



Tri County Canary

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

1,000 people win \$1,000 each day in first month of tax season

H&R Block is starting Refund Season 2016 in a big way. Within its 10,000 offices across the United States there will be 1,000 people each day who will win \$1,000. Ron Kettle, a Fosston resident had his taxes prepared by Debbie Harriman in the Fosston H&R Block office, he entered the contest and won \$1,000! Ron says he will be using the money to renew his gym membership and fix his car.

"Thanks Ron for coming in and being our client, and congratulations of winning," says Karen Schultz, franchise owner of the Fosston H&R Block.

The first drawing was on January 16th with 1,000 people each winning \$1,000 a day through February 15th. Winners were announced within a few days of each drawing. A total of 32,000 people won a combined \$32 million.

"This is unprecedented in the industry," said the nation's leading tax preparation company H&R Block Chief Marketing Officer Kathy Collins. "H&R Block puts the 'fun' in Refund Season."

For more information, including official rules and other ways to enter, taxpayers can visit www.hrblock.com/grand.



Debbie Harriman, tax preparer at H&R Block in Fosston and Ron Kettle, a local winner of the 1000 who win \$1000 a day national contest by H&R Block.

Mike Moore to Run for Minnesota House District 1-B

Michael "Mike" Moore has announced that he will be seeking the endorsement of the District 1-B Democratic Farmer Labor Party for the Minnesota House of Representatives. Moore, of Mentor, MN. is a longtime resident of the area, having lived in Fertile for over twenty-five years and for the past twelve years as a resident of Maple Lake - Mentor, MN.

Moore came to the District as a teacher. Since that time Moore has worked as a community development director, economic development director plus has been a small business owner for more than thirty years, having owned and operated newspapers and a marketing company. He currently owns and operates the Thirteen Towns newspaper in Fosston, does economic development work for Red Lake Falls and is Secretary/Manager of the Polk County Fair in Fertile. In addition, he owns and operates the Kittson County Enterprise newspaper in Hallock, MN. and is the Economic Development Director for Kittson County. Throughout his career he has worked for many of the communities in House District 1-B and is known for getting things done and working with people from all backgrounds.

Moore is concerned about the state of affairs in northwestern Minnesota. The small rural school districts are losing enrollment. There are jobs but the job training programs are not keeping up with the needs



of the market. Schools are not providing the skilled labor that is needed to fill the jobs - vocational training is limited at best. Housing is an issue but community infrastructure is an issue too - public infrastructure needs to be in place - communities need help and no one is providing the guidance to achieve and correct those needs. Technological along with basic needs are unmet and help to solve those needs is not forthcoming. Moore knows how to get things done, he has a proven track record in achieving those goals, and in creating jobs and opportunities.

Moore has served on many boards and committees, has been elected to office and understands the needs of House District 1-B. Moore stated that he needs your help, your understanding and, finally, your vote to get things done.

Widseth Smith Nolting's Borowicz Wins Msps Award, Also Named WSN's Newest Shareholder

Widseth Smith Nolting land surveyor Garrett Borowicz has been awarded the Minnesota Society of Professional Surveyors' (MSPS) William S. Kelley Jr. Community Service Award. The MSPS award is given to a member who has contributed greatly to the community.

Borowicz is an active member of the Crookston community, involved in such groups as the Crookston Lions Club, Crookston Youth Basketball Association, Chapter 2 Minnesota Society of Professional Surveyors, and Crookston Parks and Recreation Department. He created the Lion Hoops Halloween Basketball Tournament, coaches youth basketball groups, and has been a Red River Valley Emerging Leadership participant.

Borowicz also was named WSN's newest shareholder as of December 1, 2015. He is now a WSN Vice President.

Borowicz joined WSN in 2002 and serves as the land survey operations manager of WSN's Crookston office. He oversees all phases of land survey op-



erations including construction staking, boundary surveys, topographic surveys, as-built/ALTA surveys, and control surveys. Borowicz leads the crew when a Professional Land Surveyor is required to be on-site. He trains field crew personnel in survey practices, principles, and techniques with a hands-on approach. Other responsibilities include land survey project development and management, and maintaining client relationships. Borowicz serves as the Polk County Surveyor.



Garden Valley's New District Representative Begins Serving Erskine, McIntosh & Mentor Exchanges

Jordan Cote began his new duties on February 15 as Garden Valley Telephone Company's District Representative, serving the Erskine, McIntosh and Mentor exchanges. Jordan replaces Al Salverson, who re-

cently retired.

Jordan began work at Garden Valley as an Installer-Repairman in June 2008. Prior to joining Garden Valley, he worked for West Central Telephone in Sebeka and Polar

Communications in Park River, ND. Jordan graduated with a degree in Telecommunications Engineering Technology from the Minnesota State Community and Technical College at Wadena.

As Garden Valley's District Representative, Jordan looks forward to working with members in his area and providing the quality services everyone has come to expect from the cooperative.

Syrup season likely to start early amid warmer temperatures

The El Nino weather pattern responsible for producing relatively mild winters in the Upper Midwest is expected to trigger an earlier-than-usual maple syruping season in Minnesota this year, according to the Department of Natural Resources.

People who tap trees for maple sap may soon begin setting taps this year, especially in the southern part of the state. Typically, late February to mid-April marks the start of Minnesota's maple syruping season.

"I hope the maple trees produce as much sap as in years past, but the season may occur a few weeks early if this winter's weather continues on its current course," says Mimi Barzen, a DNR forester who taps trees on leased land in Grand Rapids during her spare time. "Early-flowing sap generally has less sugar, so it will take more of it to make syrup this year."

Barzen and her family insert 125 to 150 taps every year, and process approximately 1,000 gallons of sap, making up to 25 gallons of actual syrup. A

tradition they look forward to every year.

