



Tri County Canary

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

BHS’s “The Chair Play” Wins and Advances to Section Finals

Last Friday, January 27 Bagley High School hosted the subsection One Act Play in the BHS Auditorium. Seven schools performed their plays and the top two ranking plays to advance to the Section Competition this Saturday at Lake of Woods High School in Baudette are Bagley’s “The Chair Play” and Walker-Hackensack-Akeley’s play “Six Characters in Search of an Author.” Placing third was Fosston with their play “Gossip” and in fourth place was Win-E-Mac’s with the play “The Bully Pulpit.”

Bagley’s director, cast, and crew invite family, friends, and fans to a second public performance this Friday evening, Feb. 3rd, at 7:00 p.m. in the HS Auditorium. Tickets are \$5 and available at the door.

Voting begins for MnDOT’s third annual “Name a Snowplow” contest

Voting is now open for the 2022-23 “Name a Snowplow” contest, the Minnesota Department of Transportation announced today. The top eight vote-getters will become MnDOT snowplow names – one named snowplow for each MnDOT district.

Minnesotans can see all the finalist names and vote now at mndot.gov/nameasnowplow. Voting will be open through Friday, Feb. 3. Individuals will be able to vote once and select up to eight of their favorite names.

MnDOT received more than 10,400 snowplow name submissions in December. MnDOT staff and leadership reviewed the ideas and selected 60 finalists for public voting. The agency considered a variety of factors when selecting the finalists, including uniqueness, frequency of submissions, Minnesota-specific ideas, and names that would be easily identifiable and understandable to most audiences.

In early February, MnDOT will announce the eight winning names and areas where the newly named snowplows will be located.

Minnesotans are encouraged to follow @mndot on Facebook, Twitter and Instagram for updates on the “Name a Snowplow” contest, as well as for winter weather alerts, safety messages, project updates and more.



Bagley High School Cast: Seated L-R: Emma Crist, Brianna Crane, Jacob Anderson, CharLee Masurka, Laci Martin, Mateo Reynolds. Standing Row 2 L-R: Kensey Olson-LaCroix, Colin Agnes, Ava Rolfson, Adriana Marsh, Haidyn Friborg, Abigail Hagen, William Gunderson, Taylor Olson, Director Marilyn Hood. Back Row L-R: Bryant Schwegel, Chloe Marsh, Alexia Baird, Allen LaFerriere, Beau Woods.

Winter Fest Celebration at Fertile Nature Center Sunday, February 5, 2023

Winter? Do you love it, hate it, or merely tolerate it? Regardless of your “take” on winter, it’s a fact of life in north-west Minnesota, so why not find ways to enjoy it, if even for only a day! Join us at the Nature Center in Fertile for Winterfest from 1 p.m. to 5 p.m. on Sunday, February 5th for an enjoyable afternoon of outdoor winter fun and educational opportunities.

Agassiz Environmental Learning Center will feature a wide range of fun outdoor winter activities for all ages. The AELC has over ten miles of groomed cross-country ski and snowshoe trails. Skis and snowshoes will be available to the public to use free of charge during Winterfest. The AELC recently purchased many new sets of skis and boots for younger children, so now is a great time to get the entire family out to enjoy the beautiful trails that follow the river and loop through the unique landscape of the Fertile Sand Hills. There will be guided treks for snowshoers and skiers throughout the afternoon.

Snow snake and smooch ski races will also be offered for outdoor fun and friendly competition. The snow snake game

was a popular winter sport enjoyed by native Americans. Snow snakes are wooden sticks crafted to slide well down a snowy/icy track. The purpose of the game is to see who can get their “snake” to slide the farthest.

Smooch skiing is a team event with four participants strapped onto two 2x4s and “racing” together to a cone about 25 yards away, navigate

a turn around the cone and try to be the fastest team to make it back to the finish line. Two teams go head-to-head in each race. Anything can happen in these races, with lots of splits, falling down—think “dominos,” and lots of laughter. With falls aplenty and some teams figuring it out and sprinting to the finish, there is excitement right up to the end!

Free horse-drawn wagon

rides will be featured again this year with boarding taking place on the driveway near the Nature Center. There will be learning stations provided by Polk County 4-H and by UMC representatives from the Natural Resources program as well as Agassiz ELC naturalist guided winter explorations.

Hot cocoa and coffee will be available for all and grilled hot dogs will be served. Free will

donations will go towards the AELC Giving Hearts Day fundraising efforts. The emphasis this year is to help provide opportunities to make nature more accessible to all. The Nature Center will be getting a facelift in 2023 to provide fully accessible bathrooms. More benches will be placed along trails with other accessibility options also being planned.

Northland Community & Technical College Economic Contribution Estimated at \$127 million

January 25, 2023 — Minnesota State, the system of 26 state colleges and seven state universities, released today the results of a study that estimates the impact of Northland Community & Technical College on the regional economy to be \$127 million and 953 jobs.

“At Northland our top priority is the success of our students and providing students with marketable skills to contribute to our workforce, but it is important to note that Northland College plays a vital role in both the state and the regional economies,” said Northland President Dr. Sandy Kiddoo. “Our operations

and the economic activity generated by our faculty, staff and students touch virtually every corner of our regional economy including manufacturing, agriculture, healthcare and aerospace.”

The study was commissioned by Minnesota State and was conducted by Parker Philips, a nationally recognized consulting firm specializing in economic impact analysis.

“An economic contribution analysis is an objective way to measure the significance of an organization in the regional economy; it is a useful tool that policymakers can use to inform their decisions,” said Nichole

Parker, President of Parker Philips. “The numbers speak for themselves — Northland clearly is an important contributor to the regional economy.”

In the analysis, the study considered the direct spending on operations, pay, benefits, and capital projects by Northland and the estimated increase in demand for goods and services in industry sectors that supply or support the college. The study also measured the effect of student spending and the induced effect of increased household income.

According to the study, a key result of this activity is that Northland supports and

sustains 953 jobs, including direct employment by the college as well as indirect and induced jobs created by supply and equipment vendors, contractors, and laborers for the construction and renovation of facilities, and jobs created in the community at hotels, restaurants, and retail stores in support of the college’s faculty, staff, students, and visitors.

The study also calculated tax revenues generated by this level of economic activity, including sales, property, personal income, and corporate

Northland...
Continued on page 2



Those receiving awards through the Clearwater-Polk Electric Trust funds were: Front L to R: Tamara Edevold, Annie Butler Ricks, Stella, Christine Musselman, Cooper, Laura Lindgren, Gladys Lueken. Middle row L to R: Lloyd Engen, Evon Quern, Kalie Gray, Ashley Nordlund, Sara Tramm, Kim Hanse, JaNelle Melbo, Jill Torgerson, Janet Brademan, Bonnie Friborg, Bethe Huschle, Laurie Pemberton (Clearwater-Polk Trust Board Member) Back row L to R: Darien Northup, Sharon Braaten, Lyn Schroeder, Andy Bennett, Casey Dahl, Andrew Floyd, Tim Hoyt, Melissa Larson.

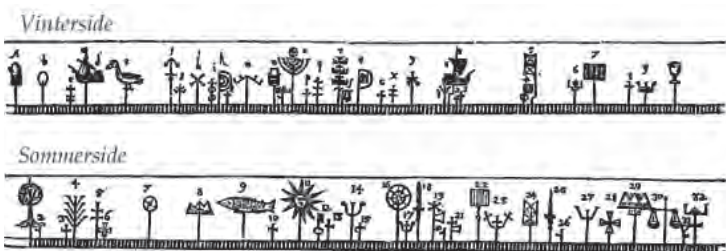
Over \$22,500 given in Clearwater-Polk Electric Operation Round-Up

The Clearwater-Polk Electric Trust awarded over \$22,500 in the latest chapter of Operation Round-Up on Nov. 8, 2022. Twenty-three entities were recipients. Checks were given to recipients on Nov. 15, 2022. Through Operation Round Up, Clearwater-Polk members voluntarily donate a small amount each month to help meet needs in the local community. By rounding up their monthly

electric bills to the next dollar.

Application blanks can be found on their website www.clearwaterpolk.com, or from one of the committee members, Cindy Benson, Lois Rydeen or Laurie Pemberton. You can contact the Clearwater-Polk Electric office to have a form mailed to you.

Donations from the Trust are made to organizations which benefit the service area community of Clearwater-Polk Electric Cooperative. Non-profit Organizations which have been granted IRS Code 501© (3) status and serve a large number of people will be given priority.



Granlund Lodge Sons of Norway meeting

The Sons of Norway, Granlund Lodge #240, will hold its monthly meeting on Thursday, February 9, at 2:00 PM. This is an afternoon meeting with coffee and sweets provided. After the meeting and coffee, the program will feature Wes and Susie Roland's presentation on Primstavs, the ancient Norwegian Calendar Stick. Mem-

bers and guests are invited to design and create their own Primstav and materials will be provided. Mark your calendar for Thursday, February 9, at 2:00 PM for the Sons of Norway meeting at the Embassy Center in Fosston. For more information or questions, please contact President Wes Roland at 435-1230.

Sue Harmon to present 'What is this Quilt Worth?'



The Headwaters Quilt Guild of Bemidji will have its' monthly meeting on Tues. Feb. 7 at 6pm at A Stitch in Time downtown Bemidji.

