8

Fosston 34, Badger-G-MR 8

B-G-MR 0 0 0 8-8

Fosston 0 14 6 14-34

F — Sam Manecke 20 run (Lochlan Broadley kick)

F — Manecke 2 run (Broadley kick)

F — Manecke 68 run (kick failed)

F — Manecke 21 run (Broadley kick)

F — Brett Sundquist 12 run (Broadley kick)

BGMR — Trevor Underberg 87 run (Anthony Rindy run)

Individual highlights

F: Manecke 38-377 rushing, Brett Sundquist 7-51 rushing; Trevor Underberg 3-94 rushing, Jordan Brandon 7-25, 62 yards passing

Minn. Section 8A

Semifinals

Saturday, Oct. 18

Polk Co. West 35, Fosston 21

PCW 7 14 7 7-35

Fosston 7 7 0 7-21

PCW — Pelon Pruneda 57 run (Zac Bethke kick)

F — Sam Manecke 62 run (Lochlan Broadley kick)

F — Manecke 41 run (Broadley kick)

PCW — Paul Gapp 3 run (Bethke kick)

PCW — Gapp 16 pass from Devin Evavold (Bethke kick)

PCW — Riley Wavra 5 run (Bethke kick)

F — Alex Wolfe 11 pass from Jesse Sather (Broadley kick)

PCW — Wavra 19 run (Bethke kick)

Individual leaders

RUSHING — PCW: Pelon Pruneda 16-159, Riley Wavra 19-115, Paul Gapp 18-91; F: Sam Manecke 24-205, Cole Olson 11-30

PASSING -- PCW: Devin Evavold 4-4-0, 92 yards; F: Jesse Sather 4-8-1, 26 yards

RECEIVING — PCW: Gapp 2-52, Beau Byklum 1-28, Wavra 1-12; F: Alex Wolfe 2-15, Brett Sunquist 1-7, Brock Hemmesch 1-4

Oct. 22: Polk County West at Fosston, 7 p.m.

Stephen-Argyle 20,

Clearbrook-Gonvick 0

S-A 0 0 14 6-20

C-G 0 0 0 0-0

SA — Chris McGlynn 1 run (Justin Yutzenka kick)

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Stephen-Argyle 20,

Clearbrook-Gonvick 0

S-A 0 0 14 6-20

C-G 0 0 0 0-0

SA — Chris McGlynn 1 run (Justin Yutzenka kick)

SA — Yutzenka 1 run (Yutzenka kick)

SA — Jacob Sundby 14 pass from McGlynn (run failed)

Individual leaders

RUSHING -- S-A: Justin Yutzenka 36-143, Tom Gryskiewicz 10-79, Kyler Szczepanski 4-33; C-G: Sam Lavin 21-138, Tristan Bakke 9-32

PASSING — S-A: Chris McGlynn 3-3-0, 31 yards; C-G: Lavin 6-16-1, 81 yards; Ethan Dorman 1-2-1, 17 yards

RECEIVING — S-A: Jacob Sundby 1-14, Kennedy Swendseid 1-12, Yutzenka 1-5; C-G: Eric Baanrud 3-31, Luke Burgess 2-31, Sawyer Engberg 1-29, Bakke 1-7

Oct. 22: Championship, 3 p.m., Fargodome, Stephen-Argyle vs. KCC

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McIntosh Country Store
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