Sap flows best when the nights get below freezing and the days get warm—above 35 degrees Fahrenheit. Once collected, the sap is boiled down to produce syrup. Between 30 and 50 gallons of sap is needed to produce one gallon of maple syrup. The Minnesota Maple Syrup Producers Association estimates the state has over 125,000 taps producing between 35,000 to 45,000 gallons of syrup.

Sugar maples are the most favored tree for syruping due to the high sugar content in their sap. However, sugar content varies year to year and from tree to tree. Other maples and even a few non-maple trees are sometimes tapped such as red maple, silver maple, boxelder and birch. Norway maple, a non-native species, typically has a low sugar content and is not tapped.

"Usually we tap trees around mid-March, but every year is unique," Barzen said. "With the



mild weather, we'll be watching closely for the sap to start running."

Visit the DNR's Landowner Spotlight page at www.mndnr.gov/woodlands/syrup.html for a story on how one family forest owner taps and makes syrup. Visit the state parks website at

www.mndnr.gov/state_parks/maple_syruping.html to find maple syrup tapping events.

More detailed information on maple syruping available at www.extension.umn.edu/environment/trees-woodlands/homemade-maple-syrup.

House Childcare Committee Visits Bagley, Park Rapids



Rep. Dan Fabien (R-Roseau) and Rep. Steve Green (R-Fosston) speak with an individual from TEAM Industries

St. Paul, Minn.- The newly formed Select Committee on Childcare Affordability visited Bagley and Park Rapids on Tuesday as part of a tour to hear ways to improve accessibility and lower costs for childcare providers and families in rural Minnesota.

The committee's first stop of the day was at TEAM Industries in Bagley where committee members joined local State Representative Steve Green and employers to discuss how the shortage of childcare providers is affecting the economy in the region.

Many businesses are trying to find unique ways to make it work, because a provider shortage means that people won't take jobs.

For instance, TEAM is looking to partner with several local organizations to set up a Boys and Girls Club in the area to not

only host a child care program, but to also work toward development through high school graduation.

After meeting in Bagley, Rep. Green and committee members traveled to Park Rapids to hold a listening session at the Park

Rapids Library—giving families and providers the opportunity to share their stories with the committee.

Moving forward, the committee is scheduled to visit other rural communities as they look to partner with providers and

families to offer solutions to the childcare crisis facing greater Minnesota.

Statistics from the Minnesota Department of Human Services show that Minnesota has lost over 3,000 childcare providers in the last decade.

95,000 Minnesota Students to Receive State Grant Increases

College students receiving Minnesota State Grants to receive an additional \$200 this year to help pay for school costs
State of Minnesota to release more funding for direct financial aid, saving students hundreds of dollars on tuition

ST. PAUL, MN - Lt. Governor Tina Smith and Higher Education Commissioner Larry Pogemiller announced today that an estimated 95,000 Minnesota students will receive hundreds of dollars more in direct financial aid in the upcoming 2016-17 school year. State law authorizes the Minnesota Office of Higher Education (OHE) to release the spending balance in the Minnesota State Grant Program, bringing a grant increase of \$200 to tens of thousands of Minnesota students.

"Today, the average Minnesota student is graduating with over \$31,500 in debt. That is too

much," said Lt. Governor Smith. "This increase in State Grant awards will provide direct tuition relief to tens of thousands of hard-working students."

This year's surplus in the State Grant Program spending balance is largely due to lower than expected college enrollment numbers at public colleges and universities and recent increases in the federal Pell grant program.

"Expenses such as books and transportation can extend well beyond the poverty-level living standard recognized by the State Grant program," said Commissioner Pogemiller. "We are committed to sending all available resources back to students in the form of increased grants."

The Minnesota State Grant program is the largest financial aid program funded by the state, awarding up to \$180 million in need-based grants to as many

as 100,000 Minnesota residents attending eligible colleges and universities in Minnesota. Its Shared Responsibility model recognizes both the private and public benefit of higher education, and asks students, families and the state to share in the cost.

Minnesota students who are eligible for the increases in State Grant funding do not need to do anything; the award increases will roll over automatically into their overall Grant awards in the upcoming school year. Minnesota students who do not currently receive a State Grant, and would like to apply, should visit the Office of Higher Education website to determine whether they are eligible for benefits.

Recent Increases in State Grand Funding

Over the last five years, Governor Dayton and the Minnesota Legislature have invested

an additional \$125 million in the Minnesota State Grant program, providing more direct financial aid and expanding eligibility for more than 17,000 Minnesota students. Funding increases for the State Grant program championed by the Governor since 2011 have increased State Grant awards by an average of \$507, with some students getting as much as \$1,470 more in direct financial aid.

Prior to these new investments in the Minnesota State Grant program, state financial assistance had not keep pace with rising tuitions and the other increased costs of post-secondary education.

Helping Graduates Refinance Their Student Loans

Right now, Minnesota ranks fifth-highest in the nation for

Grants...
continued on page 6

More winners announced in the John Deere coloring contest at RLCC

The Tri River Pioneer sponsored a John Deere coloring contest to commemorate John Deere's birthday (February 7th). Grades 3-6 participated. The Tri River Pioneers would like to

thank the students for participating as well as the teachers for taking the time from their busy schedules to promote agricultural history.



5th grade winners. 1st place, Natalie Vettelson 2nd place, Brett Anderson.

Thank You!
Thanks to Kathryn Carver, Garnet Aansen and the Quilts of Valor group for the beautiful quilt presented to me for my service in WWII.
Bob Morris M47P



6th grade winners. 1st place Skylar Longtin, 2nd Michael Lowell(not pictured).