The speaker this month is certified quilt appraiser Sue Harmon from Park Rapids.

Harmon's topic will be "What is this Quilt Worth?". She will bring several quilts from her collection. There will be a 5.00 fee for non guild members.

College News

Dean's List at Uof M Crookston

The University of Minnesota Crookston announces students who were named to the Fall 2022 Dean's List which was recently released by the Office of the Registrar. To qualify for the Dean's List, students must complete 12 or more letter-graded (A-F) credits while attaining a 3.66 grade point average.

Students named to the Fall 2022 Dean's List include the following:

Rebecca Ann Bengtson of Newfolden, Minn. - Equine Science B S

Joby Buchholz of Bagley, Minn. - Natural Resources B S

Christopher Robert Carlson of Trail, Minn. - Software Engineering B S

Aiden Carter Churness of Clearbrook, Minn. - Management B S

Ashley Gunderson of Fosston, Minn. - English B S

Katelyn Helen Larson of Middle River, Minn. - Agricultural Education B S

Olivia L Larson of Red Lake Falls, Minn. - Math/Science/Technology - Undeclared

Kora Allison Norland of Fosston, Minn. - Exercise Science and Wellness B S

Tessani Peterson of Middle River, Minn. - Elementary Education B S

Riley Faith Saurdiff of Grygla, Minn. - Undecided

Kari Elizabeth Sundberg of Gatzke, Minn. - Communication B S

Chancellor's List at Uof M Crookston

The University of Minnesota Crookston announces students who were named to the Fall 2022 Chancellor's List which was recently released by the Office of the Registrar. To qualify for the Chancellor's List, students must complete 12 or more letter-graded (A-F) credits while attaining a 4.0 grade point average.

Students named to the Fall 2022 Chancellor's List include the following:

Jayden Kenneth Bergeron of Gully, Minn. - Animal Science B S

Alexander Joseph David of Thief River Falls, Minn. - Quality Management B M M

Elaina Knott of Thief River Falls, Minn. - Agricultural Education B S

Emma Jean Knott of Red Lake Falls, Minn. - Post-Secondary Enrollment Opt

Gracie Claire Hamre Lunsetter of Gatzke, Minn. - Agricultural Business B S / Agronomy

Region 2 Arts Council and Anishinaabe Arts Initiative Council award \$5,888 to individual artists

On January 4, 2023, the Region 2 Arts Council's Anishinaabe Arts Initiative Council awarded \$5,888 to enrolled tribal members or descendants creating art is our region. The Anishinaabe Arts Initiative Grant program is supported by a grant from the McKnight Foundation to fund costs associated with the exhibition, performance, or production of a creative work, purchase of materials or equipment to create works of art, educational opportunities in the arts, and proposals for projects or opportunities to enhance the career of individual artists that are enrolled tribal members

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AgCountry Patrons to Receive Record Cash Dividend

Fargo, N.D. – Farmers and ranchers witnessed expenses significantly rise in 2022, cutting into potential profits. Member-owners at AgCountry Farm Credit Services will soon be able to better combat these costs with a cash dividend payment totaling more than \$83.5 million.

This is the fourth year in a row member-owners have received a dividend of one percent on all eligible business. Payments will be made in March 2023.

"Our ability to return money to farmers, ranchers, and agribusinesses demonstrates the power of the cooperative," said AgCountry Board Chair Greg Sabolik. "Our focus is to support members, agriculture, and our rural communities. We continue to be proactive in finding ways to help fellow producers achieve their financial goals."

More than \$418 million has been paid to members since the patronage program began in 2014.

"We believe that if we can help farmers succeed – our cooperative will continue to grow and be here to assist future generations," states Marc Knisley, president and CEO of AgCountry. "This cash dividend follows up on recent actions we have taken to keep more money at the farm level."

AgCountry's patronage program grants the Board of Directors the ability to distribute a portion of the association's net income to its member-owners when financial conditions allow for it.

or descendants residing in the Minnesota counties of Becker, Beltrami, Cass, Clearwater, Hubbard, Itasca, Lake of the Woods, Mahanomen, or Roseau. Therese Brown was awarded \$1,000 to create Berries of the Ojibwe, a series of works made of porcupine quillwork on birchbark and leather and she will also teach quillwork to a new student each month.

Desiree Stilday was awarded \$1,000 to purchase supplies such as beads, leather, bead findings, and material to create beadwork for sale.

Veronica Veaux was awarded \$997 to purchase materials for making ribbon skirts.

Sharon Nordrum was awarded \$942 to purchase photographic equipment and supplies to help her create a series of photos that highlight and honor the Anishinaabeg relationship to Animosh (dog).

Donelle Omer was awarded \$1,000 to purchase a laptop for writing, building a functional website, and indexing an existing body of work.

Jessica Dretsch was awarded \$949 to purchase materials and supplies to create paintings and multimedia works of art.

Region 2 Arts Council Anishinaabe Arts Initiative Grants are made possible with funding from the McKnight Foundation.



Advertise Your Dining Specials Here!
218-487-5225

DINING & entertainment

BINGO Starting at 56's Progressive Blackout 6pm, Saturday, Feb. 4th, 2023

WING NIGHT WEDNESDAY Fri. & Sat., Feb. 3 & 4, 2023 - Prime of Pork

SHORTY'S PLACE, 268-4199

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

Fri., Sat., Sun., Feb. 3, 4 & 5 • 5 to 9 p.m.
Steak & Shrimp; Ribs & Chicken Comes with Salad Bar, Potato and Garlic Toast. Walleye available Friday only.

Menu Items Available
BROASTED CHICKEN AVAILABLE DAILY
Check out the new hoodies!

COMING SOON
Cathy Erickson Band

February 13th Special Night of BINGO
Valentine's Specials
February 10, 11 & 14th 4:00 to 9:00 p.m.
Steak & Lobster • Potato, salad bar & garlic toast
NO BINGO Valentine's night

Kitchen Hours 8am-9pm Mon.-Sat. & 11am-9pm Sun.

BAR BINGO! AND PADDLE WHEEL
TUESDAY, FEB. 7TH, 2023 - 6:30 PM
57#S AT \$1,000 UP TO \$1,000 MAXIMUM

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Brooks, MN • 218-698-4608

Come Celebrate Valentine's Day at The Drive In!
225 State Hwy 92, Clearbrook
Friday, February 10th
4:00 pm - 7:00 pm

8 oz Top Sirloin Steak, Baked Potato, Salad, Bread Stick, 4 oz Cheesecake \$17.50

For the Kids:
4 Piece Chicken Nugget OR 6 Piece Mini Corn Dogs (Includes: Small Fry & Small Drink)
Mini Soft Serve Cone \$7.50

MUST Purchase Tickets by Monday, February 6th
No other menu items available during that time.
218-776-3735

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Has the following positions open: Charge Nurse RN, Licensed Practical Nurse/RN, and Nursing Assistant full time, and part time. JPECC respects employee's personal time & family commitments. We provide resident ratios of 15-17 residents per medication cart. JPECC offers competitive salary and benefits such as paid medical, dental, 403(b) with up to 5% match immediately upon FT status, vacation and sick time. Nurses earn pick-up pay which is double-time during the week and 2.5 time on weekends.

Competitive wages based upon experience, starting: Charge Nurse RN \$37.11, RN \$33.09, LPN \$27.56, CNA \$20.98. PLUS an additional \$3.00/hour incentive pay.

Janet Fox, DON or Rose Barrett, Administrative Secretary at 218-679-3400 ext. 4810.

R46-49C

Red Lake Falls LSS Nutrition Site Seeks Site Coordinator

20 hours per week/hourly pay plus mileage when bi-weekly supporting nearby Meals location for clerical work.

Contact Rachel Brandt, Regional Manager - 218-521-0714 or Rachel.brandt@lssmn.org

O46-49C

JOIN OUR CONSTRUCTION TEAM!

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- Installation and maintenance of underground copper and fiber optic cables
- Use of plowing and digging equipment
- Must be at least 18 years of age with a valid Class A CDL license
- Preference may be given to those with prior experience with cable splicing and locating, as well as telecommunications and construction equipment

Resumes due by: Monday, February 13, 2023

Email: resumes@gvtel.com or **Mail:** Garden Valley Technologies,
Attn: Personnel & Administration Manager
PO Box 259, Erskine, MN 56535

For additional details visit: www.gvtel.com/careers



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R46-47C

FARM MECHANIC/OPERATOR POSITION

Gunvalson Farms, Inc. has an open position for a full-time Farm Mechanic/Operator at our wild rice farming operation 10 miles north of Gully, MN. Must be mechanically inclined with equipment repair experience and be able to competently operate farm machinery. Experience with combines, welding and fabrication is a plus. Must be willing to work long hours during the fall harvest season however we have flexible winter hours. Maintaining a healthy work-life balance for the team is very important to us.

We offer competitive pay depending on experience and prior work history and will match or exceed your current compensation. Benefits include PTO, 401k and Blue Cross Blue Shield Healthcare Silver plan. Position includes access to several thousand acres of prime waterfowl/small game hunting habitat.