Goodridge Elementary celebrates John Deere's Birthday

Goodridge Elementary 5th & 6th graders participated in a coloring contest recently. It was JOHN DEERE'S birthday on Feb. 7th. Being Mr. Mickelson is a John Deere fan, Mickelson Auctions sponsored a coloring contest.

Right: the 6th grade winners were Hannah Wilebski (1st) and Jolson Sargent (2nd).

Below: 5th grade winners were Alliya Smith (1st), Anna Mikolio (2nd) and Payton Homme (Honorable Mention).



Sound Off, combat veterans support group at Sanford Bemidji

BEMIDJI, Minn. – Sanford Bemidji offers a support group, Sound Off, for combat veterans. It is held from 5 to 7 p.m. the first and third Tuesday each month at Sanford Bemidji Medical Center's Conference Room A, located immediately to the right through the hospital's main east entrance. The group will meet next on March 1 and 15.

The group is free and open to men and women from all branches of service, regardless of conflict or disaster. It is facilitated by Billy Benso, United States Marine Corps

(USMC) combat veteran, and Mike Sletta, behavioral health triage therapist at Sanford Bemidji.

The group provides members with a safe and confidential place to openly discuss personal issues and how their combat experience impacts their daily life.

"Post-traumatic stress disorder, or PTSD, is a condition many veterans struggle with after traumatic experiences such as combat or disaster," said Sletta. "What we want our vets to know is that it's real, you are not alone, and help is out there with groups like ours."

The support group can help veterans learn that:

- Combat did change them
- No matter what they do, they can't change what they've experienced
- Drugs, alcohol, isolation and denial don't work as coping behaviors
- With support of other combat vets, they can learn to live with PTSD

Any veteran interested in attending can simply show up at the scheduled meeting time.

Call (218) 333-5165 to learn more.

Fosston Fire Fighters are hosting a

BENEFIT

for Fellow Fire Fighter

DEAN DEFRANG

who is battling cancer - to help the family with medical and other expenses.

SATURDAY, MARCH 5TH, 2016
from 4:30 - 7:30 p.m.
at the Fire Station, Fosston, MN

We will be serving sloppy joes and having a silent auction
Please spread the word and do not forget to come see us on that day.

M48-49C

SCHOOLHOUSE GROCERY
GULLY, MN

NEW STORE HOURS!
Monday - Friday 9am-6pm,
Saturday 9am-4pm
Sunday 9:30am-12:30pm

STOREWIDE SAVINGS AT SCHOOLHOUSE GROCERY!!

- JOHN MORRELL - 12 OZ. Sliced Bacon\$2.99
- CASS CLAY - PINT 1/2 and 1/2\$1.49
- YOPLAIT - 6 OZ. CONTAINER Yogurt.....3 for \$2
- COUNTRY HEARTH CRACKED WHEAT Bread.....1-1/2 LB LOAF \$2.99
- HYTOP - CANNED - 15 OZ. CAN Vegetables6 for \$4
- HYTOP CANNED - MANY VARIETIES Tomatoes14.5 OZ 6 for \$4
- HYTOP CREAMY OR CRUNCHY Peanut Butter18 OZ \$1.88
- Roma Pizzas..... 4 for \$10
- Brew Pub 9" Pizzas.....3 for \$10
- QUILTED - 4 DOUBLE ROLLS Northern Plush.....\$3.75

Shop Locally and Save!
We are Open 7 days a Week!!

R48C

ePay, you'll have access to these great features:

Search for vendors. Add new vendors simply by typing in the company name. Simply enter your account number and add your bills to be paid.
Schedule payments by the due date. Our ePay allows you to enter the date you would like your vendor to receive your payment, and we take care of getting it there on time!
Keep your money with you. Your money will remain in your bank account until the day you select the payment be made to your vendor.
Set up reminders. Never make a late payment again!
Pay from multiple checking accounts. Choose which checking account to pay your bills from.
Make recurring payments. Eliminate the hassle of paying your monthly bills by setting up recurring payments.
See it all at a glance! The Payment Center lets you make payments and view pending payments, recent payments, and bill reminders all on the same screen.
Pay anyone with popmoney - all you need is a mobile phone number or email address, and you are on your way to sending money to friends and family.

Ultima Bank Minnesota
101 Shevlin Ave SW, Bemidji | Winger | Fosston | Plummer
218-333-0996 | 800-421-2588 | ultimabank.com

Member FDIC

Minnesota Food Share March Campaign 2016

Thinking of donating to the Oklee Food Shelf at Inter-County Community Council (ICCC)? Minnesota FoodShare's Pack the Pews week is March 19-25 this year. We always appreciate all donations (food or cash) any time during the year. We would just like to bring it to your attention the March campaign that is held each year through the Minnesota FoodShare Program.

What Minnesota FoodShare does, thanks to generous donations from corporations and individuals, is to provide an incentive allocation to food shelves that participate in Minnesota FoodShare's March campaign. The allocation provides incentive to food shelves to increase their donations from congregations, businesses, civic groups, schools and individuals who donate the food to the March campaign. The more the local shelf raises on its own during the March campaign, the larger their share of the Minnesota FoodShare Incentive Allocation. But it's never pound-for-pound. Every dollar given during the campaign goes directly to food shelves to purchase about \$4.00 worth of food. That is because we can purchase through the local food bank and if we buy in bulk, some stores offer us a discount.

Cash donations allow food shelves to purchase food items that we don't usually receive thru the food drives, such as meat. Cash doesn't spoil or expire, so it can be used whenever the food shelf needs to be restocked.

In Minnesota, 1 in 10 people, or more than 500,000 state residents, are food insecure on a regular basis. Food insecurity means that consistent access to adequate food is limited by a lack of money and other resources at times during the year. 8.3% of seniors in Minnesota reported being threatened by hunger and senior hunger is expected to rise as more baby boomers reach the age of 60. Almost 15% of kids in Minnesota live below the poverty line. There is a definite need!