Address: 18345 390th Ave SE, Trail, MN 56684

Phone: 218-368-0645 • Email: bengunvalson@gmail.com

R45-47C



EMPLOYMENT OPPORTUNITIES at www.pioneercarescenter.org

- RN Unit Coordinator

Shift: 8:00 a.m.-4:30 p.m. - Monday through Friday.

- Activity Assistant

Shift: 8:00 a.m.-4:30 p.m. - 5 days a week
& one weekend a month.

- Housekeeping/Laundry Aide

Full Time or Part Time. Hours vary.

Would work in both Assisted Living and Care Center.

**Visit our website for more information on these
Employment Opportunities.**

R43-46C

FISCAL OFFICER POSITION

Clearwater County Department of Human Services is accepting applications for a Fiscal Officer. The Fiscal Officer completes functions to maintain financial records, accounts, and fiscal transactions for CCDHS; prepares the agency budget, program budgets and financial statements; prepares multiple, complex fiscal/statistical reports; implements, modifies, and manages accounting systems; establishes and administers audit procedures; and performs related work as assigned. This is a full time, benefited position with a pay range of \$22.75 - \$29.71 per hour.

Applications must be submitted by 4:30 P.M. 2/6/2023.
Go to <http://agency.governmentjobs.com/mnmeritsystem> to review the qualification requirements, position description, and to apply.

We are an equal opportunity employer.

R46C

ASSISTANT TRACK COACH

The Clearbrook-Gonvick School District is seeking an assistant track coach for the 2022-2023 season. Requirements of the position include being present for all practices and track meets beginning spring of 2023, teaching the fundamentals of running, and being a positive role model for our athletes. Must be able to pass a background check.

Applicants should submit a letter of interest and resume to:



Melissa Weems, HR
16770 Clearwater Lk Rd.
Clearbrook, MN 56634
218-776-3112 Ext. 105
Email: mweems@clearbrook-gonvick.k12.mn.us

R46-47C

PARA-EDUCATOR NEEDED

The Clearbrook-Gonvick School has an opening for a full-time para-educator for the 2022-2023 school year. Wage is negotiable dependent on experience with a new minimum hourly wage of \$14.89 per hour. Requirements for the position include: Having passed or have the ability to pass a para pro test, enjoy working with children, and must pass a background check. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions.

Please submit application, resume, and letter of interest to:



Melissa Weems, HR
16770 Clearwater Lake Rd
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us

R46-47C

CUSTODIAL POSITION AVAILABLE

Clearbrook-Gonvick School has an opening for a custodial position. This is a full-time, 12 month position, with benefits. Pay is negotiable dependent on experience. Job requirements include the ability to thoroughly clean while paying attention to detail with some lifting and bending required. Boiler's license is helpful but not required for the position. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions.

Please submit resume, letter of interest, and application to:



Clearbrook-Gonvick School
16770 Clearwater Lake Rd.
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us
Attn: Melissa Weems, HR

R43-46C

Natural Resource Technician

The Red Lake Watershed District is taking applications for a full time **Natural Resource Technician** position.

General tasks:

- Water Quality and Other Data Collection
- GIS Technician
- Management/analysis of water quality data
- Web site maintenance
- Map development and spatial data analysis
- Assist teachers and students with the River Watch and River of Dreams Programs

Required Skills:

- Be able to apply basic statistical analysis in a spreadsheet environment.
- Intermediate knowledge of ArcGIS/Spatial Analyst software and methods
- Familiarity with water quality or other electronic instrumentation
- Basic understanding of web site scripting (html, css) or related concepts
- Ability to teach water quality concepts to high school students and teachers.
- Good command of the English language, oral and written

Education:

- Two Year Post Graduate Education or equivalent experience

Benefits:

- Excellent Medical Insurance
- Paid Dental Insurance and Life Insurance
- Paid Vacation and Sick Leave
- Eleven paid holidays each year
- Retirement Pension (PERA) • Team Environment

Applicant must have no physical limitations in relation to tasks performed and must have a valid Driver's License.

Application is available at the RLWD office at 1000 Pennington Avenue South, Thief River Falls, MN 56701 or visit our website at redlakewatershed.org. Please submit application and resume to the RLWD.

Application deadline: February 24, 2023

Pay Range: \$20.25 - \$27.61 per hour.

Pay is dependent upon experience.

Red Lake Watershed District is an Equal Opportunity Employer.

R46-48C

DEADLINE NOON FRIDAYS

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III – WIC/Care Coordination Clerk (EGF) Public Health:

\$18.04 - \$23.56/hr. Closes February 15, 2023, at 4:30 p.m.

Clerk Typist Cashier III (Receptionist) – (Crookston) Public Health:

\$18.04 - \$23.56/hr. Closes February 15, 2023, at 4:30 p.m.

System's Administrator – MIS Department:

\$33.59 - \$43.87/hr. Closes February 15, 2023, at 4:30 p.m.

Social Services Manager:

\$37.74 - \$49.29/hr. Closes February 7, 2023, at 4:30 p.m.

Mechanical Maintenance Technician I/Fosston:

\$22.77 - \$29.73/hr. Position Is Open Until Filled

Assistant County Attorney:

\$37.74 - \$53.24/hr. Position Is Open Until Filled

Sort Line Operator I or II/Fosston:

\$17.18 - \$23.56/hr. Position Is Open Until Filled

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

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

R351C



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Positions Available at our Mentor, MN location

Packager, Plant Operator

Requirements:

- Must be available to work a min. of 40 hrs. a week
- Proven reliability with recent work history
- Able to pass a drug test and verify
- Reliable transportation
- Experience preferred, will train the right individual

Pay dependent on experience, Starting at \$19/hr.

Full benefits starting day 1

EOE, celebrating diversity at all levels of our organization. Pre-employment drug screen & physicals is a required condition of employment

Benefits Include:

- Health, Life Insurance, Dental, Vision 401(k) with a 3% contribution, 11 paid holidays

Contact Mike at our Mentor, MN location
at (218) 684-4739 or mbolz@scoular.com

Scoular offers a competitive benefit package, including medical, dental, vision insurance, 401k match, paid time off and more!
www.Scoular.com

The Scoular Company is an Equal Opportunity Employer

R42-48C



Ultima Bank MINNESOTA

Ultima Bank Minnesota is seeking an individual for its **Operations Departments** in Fosston.

Duties include:

- Validating ACH files.
- Processing incoming and outgoing wire transfers.
- Processing overdrafts/returned items.
- Completion of daily procedures and tasks to facilitate a technical operation.

Individual must be organized, able to multi-task and be proficient in computer skills. Banking experience not required; we're willing to train the right candidate. Full time position with competitive wage package and benefits.

To apply, email resume to: rebecca@ultimabank.com

R46-47C



Ultima Bank MINNESOTA

Ultima Bank Minnesota is seeking a **Customer Service Representative** for its Fosston location.

Duties include:

- Assisting customers with banking needs.
- Opening new accounts.
- Answering inbound calls.
- Cross selling **UBM** products and services.

Individuals must be organized, able to multi-task and be proficient in computer skills. Banking experience not required; we're willing to train the right candidate. Full time position with competitive wage package and benefits.

To apply, email resume to: rebecca@ultimabank.com

R46-47C

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MISCELLANEOUS

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R46-48C

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HELP WANTED
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bookkeeping skills.
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Apply at
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Clearbrook, MN 56634
Hiring for:
• Shipping and Receiving Coordinator
Starting at \$20 an hour probationary
• Manufacturing Laborer
3rd Shift – Starting at \$14.50 an hour probationary with additional \$0.75 shift differential
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F E G T U O E T U U B N R P F O K S E W
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Y R O R R E C F C H K D E L B M A R C S
O T N C Y D T H D T O A K B I D O H U C

BREAKFAST WORD SEARCH
Answers on page 7
BACON CREPES MUFFINS SCRAMBLED
BAGELS CROISSANT OATMEAL SMOOTHIE
BALYS FRENCH TOAST OMELET TEA
CEREAL GRANOLA PANCAKES WAFFLES
COFFEE HAM PARFAIT YOGURT
COTTAGE CHEESE HASHBROWNS SAUSAGE

Ask a Trooper
by Sgt. Jesse Grabow Minnesota State Patrol
Q u e s -
tion: Can a
truck with
collector
plates on it
be used in a snow plow business? Is it legal to use collector plates on a vehicle driven on a daily basis?
Answer: Driving a vehicle for general transportation with collector plates on is illegal. It is also illegal to use collector plates for business purposes.
There are several different requirements for "collector" license plates.
• The vehicle needs to be at least 20-years-old, or older.
• The owner shall also prove that they also have one or more vehicles with regular license plates.
• The vehicle is owned and operated solely as a collector's item, and not for general transportation purposes.
What are general transportation purposes? To law enforcement, it means the vehicle can be driven to show it but you cannot use it to go to work, school, shopping, and other everyday activities. It is going to be a judgment call on the part of the officer, but the intent of the law is to only use it for fairs, shows, etc., and not as another vehicle for your family.
An owner is responsible for maintaining the proper registration on the vehicle. Violations include:
• "Improper use of registration" – a misdemeanor (90 days and/or \$1,000 fine).
• "Intent to escape tax" – a gross misdemeanor (up to one year and/or \$3,000 fine) depending on the situation.
Those using the vehicle for other purposes should purchase the standard Minnesota plates for it.
Below is a list of some of the other common special plates that can be applied for:
• Pioneer plates for vehicles made before 1936.
• Classic plates for vehicles made from 1925 to 1948.
• Collector plates at least 20 years old and made after 1935.
• Street rod plates for vehicles made before 1949 or made to look like a vehicle from before 1949.
• Classic motorcycle plates for motorcycles that are 20 years old or older.
• Original Minnesota plates for any collector vehicle OR vehicle 20 years old or older.
A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205 (You can follow him on Twitter @MSPPIO_NW or reach him at, jesse.grabow@state.mn.us).