The important thing to remember is that March is the only time of the year that people can leverage additional dollars for our food shelf from donations. This year we are asking the group or individual to register officially online. You can do so at: <http://mnfoodshare.gmcc.org/marchregister.php> and then click on the "Organization Sign-up Form" link. It just takes two minutes. By doing so, the organizations and companies help share in the story of the March Campaign. We'd love to recognize all who partner with this effort, and rest assured that you will not be solicited for funds from the Food Bank-they just want to hear the stories!

Food and cash must be at our office by March 30th in order to be counted in the campaign. Our office is open from 8:00 A.M.-4:30 P.M., Monday thru Friday. If you have any questions, call Wanda at 218-796-5144. Thanks again for supporting our Oklee Food Shelf!

Bruce Wegley honored by Thrivent Financial for outstanding performance

Bruce Wegley, LUTCF, FIC, CLTC, a Financial Associate with Thrivent Financial, has qualified to attend the Peak Performers conference as a Sierra Level qualifier by providing outstanding financial guidance, solutions and service to members of the organization in 2015. Out of more than 2,300 Thrivent Financial representatives nationwide, 466 individuals qualified for this honor.

Wegley is with Thrivent Financial's Northland Regional Financial Office, and serves members in Bemidji, Bagley, Clearbrook, Goodridge, Grygla and surrounding communities.

Wegley will be recognized



by his peers from across the country at Thrivent Financial's annual conference in Nashville.

Happy 40th Birthday
on your 10th Leap Year Birthday

Love,
Mom, Dad & all the family

R48P

The Motor Vehicle Office
in FOSSTON

has **MOVED**

TO THE **New Napa building** on Hwy 2
213 1st St. West

R47-50C

Notice of Annual Meeting

The annual meeting for the Oklee-Plummer Rural Fire Association will be held at the Brooks Community Hall in Brooks on Saturday, March 5, 2016 at 10 am.

Steve Eskeli,
Secretary/Treasurer
Oklee-Plummer Rural Fire Assn.

O48-49C

College News

2015 Graduate List
THIEF RIVER FALLS - Northland Community & Technical College is pleased to announce the following students graduated from Northland in the Fall 2015 semester. Northland Community and Technical College grants certificates (CERT), diplomas (DIP), Associate in Applied Science (AAS), Associate of Arts (AA), and/or Associate of Science (AS) degrees for the successful completion of each students respective program.

Bagley: Jamie Renna, Intensive Care Paramedic AAS

Brooks: Shane Champagne, Commercial Vehicle Operator CERT; Austin Vanraden, Geospatial Intelligence Analysis AAS

Clearbrook: Abigail Shamp, Occupational Therapy Assistant, AAS, Academic Excellence
Erskine: Jacob Knutson, Welding Process Technology CERT

Goodridge: Jena Johnsrud, Liberal Arts and Sciences AA, Academic Excellence

Grygla: McKenzie Bakken, Practical Nursing AAS

Gully: Lisa Olson-Vedbraaten, Massage Therapist DIP

Oklee: Alexis Berberich, Practical Nursing DIP; Kaytlin Trontvedt, Liberal Arts and Sciences AA, Academic Excellence

Plummer: Cory Schmitz, Welding Process Technology CERT, Highest Honors

Red Lake Falls: Brianna Gervais, Practical Nursing AAS; Shari Klein, Medical Administrative Assistant AAS; Shari Klein, Medical Coding Specialist CERT; Shari Klein, Medical Office Specialist DIP; Grace Matz, Supervisory Leadership CERT

Shevlin: Kole Egeland, Welding Process Technology CERT, Highest Honors

Winger: Alexis Jensen, Practical Nursing AAS

UNITED LUTHERAN NALC
Bernier/Gonvick
7 1/2 mi. No. of Gonvick on County Rd. 7

POTATO KLUB SUPPER

with FRESH SIDE PORK, ONION GRAVY, BAKED POTATOES

Feb. 27, 2016
4:30-7:00

Freewill offering

R48C

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"A Personable Company Keeping You on Course"