Theology in the Trenches
By Kathleen Kjolhaug

Oralia Part I
Guatemala Outreach Continued:
I'd heard the name but had never met her face to face. This woman of courage, this woman of strength, this woman of integrity, and this woman of faith was the director of Hogar de Vida for many a year. I am home from traveling with a team from northern Minnesota (2 retired nurses, 1 message therapist, 1 carpenter, 1 child care specialist, and 2 retired reading specialists). I still have never met Oralia although I feel as though I have. By the time you finish reading this, I pray you will know her, too.
The word for prayer in Spanish is orar. The word for tears in Spanish is llorar. So closely linked are tears to prayers that one cannot miss it in her given name, Oralia. Rumor has it, she not only wept for the lives she'd been entrusted with, but prayed day and night for each. Oh, for the miracles woven and sustained by prayer, supplication, and fasting while working in discipleship—and each word exemplified the mission of Oralia. We, as a team, were honored to hear the stories veiled in tears surrounding her legacy of faith.
She'd come to serve in what Oralia did. She began serving as a caregiver for the children in the mountains of Guatemala... in Hogar de Vida y Nutricion (Home of Life and Nutrition). Soon, the wisdom, strength and courage she exhibited was noticed by the overseer, Dena Stromstad. She and her husband, Tim, began the outreach many years back and turning it over to the hands of the people

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Celebrating Life and Talking Tractors!
By Auctioneer Eric W. Mickelson

Over the past weekend my wife and I went to southern Iowa to attend the funeral of Patty's aunt, Marcia Frese. As I recently lost my father and mother, my family has spent quite a bit of time in the same way lately, mourning the death of someone you love. Patty's aunt lived in a small town in southwestern Iowa, Bridge-water. She grew up on a farm that used John Deere tractors. After college she began teaching school starting in kindergarten. Does this sound familiar? If you know me and my family this could be the timeline of many of the members of my own family. I was lucky enough to marry into this family and was very honored to be asked to be a pallbearer at Marcia's funeral.
Well, as usual I was able to visit with many family members telling stories and sharing memories.....and maybe just maybe talking tractors. The Follmann Family farmed in SW Iowa and the first tractor purchased was a 1938 A John Deere. Brothers Clarence, Clifford, Ralph and Roy all were farming and Roy purchased the 1938 A John Deere on steel wheels. Over the years the steel wheeled A was modernized with rubber tires, starter and lights, powerlift, and a waterpump. The A still in the family!
Marcia's husband Steve's father, Alvin, also worked as a mechanic at Sulgrove Implement, a John Deere dealer in Bridgewater, Iowa. He worked there from the late 40's until about 1960 when the new generation tractors came out. So you see I can turn nearly any event into a way to learn about tractors!
The weekend was centered on the celebration of life of Marcia Frese. The fellowship, visiting, and memories shared can help turn a sad a occasion into a learning experience for some of us extended family members. With my most sincere sympathy to the family, I also want to thank them for sharing memories about a family creating history in SW Iowa. Between tears there is a lot of happiness that can be shared with family.....even at..... or maybe especially at a funeral.

How about a little tractor trivia!
1. T or F: The model A was John Deere's first row crop tractor with adjustable wheel tread.
2. The model A John Deere tractor was manufactured from 1934 - _____.
A) 1950 B) 1951 C) 1952 D) 1953
3. In June of 1947 the model A was tested with _____ belt hp.
A) 35hp B) 36.1hp C) 37hp D) 38.02hp
4. Did the model A John Deere have Live PTO?
5. The model A was produced in the factory located in _____.
A) Rock Island, IL B) Des Moines, IA C) Waterloo, IA D) Moline, IL
Answers: 1. T 2. C) 1952 3. D) 38.02hp 4. No live PTO 5. C) Waterloo, IA

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Life Matters! All Stages. All Ages.

More than forty participants braved the sub-zero temperatures at the inaugural March for Life, sponsored by MCCL #45, in Fosston, MN on Saturday, January 28th. They walked silently and reverently, in honor of the countless lives impacted and lost to abortion in Minnesota. Only hours before, the Minnesota Senate had passed the PRO Bill, supporting abortion at any stage. People, young and old, carried signs promoting respect and reverence for human life. Their route led them from the parking lot of the original Palubicki's grocery store, through part of downtown Fosston and concluded at New Journey Church where they were welcomed with warmth and refreshments.

MCCL #45 Member, Todd Lundell, welcomed walkers and others gathered for a Life Matters program. Over eighty people heard State Representative Matt Grossell, MCCL #45 President Mike Brouse and Speak LIFE author Alison Opdahl share pertinent information about ongoing state and local efforts to protect the lives of children unborn and recently born.

Representative Grossell spoke about the passed PRO Bill. When questioned about the core beliefs of those advocating for abortion at the state level, Grossell stated the fundamental belief driving the de-humanization of both unborn and recently born babies is part of a broader cultural denigration of all human life. According to Grossell, this callous indifference is manifested in many ways, not the least of which is our state's reputation in places like Las Vegas as the "factory" for young victims of sex-trafficking. Provisions in

the new PRO Bill will only facilitate that assault upon the young by removing parental notification requirements in the case of pregnant minors considering abortion. That affords sex traffickers the ability to force their young victims to undergo abortions.

MCCL #45's President, Mike Brouse, acknowledged the many people involved in the chapter and highlighted the various community outreach activities the chapter has been involved in over the past few years, as well as some of the plans for 2023. Brouse stated that Chapter 45 has proven to be a very active pro-life chapter with members who are dedicated to its mission

of protecting the lives of our youngest and most innocent.

Alison Opdahl, author of the Speak LIFE Series, expressed her gratitude for her daughter, Dinah, and her niece and nephew: Rosie and Charlie Subbert, who brought to life her segments with their talented personalities. The Baby "O" creations, she said, were inspired and directed by the Holy Spirit.

On President's Day, February 20th, MCCL #45 is sponsoring a Life Matters event at the Fosston Theater. Shows are free to the public. Scheduled at 1pm and 4pm is "Horton Hears a Who," a story about the value of life which Horton defends with his conviction there is life

in the speck on the flower he is vigilantly guarding. Showing at 7pm is "Unplanned," which is based on the life story of former Planned Parenthood director Abby Johnson.

Regular meetings of MCCL #45 are held at 7pm on the 3rd Thursday of the month at Mt. Carmel Free Lutheran Church in McIntosh, MN. For more information about their events or to listen to MCCL FFT or Speak LIFE segments visit www.speaklife139.com. MCCL #45 is grateful for the collaboration of businesses and individuals to establish the value of life at the forefront of our community awareness. Life Matters. All Stages. All Ages.

-a.m.opdahl



Participants arriving at New Journey Church in Fosston, MN after walking in the MCCL #45 Inaugural March for LIFE, Saturday, January 28, 2023. Photography credit goes to Caese Haraldson.

Senate Democrats advance extreme abortion bill

Rejecting protections for late-term abortions, abortions for Down syndrome diagnosis, parental consent for minors

ST. PAUL, MN – Senate Minority Leader Mark Johnson (R-East Grand Forks) released the following statement on the passage of House File 1 from the Senate early Tuesday morning:

"Today we are not codifying Roe v. Wade or Doe v. Gomez, we are enacting the most extreme bill in the country regarding youth sterilization, late-term abortions, and public liability for a vast array of reproductive services. All this with just a one-seat majority. A casual observer would think Minnesota voters gave democrats a significant majority and mandate to ram through radical and extreme legislation that will fundamentally change the lives of everyday Minnesotans.

"Today Minnesota Senate Republicans demonstrated, through a series of good faith amendments, the significant and devastating shortcomings of this bill. I'm very disappointed our amendments to restrict late-term, saline, and dismemberment abortions, protect mi-

nors from dangerous abusers, and defend the lives of babies with Down syndrome were all rejected by every Democrat in the Senate. It really is the most extreme abortion bill, not just in the state, but in the world."

The bill was passed on party lines, 34-33. Senate Republicans offered a number of critical amendments—all of which were struck down on party-line votes, and many of which were not deemed worthy of discussion by the majority party. Key amendments that were offered include:

- Ban on third trimester abortions
- Prohibition of the violent Dilation and Evacuation (D&E) abortions
- Language that would have excluded sterilization from the umbrella of "reproductive rights"
- Requirement of parental notification
- Language that would have prevented the sterilization of minors
- Prohibition of abortions due to down syndrome

Governor Walz, Lieutenant Governor Flanagan Present Their One Minnesota Budget

On Tuesday, Governor Walz and Lieutenant Governor Flanagan presented their entire One Minnesota Budget to the legislature. The final package within their One Minnesota Budget includes \$8 billion in tax cuts for seniors and working families, direct checks of up to \$2,600 to help Minnesotans afford rising costs, and a framework to legalize and regulate adult-use cannabis.