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O48C

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

IP

Palubicki's

Sale Dates: Monday afternoon February 22 to February 28

R48C

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



FOODS & DELI

Fosston, Minnesota
Double Coupon Sunday
through Wednesday

ASSORTED
LEAN CUISINE
ENTREES
5/\$10
6-11.5 OZ

CASS CLAY
HALF & HALF
5/\$4.50
PINT

SUNNY DELIGHT
CITRUS
BEVERAGE
\$1.19
64 OZ

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



VANILLA OR NEW YORK VANILLA
LAND O LAKES
ICE CREAM
\$4.59
4 QT PAIL

ASSORTED FLAVORS LAND O LAKES
ICE CREAM 4 QT PAIL \$4.99

ULTRA SOFT OR ULTRA STRONG
ESSENTIAL EVERYDAY
BATH TISSUE



\$5.99
12-PACK - DOUBLE ROLLS

PUREX MOUNTAIN BREEZE, PLUS OXI, LINEN & LILIES OR
FREE & CLEAR
LIQUID LAUNDRY 63-75 OZ 3/\$10



GARLIC & BUTTER,
SEASONED, CAESAR OR
CHEESE & GARLIC
NEW YORK
TEXAS TOAST
CROUTONS
10/\$10
50Z

FRESH
HEAD LETTUCE EACH 99¢

ASSORTED
PEPSI COLA
PRODUCTS



\$6.99
24 PACK
12 OZ CANS

1/2 LITER BOTTLES
SUPER CHILL WATER 24PK \$2.99

RICHFIELD FARMS
WHITE CHICKEN
BREAST
3/\$5
12.5 OZ

CREAMY
JIF PEANUT
BUTTER
\$9.99
2-PACK
40 OZ
JARS

CREAMY SCALLOPED, AU GRATIN OR
CHEESY SCALLOPED
HUNGRY JACK
POTATOES
10/\$10
6.1 OZ

ESSENTIAL EVERYDAY
DELUXE SHELLS &
CHEESE OR DELUXE
MACARONI & CHEESE
5/\$4
14 OZ

FAMILY PACK 85% LEAN GROUND BEEF..... LB	\$3.59
ANGUS FARMS BEEF BONELESS SIRLOIN TIP ROAST LB	\$3.99
ANGUS FARMS BEEF FAMILY PACK BONELESS SIRLOIN TIP STEAK..... LB	\$4.29
ANGUS FARMS BEEF FAMILY PACK BONELESS TOP SIRLOIN STEAK..... LB	\$4.89
ANGUS FARMS BEEF BONELESS RIBEYE STEAK..... LB	\$8.49
ARCTIC SHORES PINK SALMON FILLETS .. 16 OZ	\$4.99

GOLD N PLUMP WHOLE CHICKENS 3.5 LB	\$3.99
GOLD N PLUMP FAMILY PACK CHICKEN DRUMSTICKS OR THIGHS..... 3.5 LB	\$3.99
TYSON BONELESS, SKINLESS CHICKEN BREASTS LB	\$1.79
FARMFRESH IQF CHICKEN WING SECTIONS 3 LB	\$6.99
FULLY COOKED "BUFFALO STYLE" CHICKEN BREAST TENDERS LB	\$1.99
ARCTIC SHORES TILAPIA FILLETS..... 16 OZ	\$3.99

FAMILY PACK BONE-IN PORK COUNTRY STYLE RIBS LB	\$1.39
FAMILY PACK BONELESS CENTER CUT PORK LOIN CHOPS..... LB	\$2.39
FAMILY PACK BONE-IN PORK SHOUDLER STEAK LB	\$1.69
BONE-IN PORK SHOULDER ROAST LB	\$1.59
CANNON RIVER FISH CO' WILD CAUGHT COD FILLETS 5 OZ	2/\$4
WILD CAUGHT OCEAN PERCH FILLETS LB	\$3.39

ELLIOTT'S ORIGINAL OR DOUBLE SMOKED THICK SLICED BACON ... 16 OZ	\$3.79
MIDWEST PRIDE PORK BREAKFAST SAUSAGE LINKS LB	\$2.69
ESSENTIAL EVERYDAY THIN SLICED HONEY HAM OR TURKEY ... 10 OZ	2/\$5
ELLIOTT'S BONELESS SLICED HAM 2.5 LB	\$8.99
ELLIOTT'S POLISH, SMOKED OR CHEDDAR SAUSAGE LINKS..... 14-16 OZ	\$2.69
ARCTIC SHORES IMITATION CRAB FLAKES OR LEGS 8 OZ	2/\$3

	WHOLE, 2%, 1% OR SKIM CASS CLAY MILK \$2.99 GALLON
WHOLE, 2%, 1% OR SKIM CASS CLAY MILK... 97OZ 4/\$9.50	

FROOT LOOPS, APPLE JACKS, FROSTED FLAKES OR CORN POPS KELLOGG'S CEREAL \$3.99 17-19 OZ	
POMEGRANATE PLUS LANGERS 100% JUICE.. 64 OZ	2/\$3

ASSORTED LAY'S POTATO CHIPS 2/\$5 7.75-8 OZ
ASSORTED LAY'S KETTLE COOKED CHIPS 8 OZ 2/\$5

TOMATO OR CHICKEN NOODLE	
ESSENTIAL EVERYDAY	
SOUP	
10/\$5	
10.75 OZ	
ESSENTIAL EVERYDAY CREAM OF MUSHROOM, CREAM	
OF CHICKEN OR CREAM OF CELERY	
SOUP	10.5 OZ 4/\$3

CLASSIC ROAST FOLGERS COFFEE \$6.99 30.5 OZ
ASSORTED FLAVORS GATORADE 8 PK - 20 OZ BTLs \$4.99

CASS CLAY WHIPPING CREAM	
\$1.99	
PINT	
ASSORTED LAND O LAKES	
SOUR CREAM	16 OZ \$1.79

CHICKEN WILD RICE	
BEAR CREEK	
SOUP MIX	
\$2.99	
10.2 OZ	
ESSENTIAL EVERYDAY CHICKEN OR BEEF	
BOUILLON.....	3.25 OZ \$1.19

ORIGINAL OR RIP-L OLD DUTCH POTATO CHIPS \$3.99 15 OZ
ASSORTED 7-UP PRODUCTS..... 2 LITER 5/\$6

ESSENTIAL EVERYDAY	
ORIGINAL SALTINES	
\$1.39	
16 OZ	
ASSORTED SUNSHINE	
CHEEZ-ITS	9-14 OZ \$2.79

MUSHROOM, MEAT, TRADITIONAL OR GARLIC & HERB HUNT'S SPAGHETTI SAUCE 5/\$6 24 OZ	
SPAGHETTI, THIN SPAGHETTI OR VERMICELLI CREAMETTE 16 OZ 89¢	

ASSORTED LAND O LAKES COTTAGE CHEESE \$1.99 16 OZ
ASSORTED CASS CLAY COTTAGE CHEESE..... 22 OZ \$2.39

ESSENTIAL EVERYDAY	
RED RASPBERRY	
PRESERVES	
\$2.99	
32 OZ	
CHOCOLATE HAZELNUT	
JIF SPREAD	13 OZ \$1.99

ASSORTED NABISCO OREOS \$3.59 10.1-15.35 OZ	
DUM DUM POPS 10.4 OZ BAG	\$1.59

VEGETARIAN	
ESSENTIAL EVERYDAY	
BAKED BEANS	
99¢	
28 OZ	
ESSENTIAL EVERYDAY	
NO SALT ADDED PIECES & STEMS	
MUSHROOMS	6.5 OZ 4/\$3

VERY CHERRY MIXED FRUIT OR FRUIT COCKTAIL IN HEAVY SYRUP DEL MONTE 99¢ 15.25 OZ
WHOLE KERNEL CORN, CREAM STYLE CORN, CUT GREEN BEANS OR FRENCH CUT GREEN BEANS ESSENTIAL EVERYDAY 14.5 OZ 5/\$3

DAIRY	
KRAFT AMERICAN SINGLES..... 16 OZ	\$3.99
BONGARD'S AMERICAN CHEESE SLICES ... 3 LBS	\$6.99
ESSENTIAL EVERYDAY PEPPERMINT WHIPPED TOPPING..... 13 OZ	99¢
ASSORTED LAND O LAKES YOGURT..... 24 OZ	\$2.59
LAND O LAKES HALF & HALF..... PINT	99¢
LAND O LAKES 1% CHOCOLATE TRUMOO GAL	\$3.99
MID AMERICA FARMS CHIVE, TACO FIESTA OR ZESTY BUFFALO TOP THE TATER 12 OZ	\$1.99
COUNTRY HEARTH MULTIGRAIN BREAD..... 24 OZ	\$2.99
CHEESE POPCORN, WHITE CHEDDAR CHEESE, DILL PICKLE OR CHEDDAR BACON OLD DUTCH POPCORN 6 OZ	\$1.99
PUFFCORN, CARAMEL PUFFCORN OR CHEESY PUFFCORN OLD DUTCH..... 7-9 OZ	\$2.49
BEAN, JALAPENO CHEDDAR OR MILD CHEDDAR FRITOS DIP..... 9 OZ	2/\$5
ASSORTED FRITO LAY BAKED SNACKS..... 6.3-7.6 OZ	2/\$4
FLAVOR, CLASSIC OR DORITOS & CHEETOS MIX FRITO LAY MULTIPACKS..... 20 CT	\$7.49
HOMESTYLE POP SECRET POPCORN 6 PK	\$3.39
ESSENTIAL EVERYDAY CHOCOLATE OR VANILLA INSTANT PUDDING MIX 3.4-3.9 OZ	5/\$3
QUALITY PRODUCTS GUMMY WORMS OR BEARS... 18 OZ	\$5.69

FROZEN FOOD	
ESSENTIAL EVERYDAY CRINKLE CUT FRENCH FRIES..... 5 LBS	\$3.99
GARLIC BREAD STICKS OR CHEESE STICKS COLES..... 10.5-11.5 OZ	\$2.39
DRE IDA GOLDEN PATTIES 20.25 OZ	\$2.59
HEALTHY CHOICE BEEF STRIPS, TURKEY, SALISBURY STEAK, COUNTR FRIED CHICKEN OR OVEN FIRED CHICKEN DINNERS..... 10.5-11.95 OZ	\$2.59
ESSENTIAL EVERYDAY CUT BROCCOLI..... 32 OZ	\$1.99
BIRD'S EYE STEAM FRESH BARBECUE CORN 10 OZ	99¢
ULTRA THIN CHEESE BELLATORIA PIZZA OZ	\$4.99
SUPREME OR SAUSAGE/PEPPERONI BREW PUB PIZZA 26-30 OZ	\$5.99
POMEGRANATE CHERRY SOBE BARS..... 8 PK	3/\$2
ASSORTED FLAVORS DEAN'S POPS 6 PK	\$1.19
DEAN'S CHOCOLATE OR STRAWBERRY ECLAIR BARS..... 6 PK	\$1.89
DEAN'S ICE CREAM SANDWICHES 6 PK	\$1.79
ASSORTED FLAVORS DEAN'S SHERBET..... QT	\$1.79
STRAWBERRY MARSHMALLOW PILLSBURY FROSTING 12 OZ	\$1.29
ALMOND NUT & RICE, HINT OF SEA SALT OR PECAN NUT-THINS CRACKERS 4.25 OZ	\$2.59
ROASTED, WHOLE OR SMOKEHOUSE BLUE DIAMOND ALMONDS 6 OZ	\$3.99

FRUITS & VEGETABLES	
BANANAS 69¢ LB	
JUICY STRAWBERRIES..... 16 OZ	\$2.99
FRESH BLUEBERRIES PINT	\$3.49
SWEET MANGOS EACH	\$1.09
CRISP BRAEBURN APPLES LB	\$1.19
FRESH BABY CARROTS..... 1 LB	99¢
CRISP CELERY EACH	\$1.09
FRESH GREEN CABBAGE LB	49¢
RED GRAPE TOMATOES PINT	\$2.39
FRESH ZUCCHINI SQUASH..... LB	69¢
LOCAL RUSSET POTATOES 10 LB	\$2.19

WHOLE WHEAT, ORIGINAL, BACON OR VEGETABLE RITZ; OR ASSORTED RITZ FRESH STACKS CRACKERS 11.8-13.7 OZ	\$2.39
ASSORTED KEEBLER OR SUNSHINE MINI CUPS 2.2-2.8 OZ	\$1.19
ASSORTED RITZ OR WHEAT THINS TOASTED CHIPS NABISCO 8.1 OZ	\$2.59
ASSORTED KEEBLER TOWNHOUSE CRACKERS 9.5-13.8 OZ	\$2.29
CRANBERRY OR BLUEBERRY GRAPE SPARKLING JUICE WELCH'S 25.4 OZ	\$1.99
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ESSENTIAL EVERYDAY TACO SEASONING 1.25 OZ	3/\$1
KELLOGG'S S'MORES, CHERRY, STRAWBERRY, BLUEBERRY, CHOCOLATE FUDGE OR BROWN SUGAR CINNAMON FROSTED POP TARTS 14-14.7 OZ	\$1.99