"Over the last week, we laid out our plan to make Minnesota the best state in the nation for children, invest in our economic future, combat climate change, and improve public safety across the state. Today, we lay out the full picture of how this budget will lower costs, cut taxes, and improve lives for Minnesotans," said Governor Walz. "With the largest tax cut in state history, the One Minnesota Budget invests directly in the people that

made our state strong in the first place. For a middle-class family of four, the One Minnesota Budget could put \$10,000 back in their pocket. We are delivering a transformational budget for Minnesotans, and I look forward to getting this done."

"From centering kids and families and protecting our climate to investing in the health and safety of everyone in Minnesota and providing meaningful and historic tax cuts for working families and seniors, the One Minnesota Budget provides a clear roadmap of our shared values," said Lieutenant Governor Flanagan. "We have a once-in-a-lifetime opportunity to invest in the people and places across Minnesota and deeply improve lives for generations to come. The investments and proposals throughout the One Minnesota Budget meet that moment."

Aarsvold Wins Collegiate Discussion Meet

HINCKLEY, Minn. – Lafe Aarsvold of Southwest Minnesota State University won the Minnesota Farm Bureau Federation (MFBF) Young Farmers and Ranchers (YF&R) Committee Collegiate Discussion Meet competition, held during the annual Leadership, Education, Advocacy and Promotion Conference in Hinckley.

Aarsvold moves on to represent Minnesota in the American Farm Bureau Federation (AFBF) Collegiate Discussion Meet competition at the upcoming FUSION Conference, March 3-6 in Jacksonville.

Runner-up was Aina Perez of the University of Minnesota-Twin Cities.

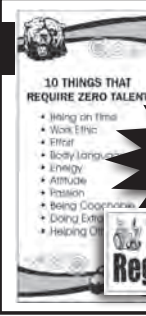
Also competing in the final round of the Collegiate Discussion Meet were: Blaine Anderson (Riverland Community College), Wayne Pederson (Riverland Community College), Julia Quast (Ridgewater

College), Jacob Runge (Ridgewater College), Regan Schatz (South Central College), Kyle Thomas (University of Minnesota-Twin Cities) Sydney Walters (Southwest Minnesota State University) and Megan Weber (South Central College).

Contestants in the Discussion Meet are judged on their basic knowledge of critical farm issues and their ability to exchange ideas and information in a setting aimed at cooperative problem solving.

About the Minnesota Farm Bureau Federation

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



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The Lengby-Fosston Knightriders Snowmobile Club Annual Fun Run

The Lengby-Fosston Knightriders will be holding their Annual Fun Run on Saturday, February 11th. There will be a pancake breakfast starting at 8:00 a.m. at the Clubhouse by Chef Tiny. Trail riders leave the groomer shed at 10:00 a.m. SHARP. We will have stops in Winger - Bejou - Island Lake - Lengby - Fosston The Clubhouse is located at 42582 360th Ave. SE Fosston, MN 56542. Hope to see you there!

Grants Help Bring Ag Literacy to Minnesota Classrooms

17 projects receive Minnesota Agriculture in the Classroom funding

St. Paul, MN: The Minnesota Agriculture in the Classroom (MAITC) Foundation has announced the recipients of its 2023 Agricultural Literacy Grants, which are designed to support agriculture and food systems education efforts from kindergarten to high school across the state.

A total of 17 projects received grants of up to \$500 each to help educators provide students the opportunity to experience agriculture in a cross-curricular manner. Topics that will be explored through this year's projects include locally grown foods, agricultural careers, community gardens, and more.

MAITC is a partnership between the Minnesota Department of Agriculture (MDA) and the MAITC Foundation that seeks to increase agricultural literacy through K-12 education. For more information

about the Ag Literacy Grants, visit the MAITC website.

Some schools include:
Starbuck, Jodee Lund, Young Roots: Learning by Doing

Highlands Elementary, Edina, Cara Rieckenberg, Chickens in the City

J.A. Hughes Elementary, Red Lake Falls Jacob Rath Creation of Maple Syrup

Laporte School, Laporte Jeannie Konecne, Hatching Duck Eggs

Minnewaska Elementary School, Glenwood Megan Greene, Community Garden St. Francis, Brainerd Carrie Allord, Agriculture, Classroom Immersion!

Sebekka FFA Chapter, Sebekka, Mackenzie Kuschel, Farm Fact Fridays.

Iron Range Delegation Sends Letter to President Biden Reacting to Mining Ban

St. Paul, MN—Minnesota's Iron Range Delegation sent a letter to President Biden today urging him to reverse his administration's decision to implement a 20-year moratorium on mining in northern Minnesota. Members of the Iron Range Delegation include Rep. Spencer Igo, R-Wabana Township, Rep. Roger Skraba, R-Ely, Rep. Ben Davis, R-Grand Rapids, Rep. Dave Lislegard, DFL-Aurora, Sen. Justin Eichorn, R-Grand Rapids, Sen. Rob Farnsworth, R-Hibbing, and Sen. Grant Hauschild, DFL-Hermantown.

The letter reads in part: Modern technology and global industry best practices mean that non-ferrous mining can be done safely and respon-

sibly in Minnesota. For more than 130 years, mining has sustained our communities in northeast Minnesota. We have long mined safely and responsibly. We know how to get the job done, it's in our blood.

Today's order will cause Minnesota and our communities to lose thousands of potential jobs that would have resulted in future mining projects, billions of dollars in future investment in the people of northeast Minnesota, and billions of dollars in revenues that would support students through Minnesota's School Trust Lands.

Thanks, David Anderson House Republican Communications

A homeowners' guide to ice dams

Cold weather contributes to many different conditions that can affect homes. When winds are blowing fiercely, homeowners may soon discover deficits in insulation or in caulking around windows and doors. Icy conditions can cause walkways and stairs to become slick.

One winter condition can cause extensive headaches and damage and could be a mystery to many homeowners. Ice dams occur when warm air in the attic heats up the roof and melts accumulated snow. Water from this melt runs down the roof and refreezes when it reaches the colder roof edge. A mound of ice forms at the lower edge of the roofline as a result.

Ice dams may help create a picturesque winter vista, with icicles hanging and glinting in the sunlight, but they can cause significant damage. According to experts, ice dams can weigh hundreds of pounds if they get large enough, potentially affecting the structural integrity of roof eaves. In addition, ice dams can cause melted runoff to back up under roof shingles. This water can eventually make its way inside, ruining ceilings and walls. The roof, gutters, insulation, interior drywall, and other home surfaces can be damaged if ice dams are left unchecked.



The following are some conditions that make a home vulnerable to ice dam formation:

1. The presence of snow on the roof.
 2. An average outdoor temperature that is 32 F or lower.
 3. A roof surface temperature above 32 F at its higher points and below 32 F at the lower end.
 4. Indoor heat making its way to the underside of the roof.
- Homeowners should take a few steps to address ice dams. The first is preventing future ice dams from forming. According to First American Roofing and Siding, LLC, improving insulation in the ceiling below the attic and addressing any inefficiencies in the home is necessary. A professional can do

a blower door test, which works by depressurizing the home and using a thermal camera to find areas where insulation is poor. In addition, adequate ventilation under the roof deck is necessary so cold air can circulate and prevent the attic from getting so warm that it will melt the snow on the roof.

The next step is to remove excess snow from the roof with a roof rake and keeping gutters clear. If ice dams have already formed, hire a professional to remove them, as it can be dangerous to do it oneself.

Snow-covered roofs and landscapes can be beautiful, but also dangerous if conditions that cause ice dams to form are not addressed

Northwest Minnesota Foundation Scholarships accepting applications as of February 1

January 23, 2023 (Bemidji, MN) – The Northwest Minnesota Foundation will begin accepting applications to its scholarship funds as of Feb. 1. Last year, scholarships housed at NMF issued 240 awards, totaling \$288,000.

Scholarship awards can range from \$500 to \$4,000. Scholarship funds have a variety of focuses, such as support for students from specific school districts, those involved in certain extracurriculars, or those intending to pursue specific majors.

NMF encourages all high school seniors considering post-secondary education to take the time to research scholarship opportunities. The NMF scholarship portal makes it easy for students to identify the specific scholarships for which they are eligible through an eligibility quiz. Students in-

put their information (e.g. high school district, high school extracurriculars, intended field of study, etc.) and then see a filtered result list.

The deadline to apply for most of the scholarships is April 15.

"NMF believes that the community members who will have the most impact in our communities are young learners who are prepared for success," said Kelly Martinka, who leads scholarship funds on the NMF Philanthropy team. "We believe that students must take advantage of all educational opportunities presented to them."

NMF hosts more than 114 scholarship opportunities for students throughout northwest Minnesota. Most of the scholarships are for high school seniors living within the 12-county region, however

there also are opportunities for nontraditional students or college-enrolled students.

"Every year, we hear from numerous students who nearly didn't apply because they didn't think they'd be awarded," Martinka said. "We encourage all students to take the time to apply."

Applications are completed through the NMF website at www.nwmf.org by clicking on "scholarships" at the top of the homepage. Students will be required to create an online account and take the eligibility quiz to begin the application process.