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TOP FLIGHT 9.5" X 6" WIRED 3 SUBJECT NOTEBOOK	3/\$4
SCOTCH POSTAL WRAPPING PAPER 37.5 SQ FT	79¢
SILVER POINT WIREBOUND LEGAL PAD 70 SHEETS	99¢
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ASSORTED INVISIBLE SOLID SUAVE DEODORANT 2.6 OZ	\$1.79
Q-TIPS 500 CT	\$3.39
PILLSBURY CLASSIC FUDGE BROWNIE MIX..... 10.25 OZ	89¢
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DINTY MOORE BEEF STEW..... 20 OZ	\$2.39
INDOOR OR COMPLETE PURINA CAT CHOW..... 16 LBS	\$12.99
PURINA CHICKEN OR SALMON PARTY MIX CAT TREATS 16 OZ	\$4.99
DIXIE 8" PAPER PLATES..... 26 CT	\$1.99
ESSENTIAL EVERYDAY MIGHTY ABSORBENT PAPER TOWELS..... 6 PK	\$5.59
ANGEL SOFT FACIAL TISSUE..... 75 CT	99¢
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ICE-A-WAY TURBO PLUS ICE MELT	50 LBS \$6.99

CLASSIFIED ADS!

Part-Time Teller/Bookkeeper Position

Immediate opening for a part-time Teller/Bookkeeper. Schedule to be determined. Experience helpful but not required.

Apply in person or via email: kris.munter@nsbgonvick.com

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HELP WANTED

Truck driver/elevator employee

We are looking for a full time employee to work in our grain department and drive truck.

Duties include: grain handling, general maintenance, house-keeping, pickup and delivery feed, grain, and fertilizer.

Job requirements include Class A commercial driver's license, semi truck experience.

We offer a benefit program including, health, 401K, vacation & sick leave, profit sharing.

For more information contact Russ at: Gully Tri Coop Assn., 268-4188.

Or send resume or job application to: Attention: Russ, Gully Tri Coop Assn., PO Box 29, Gully, MN 56646.

GROUND SUPERVISOR TWIN PINES GOLF COURSE

Twin Pines Golf Course is now hiring a ground supervisor for the 2016 season. Duties will include, but not limited to:

- Supervise grounds crew (mostly youths) • Maintain equipment • Develop work schedules and oversee golf course maintenance.

This position is for 20 to 25 hours per week. Pay is dependant upon qualifications. For details or to apply contact Jamie Grover 281-743-1277 or email: jgrover@slb.com

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Primary duties will include, but are not limited to:

The design, sale, installation and maintenance of residential and business...

- Telecommunications equipment and services, including business phone systems.
- Local and wide area networks, including data network equipment, cabling, PC hardware & software.
- Security systems, including intrusion, access control, Smart Home and CCTV systems.
- Video products, such as IP television and cable television.
- Internet service and FTTH equipment.
- Working at Company-sponsored events (such as customer appreciation days and fairs).

Please call Garden Valley at 218-687-2400 for additional information. Resumes will be received until noon on Thursday, March 10, 2016. Submit resume to Attn: Service & Operations Manager, Garden Valley Telephone Company, PO Box 259, Erskine MN 56535.

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Call 952-445-1003

Help Wanted

HELP WANTED: Full time farm work. Job description includes: equipment maintenance, operation of crop farm equipment and truck driving. Hourly wage paid weekly and overtime included. To interview call 218-435-6311 or 218-435-2173.

SEEKING FULL OR PART-TIME LABOR: Motivated Employer looking for a dependable individual to pressure-wash swine facilities. Possible maintenance and operation of farm equipment also available. Hourly wage paid weekly and overtime included. To interview call 218-435-6311 or 218-435-2173.

PART-TIME HELP WANTED at Schoolhouse Grocery in Gully. Stop in for an application or call Tamera, 218-268 4551, for more information.

HELP WANTED: Bakken's Market has immediate full-time openings for the following positions: -Cashier/ Shelf Stocker, -Deli waitress/cook. Inquire inside for an application. The Management, 218-776-3812.

HELP WANTED

Employee to work on a grain farm NEAR GRYGLA for 2016 & beyond

Contact **Gary Anderson**
218-689-9265

HELP WANTED:

Part-time Bartender at the Clearbrook Liquor Store. Mainly nights and weekends. Starting at \$10.00/hour. A background check is required.

Pick up an application at the Liquor Store or City Office.

Clearwater D.A.C. and Pine Ridge Residence has an opening for Full Time Maintenance Position

Job Summary: Person will be responsible for the general maintenance of Clearwater DAC and Pine Ridge Residence buildings, grounds, equipment and driving the routes to pick up clients of the DAC in the morning and evenings. Complete monthly inspections of equipment and attend meetings and trainings at the Discretion of the supervisor.

Qualifications: High school diploma, must be able to lift 50 lbs. or more, valid driver's license, excellent driving record, good people skills and the ability to repair and maintain equipment, buildings and vehicles.

Interested persons may apply at: 419 Olson Ave., Bagley, MN 56621, by phone at (218) 694-6716, or by email at rbdac@qvtel.com. Pine Ridge Residence and Clearwater D.A.C. are an Equal Opportunity Employer.

Deadline for application is March 4, 2016.

CONSTRUCTION SEWER & WATER/GRADING/CONCRETE

We are looking for an experienced grading foreman, operators, pipelayers, bottommen, topmen, concrete laborers, laborers and mechanic. We have lots of work, offer top union wages, great benefits, and an awesome work environment. Twin Cities metro area and choice to work in Fargo. We don't work west of Fargo area. Experience and references required.