If you are interested in learning about how you can establish a scholarship fund at Northwest Minnesota Foundation or to support one of the scholarship funds at NMF, please visit www.nwmf.org.

Governor Walz, Lieutenant Governor Flanagan Announce 2023 Infrastructure Plan

On Thursday, Governor Walz and Lieutenant Governor Flanagan announced their 2023 Infrastructure Plan – their capital investment recommendation for the upcoming legislative session. The \$3.3 billion plan invests in critical projects focused on roads, bridges, and water systems, housing and homelessness, and environmental stewardship.

"The investments in our Infrastructure Plan are a down payment on the future of our state," said Governor Walz. "Strong infrastructure is what allows Minnesotans to live safe and healthy lives. It's

what keeps our drinking water clean, our roads and bridges safe to drive on, and our communities safe from flooding. The investments in our 2023 Infrastructure Plan will support the economic vitality of our communities, while creating thousands of good-paying jobs."

"The 2023 Infrastructure Plan lays out a vision of safe, strong, and connected communities, with a historic investment in projects led by and for communities of color and Native communities to create a lasting impact for generations," said Lieutenant Governor Peggy Flanagan. "These

investments are one of the most powerful tools we have to create critical jobs, address a spectrum of housing needs, promote community growth and building, center equity, and put us on a path of environmental stewardship."

Governor Walz Signs Bill to Support Workers on the Iron Range

On Wednesday, Governor Walz signed a bill into law extending Unemployment Insurance benefits for workers on the Iron Range. The bill will provide an additional 26 weeks of benefits for over 400 workers who were laid off due to the idling of Northshore Mining last May.

"Amid a time of uncertainty, this is a critical economic support for workers on the Iron Range," said Governor Walz. "We will continue to work together with our partners in the legislature to move Minnesota forward, strengthen communities across the Iron Range, and ensure Minnesota's working families have the support and resources they need to thrive."



Today's Lesson: The Newspaper

- 1. Builds vocabulary
- 2. Improves reading skills
- 3. Promotes critical thinking
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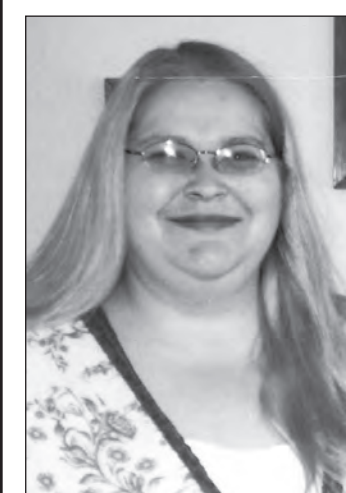
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OBITUARIES



Obituary for Wendy Eggl

Wendy Eggl, age 45, of McIntosh, MN, passed away unexpectedly on Monday, January 16, 2023, at Essentia Health Hospital in Fosston. A memorial service was held at 2:00 p.m. on Friday, January 27th, at Our Savior's Lutheran Church in McIntosh with the Rev. Rene Mehlberg officiating. Interment will be in Asphult Cemetery, rural McIntosh at a later date. Family will greet friends for one hour prior to the service on Friday (27th) at the church. Arrangements are with Carlin Family Funeral Service of McIntosh. Messages of condolence may be shared and live-stream of the service viewed at www.carlinfuneral.com.

Wendy was born April 4, 1977, to Alan and Kathryn Hedlund in Cass Lake, Minnesota. She grew up north of McIntosh on the farm.

Wendy was confirmed in Our Savior's Lutheran Church in McIntosh and graduated from Win-E-Mac

High School in 1995.

Wendy married Ryan Eggl on June 10, 2000. Her sister Karen passed away in 2003 and Wendy and Ryan raised her children, Bridget, Leah, and Dustin, as their own. They also have two sons, Jacob and Lucas. Family was everything to Wendy.

She was currently working for Digi-Key in Thief River Falls, Minnesota.

Wendy loved crafting and made the prettiest birthday cards, tree ornaments, and more. She loved doing crafts with the grandchildren, Makenna, Easton, Kaylen, Brynlee, Amelia, Molly, Hattie, Isabella, Vincent, Josiah, and Henry.

She is survived by her husband, Ryan; sons, Jacob and Lucas; and Bridget (Todd) Peterson, Leah (Jake) Herberg, and Dustin Quam; brothers, Tony, Andy, and Brian Hedlund; step-sisters, Sarah (Tony) Roed and Lisa Arme; step-mother, Sharon Hedlund; father and mother-in-law, James and Sharon Arme; step brother-in-law, Eugene Arme; step sisters-in-law, Sharon Arme and Merrie Nass. Many aunts, uncles, nieces, nephews and cousins.

She was preceded in death by her father, Alan Hedlund; mother, Kathryn Hedlund; sister, Karen Quam; niece, Kassandra Hedlund; brother-in-law, Bradley Arme; grandparents, Alvin and Jackie Scott, Philip and Anora Hedlund, and Donald and Adeline LaFontaine; uncles, Wayne Scott, Paul Hedlund, Leroy LaFontaine, Rodney LaFontaine; and aunt, Susan West.



Obituary for Marlyn Sistad

Marlyn Arnold Sistad, 88, of Grygla, MN, passed away Sunday, January 22, 2023, at Essentia Health Living Center Fosston surrounded by his family after a long battle with Parkinson's disease. He was born October 6, 1934 on his great-grandparents farm in Neilsville, MN to Marvin and Alice (Waale) Sistad. He grew up in Benville Township, east of Grygla, with his eight siblings working on the family farm. He attended the country grade school in Grygla and graduated from Goodridge High School in 1952.

After graduation, Marlyn stayed home to work and support the family farm, fondly recalling logging with his brother Gene. After a few years, he began working construction near the Iron Range. During this time, he met Gloria (Lunsetter) Sistad. They married on December 23, 1957 at the United Lutheran Church in Gatzke. Having been drafted into the U.S. Army, Marlyn was stationed at Fort Riley, Kansas. Upon completion of two years of military service, they moved to East Grand Forks. During that time, they welcomed their two sons, Mark and Mike.

Marlyn and Gloria then moved to Stewartville, MN where they raised their boys and lived for 30 years. They bought and managed Sistad Mobile Home Park in Stewartville. Marlyn had an incredible work ethic and was a dedicated provider for his family, with a desire to make things better for his younger siblings and next generations. He committed himself to his career as an Iron Worker and served as a

charter member of the North Dakota Iron Workers Union Local which later became part of Local 512 of St. Paul. Mark started the first 15 years of his career as an Iron Worker alongside his dad, Marlyn. Upon retirement, Marlyn and Gloria returned to their beloved farm in rural Grygla in 1997.

Marlyn took an immense amount of pride in the farm. He made sure the buildings and the yard looked like they were straight out of a painting. Music was always a large part of their life; Marlyn was a wonderful husband and father who loved dancing with Gloria while listening to Mike play with The Back Behind the Barn Boys. He always looked forward to spending time with his grandchildren who put a smile on his face.

He is survived by his loving and devoted wife of 65 years, Gloria; sons, Mark (Janna) Sistad of Grygla, MN and Mike (Julie) Sistad of Nashville, TN; seven grandchildren: Amie (Norman), Amber, Joe (Kim), Justin (Jacqui), Abigail (Zack), Erik and Mya; twelve great-grandchildren and one on the way: Caleb, Lucas, Gabriela, Freyja, Julian, Brooke, Layla, Brayden, Mason, Noah, Evelyn, Eleanor and Baby Andrews; one sister: Wanda (Owen) and six brothers: Gene (Kay), Dennis (Ilene), Roger (Diane), Richard, Gary (Linda), and Keith (Ruby) as well as many beloved cousins, nieces, nephews and dear friends.

He was preceded in death by both parents, Marvin and Alice, his young brother, Wayne and sister-in-law Karlyn.

Visitation will be held at 12:00PM to 2:00 PM with a prayer service at 1:00 PM on Friday, January 27th at Johnson Funeral Service located at 420 N Labree Ave, Thief River Falls, MN.

The funeral service was held at 11:00AM on Saturday, January 28th at United Lutheran Church in Gatzke, MN, with Reverend Timothy Lundeen Officiating, visitation at 10:00AM. A graveside burial service at Landstad Cemetery will immediately follow.

In lieu of flowers, the family requests that you consider donating to the Michael J. Fox Foundation for Parkinson's research.



Obituary for Sherman Plante

Sherman Plante, 86, of Red Lake Falls, MN passed away on Thursday, January 12, 2023 at Fair Meadow Nursing Home in Fertile.

Mass of Christian burial was held 10:30 AM on Monday, January 16, 2023 at St. Joseph Catholic Church in Red Lake Falls, MN with Father Bob Schreiner Officiating. Burial will be held at St. Joseph Catholic Cemetery at Red Lake Falls, MN. Visitation was held on Sunday, starting at 3 PM with a prayer service at 4:00 PM at Johnson Funeral service in Red Lake Falls, and also one hour prior to the service at the church on Monday.

Sherman Bernard Plante was born May 31, 1936 in Oklee, MN the son of Thomas and Lucille (Perrault) Plante. He was baptized and confirmed into the Catholic faith. He grew up and attended school through the 8th grade in Brooks. At the age of 13 he started working as a farm hand to help provide for his mother and siblings. He worked at the Brooks Cheese Factory then the Thief River Falls Cheese Factory.

On August 22, 1959 Sherman was united in marriage to Jean Gauthier at St. Joseph's Catholic Church in Red Lake Falls. The couple made their home in Crookston, for a short time before settling in Red Lake Falls. They lived in the same house for almost 60 years where they raised their four children – John, Laurie, Danny and Stacy. Over the years they entertained countless family members, friends, and neighbors in their home. When their children were young, they enjoyed camping and traveling to visit relatives.

He was a truck driver for Central Bi-Products for 33 years, tended bar for 10 years at night and worked at Arctic Cat for 8 ½ years. Together with Jean he also cleaned several businesses in Red Lake Falls including the clinic, bank, highway department and funeral home. He retired at 63 years old.

After retirement, mow-

ing his lawn, raking leaves or moving snow, painting his house, his daily trip to the mailbox and taking long walks around Red Lake Falls became his past times. Having a well-kept house and yard was always important to Sherman. He stayed very active until his health no longer allowed it. For the last several years of his life, his health forced him to lead a more relaxed life that he much deserved.

He enjoyed visiting, telling stories from his past and looked forward to an evening or afternoon of playing cards with Jean, his family or friends. Sherman was a selfless, loving, kind and caring man with a big smile and big heart. He found little ways to make his wife, children, grandchildren, and great-grandchildren feel loved when he was with them. Sherman was always willing to help a family member, friend, neighbor, or stranger. He was a friend to all he met and always found the best in everyone.

Survivors include his wife of 63 years Jean, Children John (Karen) Plante of Buxton, ND, Laurie (Warren) Malwitz of Red Lake Falls, MN, Danny (Jennifer) Plante of Red Lake Falls, MN and Stacy (Dana) Rausch of Sioux Falls, SD. Grandchildren Ryan (Liz) Hjelmstad and children Ayden, Aaliyah, Tate & Izzy, Kolt (Abby) Hjelmstad and children Ava, Levi & Evelyn, Chris (Nikki) Plante and daughters Jemma & Stella, Josh (Katie) Plante and daughter Zoeii, Jessica (Alex) Hinrichs and children Mabel, Royce & Hazel, Erinn (James) Pervis and daughters Ingrid & Cordelia, Randy Malwitz, Rachelle (Cole) Larson and children Bryson, Piper, Raife & Memphis, Jacob Riendeau, Jordan Riendeau, Tyler (Erin) Plante and children Reed & baby girl on the way, Branden (Riley) Plante, Allison (Cody) Plante and daughters Mckenzie & Hailey, Nick (Clarissa) Plante and children Autumn & Asher, Morgan Plante, Issabella Plante, Tiana Rausch and Ethan Rausch.

Very Special Cousin Caesar (Suzie) Kaiser, Crookston, longtime friends Louis and Dionne Ulrich, Red Lake Falls, sister Bonnie (Ernie) Won, Madelia, brother Larry (Janice) Plante, North Mankato and several nieces and nephews.

Sherman was preceded in death by his parents, stepfather Kermit Ostgard, sisters Shirley (Bob) Elliott, Janice (Arnold) Lillo, brother Darrel "Joe" Plante, 3 infant siblings, father-in-law Willmer Gauthier, mother-in-law Marie Gauthier and brother-in-law Willmer Gauthier Jr.

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Obituary for Everett Osland

Everett Osland, age 65, of Erskine, MN, passed away on Saturday, January 28th, at his home surrounded by his family following a courageous battle with cancer.

A memorial service will be held at 11:00 a.m. on Saturday, February 4th, at Grace Lutheran Church in Erskine with the Rev. Pam Thorson officiating. Interment will be in Fairview Cemetery, rural Erskine, in the spring. Family will greet friends for one hour prior to the service on Saturday at the church. Arrangements are with Carlin Family Funeral Service of Erskine and messages of condolence may be shared at www.carlinfuneral.com.

Everett Dale Osland was born December 26th, 1957 in Grand Forks, North Dakota to parents Eddie Osland and Tillie (Alexander) Osland, the oldest of their six children. He graduated Erskine high school in 1976. In 1977 he married Rae Ann Edwards of McIntosh. To this marriage they raised 4 daughters.

From a young age Everett loved to stay busy. He raised many animals, liked to fix things and build machinery attachments for his equipment. In the early eighties Everett and Eddie started their own concrete business which they did for several years until Eddie's health no longer allowed him to work. After that, Everett went on to road construction where he worked for several road crews as a supervisor. Companies included Strom Construction from Moorhead, Thorsen Construction from Bemidji and Davidsons Construction from Holt. While working road construction he also raised cattle and farmed. He would often come from the construction site to the field as he had several cattle. In 2014 he started Osland Concrete Construction. Everett truly enjoyed working concrete and there was no project too big or small that he wouldn't take on. Even through Everett's diagnosis in the spring of 2021 he continued to go out to the job

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sites and work with his crew when able.

The last 4 years Everett and Rae Ann became snowbirds by spending their winters in Lake Havasu City in Arizona. They have made many new friends with whom they have enjoyed played cards with, going on pontoon rides, and going to dances.

Anyone who knew Everett will remember him as a hard worker, easy going and an all-around great guy. Our family will remember him as a selfless provider, a fighter, a hero and a guy that could always make a joke and laugh harder at it than anyone else.

Everett is a true example of strength and determination. Even through the most difficult days you could still find him working with his concrete crew or on the farm fixing something. He never complained about what life had handed him and never let that get in the way of continuing to live his life. He lived by the motto work hard, play hard.

Beloved husband, father, grandpa, son, brother, and friend Everett Dale Osland's love of life didn't come to an end with his death. Everett passed away after a courageous battle with cancer and Everett was surrounded by his Wife and Daughters who will continue to honor his legacy by living their lives to the fullest.

Everett is survived by his wife Rae Ann of 45 years, Daughters Amanda (Shane) Vettleson of Goodridge, Minnesota, Melissa (Aaron) Chaput of Farmington, Minnesota, Jessica (Erich) Schook of Ashley, North Dakota and Cassandra (Michael) Heide of Fosston. Mother Tillie Osland of Erskine, Sister Lori (Rob) Hole of Erskine, Brothers Robert (Mark Placeres) Osland of San Jose, California, David Osland of Erskine, Gary (Laura) Osland of Tampa Florida and Brian (Kathy) Osland of Erskine. Brother-in-Laws Wayne Edwards of Glasgow, Montana, Roger (Vicky) Edwards of Paola, Kansas. He is also survived by his Grandchildren whom he adored. Logan, Austin, Ethan, Natalie, Presley, Lincoln Dale, Greta, Max Everett, Molly and Laina. He is also survived by many nieces and nephews.

Everett is preceded in death by Father Eddie Osland, Father-in-law Duane Edwards, Mother-in-law Loretta Whitaker, Grandparents David and Flora Alexander, Grandparents Eddie and Lois Osland and step-grandmother Caroline Osland, Uncle Miles Osland, Uncle Tim Alexander, Brother-in-law David Edwards, Nephew Joshua Edwards.

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Chancellor Holz-Clause with Regal at the hockey game.

Happy New Year from the University of Minnesota Crookston! We welcomed back students recently for the spring semester and the campus has been looking beautiful with all the glistening snow and frost-filled trees.

If you haven't been out to our athletic events, please join us. The men's hockey and women's basketball teams are having exceptionally good seasons. This past weekend they lost their games, but overall the teams provided some great fan viewing.

Athletics is a very important part of student life and student numbers. Currently, we have 238 student-athletes for Spring 2023, 12 NCAA Teams and two club teams. They include club teams of hockey and trap, and

12 NCAA teams with baseball, men's basketball, women's basketball, men's cross country, women's cross country, equestrian, men's golf, women's golf, women's soccer, softball, women's tennis and volleyball.

Our student athletes are first and foremost students, and do very well scholastically. Their average GPA overall for Spring 2022 students was 3.262 whereas the GPA average for the University was 3.18. Fall athletes were 3.250 and the overall University average was 3.08.

Our 48th annual Ag Arama is scheduled for Saturday, January 28 at the University Teaching and Outreach Center in the Charles H. Casey Equine Arena and our students have worked hard for

this year's event. Start the morning off with novice showmanship (beef, western, dairy, swine, sheep, goat, rabbit, llama) from 7:30-10 a.m. and experienced showmanship (rabbit, llama, dairy goat, beef, western, sheep, swine) from 10:30 a.m. to 1 p.m., followed by a round robin at 1 p.m., alumni showmanship at 1:30 p.m., and national anthem, Ag Arama royalty coronation, and awards at 2 p.m. An alumni social will be held from 7-9 p.m. at I.C. Muggs and the Ag Arama dance will be held at 9 p.m. at the Crookston Eagles Club with music provided by band October Road. There is a \$10 cover charge for the dance.

Wishing you a great 2023.
Chancellor Mary Holz-Clause

Joe Mauer elected to Minnesota Twins Hall of Fame

Former catcher to become the 38th member of the Twins Hall of Fame

MINNEAPOLIS-ST. PAUL, MN — The Minnesota Twins announced today that former Twins catcher Joe Mauer has been elected to the club's Hall of Fame. He will become the 38th member of the Twins Hall of Fame when he is inducted on Saturday, August 5, as the Twins host the Arizona Diamondbacks at Target Field. Additional details on Twins Hall of Fame Weekend (August 4-6) will be announced at a later date.

The Twins Hall of Fame, which honors players, managers, coaches and off-field personnel who have contributed to the organization's growth and success since Minnesota broke into the major leagues in 1961, was created as part of the club's 40th Season Celebration in 2000. The inaugural class of Twins Hall of Famers — Harmon Killebrew, Rod Carew, Tony Oliva, Kent Hrbek, Kirby Puckett and Calvin Griffith — was inducted on August 12, 2000. Other inductees include: pitcher Jim Kaat and broadcaster Herb Carneal (2001); pitcher Bert Blyleven and manager Tom Kelly (2002); longtime public address announcer Bob Casey and outfielder Bob Allison (2003); catcher Earl Battey (2004); pitcher Frank Viola (2005) and owner Carl Pohlad (2005); shortstop Zoilo Versalles (2006); third baseman Gary Gaetti and farm director Jim Rantz (2007); pitcher Rick Aguilera (2008); pitcher Brad Radke and farm and scouting director George Brophy (2009); shortstop Greg Gagne (2010); pitcher Jim Perry (2011); pitcher Camilo Pascual (2012); pitcher Eddie Guardado and director of media relations Tom Mee (2013); second baseman Chuck Knoblauch was elected in 2014 but not inducted; outfielder Torii Hunter and radio broadcaster John Gordon (2016); outfielder Michael Cuddeyer and former general manager Andy MacPhail (2017); pitcher Johan Santana (2018); pitcher Joe Nathan and former club president Jerry Bell (2019); first baseman Justin Morneau (elected in 2020 and inducted in 2021); and former manager Ron Gardenhire, former outfielder and current radio broadcaster Dan Gladden

and former infielder/outfielder César Tovar (2022).

"Few players are as synonymous with Minnesota Twins baseball than Joe Mauer," Twins President & CEO Dave St. Peter said. "Joe's incredible on-field career has been well documented while his impact on our community, state and region has been heartfelt and powerful. We are truly proud to see Joe inducted into the Twins Hall of Fame and believe it's the next step to his eventual induction into the National Baseball Hall of Fame in Cooperstown, NY."

The St. Paul native ranks first on the Twins all-time list in doubles (428) and times on base (3087), while he is second in games (1858), hits (2123), walks (939) and at-bats (6930); third in runs scored (1018) and total bases (3040); fifth in RBI (923); and 12th in home runs (143). His jersey number seven was formally retired by the Twins on June 15, 2019; he is one of only nine players or managers in club history to have his number retired and the only catcher to be so honored.

Mauer was selected first overall by the Twins in the 2001 First-Year Player Draft out of St. Paul's Cretin-Derham Hall High School and made his major league debut on April 5, 2004. He played all 15 of his major league seasons with the Twins, joining National Baseball Hall of Famer Tony Oliva as the only player in club history to do so. Mauer hit .306 (2123-for-6930) for his career with 428 doubles, 30 triples, 143 home runs, 923 RBI, 1018 runs scored, 939 walks and a .388 on-base percentage. Primarily a catcher from 2004-13, he played 921 of his 1858 career games at the position, the most in Twins history among backstops.

The 2009 American League Most Valuable Player was named to the AL All-Star team six times, earned three Rawlings Gold Glove Awards at catcher, earned the Louisville Slugger Silver Slugger Award five times and won three AL Batting Titles, the only catcher in AL history to have done so. He was also a three-time winner of the Most Valuable Twin Award and the 2008 winner of

the Carl R. Pohlad Award for Outstanding Community Service, as voted on by the Twin Cities Chapter of the Baseball Writers Association of America and the Minnesota Twins Community Fund Board of Directors.

Mauer and his wife, Madeline, have been very active in the community since the beginning of his major league career. They have been longtime supporters of Gillette Children's, hosting the Mauer and Friends Kids Classic event in some form every year since 2016. The Mauers also donated a playroom at Gillette Children's St. Paul hospital, which provides a welcome break from medical treatment for the pediatric patients. The room is called Gillette Field and has sports-themed items and decorations encompassing all sports, not just baseball.

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Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren't inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren't interested in sports.

Theater

School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational Theatre Association™ notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also

teach youngsters who aren't interested in performing about backstage components, including set design and even script writing

Volunteering

Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of life. The vast majority of nonprofit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values. Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs

High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs

students can join to participate more fully in campus life.

Physical activities

Just because kids aren't interested in traditional scholastic sports doesn't mean they don't enjoy breaking a sweat or being part of a team. Local community programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages.

Students who don't want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.

Winter tailgating tips



It may be getting cold, but tailgating season is just heating up.

It may be getting cold, but tailgating season is just heating up.

Winter may chill things down, but tailgating season is still hot. While the National Football League season gets started when the leaves still haven't changed colors, it runs through the heart of the winter, with the season culminating on February 13. But that's not the only professional sports schedule that dominates the season. Hockey drops the puck in October and the season extends into the first week of summer. College and professional basketball also are games to catch during the winter months. With so much sporting action to enjoy, tailgating season likely won't stop just because the mercury has dropped.

Tailgating typically takes place in the parking lots of sports arenas and stadiums before and after big games. Even

though weather starts out perfect for tailgating events, snow, ice and freezing temperatures may make their presence felt throughout the winter tailgating season. Tailgating doesn't necessarily have to end when Mother Nature cools things down. These winter tailgating tips can keep the fun flowing well into winter.

• **Don warm gear.** Body heat can escape through the head, hands, feet, and face. Pay attention to these areas in particular when bundling up, donning heavy gloves, thick socks, a hat, a scarf, and insulated boots when tailgating. Warming gear can serve double-duty when it's emblazoned with team colors and logos.

• **Bring a tent.** A camping tent or canopy can block wind and offer protection against precipitation. Secure it with bricks or tie it down to something heavy so it won't blow away.

• **Create a barrier.** Styrofoam takeout containers or even broken-down cardboard boxes can be placed underfoot and prevent cold from seeping up through shoes from the chilly ground.

• **Snuggle next to the fire.** A propane fire can or a fire pit (if permitted) can provide the added warmth needed when temperatures plummet. These also can be places to gather around to toast hot dogs or sausages on sticks when the main grill is occupied.

• **Use heated accessories.** Electric or chemical hand warmers can provide extra warmth, as can blankets, heated camping chairs and other items.

Tailgating is a popular activity during sports games, concerts and other group events. Winter weather doesn't have to dampen tailgating efforts when there's a focus on warmth along with camaraderie.

Distractions that can affect efficiency at work

Busy workdays are the norm for many professionals. Though most workers undoubtedly would prefer to feel busy rather than bored, it's easy for professionals to succumb to burnout if they don't get periodic breaks from the demands of their careers.

Burnout is a significant issue for working professionals. A recent survey of 1,500 working professionals from various sectors and backgrounds by the job aggregator site Indeed found that 52 percent of respondents were experiencing burnout in 2021. That marks a nearly 10 percent increase from a similar

survey Indeed conducted prior to the onset of the COVID-19 pandemic.

Various factors, some of which are beyond individuals' control, can contribute to burnout. Professionals who want to avoid burnout without taking a step back from their careers can look for ways to be more efficient during the day. Overcoming these common distractions can improve efficiency, which should help professionals free up time and reduce their risk for burnout.

• **Smartphones:** A 2015 CareerBuilder survey of hiring and human resources managers from various industries found that employers cited smartphones and texting as the biggest productivity killers in the workplace. Professionals no doubt recognize how distracting their phones can be during the workday, and they may feel powerless to avoid them. But they're not. Alter notification settings so the phone only delivers the most important notifications (i.e., children's schools, meeting reminders, etc.) during the day. Turn off notifications from news, sports and entertainment apps.

• **The internet:** The CareerBuilder survey found that employers believed the internet is the second biggest productivity killer. Professionals with a lot on their plates should do everything they can to avoid surfing the internet during the workday. The internet can be a rabbit hole, and even individuals who only intend to take a brief break from work to check the news or clear their head may soon find themselves moving

from website to website while their work piles up. If it's a mental break you need, get up and take a brief walk around the office instead of surfing the internet.

• **Emails:** Emails are another significant distraction during a typical workday. To overcome the seemingly endless flood of emails coming from coworkers, friends and family during the day, professionals can work in offline mode for a predetermined period of time each day. This affords the opportunity to work on specific tasks or projects without being interrupted by emails. Emails will still accumulate while the computer is in offline mode, but professionals won't be notified as each message is delivered and will be able to work distraction-free until they turn offline mode off.

• **Meetings:** Meetings may be well-intentioned, but they often compromise productivity and distract professionals from their jobs. A recent study titled "Meetings in America" commissioned by Verizon Conferencing found that 90 percent of professionals admitted to daydreaming during meetings, while 39 percent admitted they had fallen asleep during meetings in the past. Managers can help employees get more done and limit distractions by scheduling fewer meetings or reconsidering just who needs to attend meetings more carefully.

A distraction-free workday might seem unlikely, but professionals can take various steps to overcome the most common distractions in an effort to be more efficient.