Applications available
at ryancont.com
Ryan Contracting
(952)894-3200

Red Lake County Eligibility Worker

Red Lake County Social Services is accepting applications for a full-time **Eligibility Worker**. Duties include: interpret, apply and explain financial program rules and procedures, interview potential clients, verify information to determine client eligibility, respond to client questions and reported changes, and maintain accurate and complete case records. Position starts at \$17.35/hr. and benefit package offered.

To be considered for the position applicants must be Minnesota Merit System eligible and have a minimum of three years clerical experience working with the public OR two years of college in business or behavioral sciences OR completion of technical college with an Eligibility Worker diploma.

Applicants must complete a MN Merit System application AND Red Lake County application. The required MN Merit System application and full job description are available at: <http://agency.governmentjobs.com/mnmeritsystem>. Applications will be accepted until 12:00pm **March 4, 2016**. County applications are available at www.co.red-lake.mn.us. For further information contact Penny Grove at 218-253-4131 or email: Plgrove@mail.co.red-lake.mn.us

A special test date for this position will be held at 9:00 a.m. Wednesday, March 16, 2016 in Red Lake County (Red Lake Falls, MN). When contacted to set up a time for testing, candidates should select the March 16 test date.

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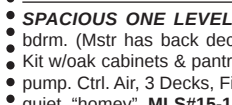
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4 BEDROOM WALK OUT ON 5 WOODED ACRES Located just off #92 between Bagley & Clbk. Lg livg Rm., new Upper deck backyard view! U-shape Kitchen with appl. New flooring. Elec. FP on both levels! 3 Bdrm. & remodeled full Bath Upper. LL has Lg. family room with built in shelving, Bedroom, Laundry, Utility, & Storage rooms plus New Bath! New roof & Dbl garage!
MLS#15-2467-\$145,500.



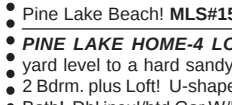
20 ACRES & 3 BEDROOM HOME. New windows throughout and hardwood floors! Just off the tar & 2.5 miles to Gonvick. Good pasture and crop land with some outbuildings. Beautiful garden spot and apple trees. Wood heat.
MLS#15-1818-\$97,500.



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. Ctrl. Air, 3 Decks, Fire pit & sgl Dt garage. Lovely, quiet, "homey".
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GORGEOUS 5AC 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!
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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!
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Reasonable Rates

(Utilities & Wireless Included)

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256 2nd Ave., SW

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Perfect space for licensed day care, retail, office or commercial. Positive atmosphere, safe, small town. Convenient parking. Handicapped accessible. Several spaces ranging in size from 550 to 1000 sq. ft.

For more information or to schedule a showing, call 218-776-2789 and ask for Darien or Becky.

For Rent

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NEW QUEEN MATTRESS SETS starting at \$209. Full \$189. Twins \$159, Kings \$379. Eurotop, pillowtop, firm, Double sided and more. Large selection. Ready for Pick-up or Delivery. Family Run Furniture Warehouse. 218-766-0064, 218-214-0590

Livestock, etc.

SAVE THIS AD

For Sale: Good used farrowing to finish hog equipment and nursery to gestation pig equipment. Call 605-251-1133 or email cellmanb@yahoo.com.

Recreation

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

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

BROOKFIELD APARTMENTS in CLEARBROOK, MN

has **IMMEDIATE** 1 BD openings for people of **ALL AGES** with **No** income restrictions. Laundry room facilities available, active comm. room with kitchen facilities and pool table. **New Resident Managers.** Possible Free Rent! Rent is based on 30% of your monthly adjusted gross income.

For applications and qualifications, contact **NICOLE** at 218-751-6881 x 4.
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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 income. Certain Restrictions apply.

For more information call DW Jones Management, Inc. (218) 547-3307 or apply online at www.dwjonesmanagement.com Equal Housing Opportunity. TTY 711 CREATING BETTER LIVING

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Don't worry ... the heat is paid!

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

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Phone: (218) 563-3636

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We Accept UPS Drop-Off Packages FREE!

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- RS (Return Service)
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Homeatheartcare.com
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Serving from 4 pm to 7 pm - Starting February 12th

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Hand-breaded 8 oz. Walleye filet w/baked potato, coleslaw & dinner roll.

You Won't Regret it Yum Yum!

BINGO!

FRIDAY, FEB. 26TH
at 6:30pm!
Big G game in 58#s or less ... \$500
BLACKOUT in 57#s or less for \$1000!

Mark your calendars!
Music by DJ "Lovly" on **March 5th**
Fire & Rescue Fundraiser on **March 12th**

Lion Tamers Spring Opener on **March 19th**
"Blind Joe" from the "Voice" on **April 1st**

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BAR BINGO & MEAT PADDLE WHEEL RAFFLE

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-at- 6 pm

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SMEAR TOURNAMENT every **TUESDAY** at 7 pm

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SPECIALS:

Fri., Feb. 26:
Prime Rib ... \$15.99
DJ "SOUND SENSATION" 9:00-close

Sat., Feb. 27:
BBQ Ribs ... \$14.95 FULL SLAB

Sunday
Limited Breakfast ... All day

Wed., Feb. 24:
Steak & Fries ... \$7.99

Thurs., Feb. 25:
Spaghetti w/garlic bread

BAR BINGO! AND PADDLE WHEEL

SATURDAY • 6:30 pm

50 #s at \$1000
- UP TO \$1000 MAXIMUM -

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Feb. 27, 2016

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COMING EVENTS:

LENT SPECIALS
Every Friday Night

WINE & WOOD PARTY
Sun, Feb. 28 ... 3 pm
Pre-register with Kelly at 487-5700 or 1-316-737-6231

Sun., Mar. 13 ... 3-7 pm
"Cathy Erickson"

Smear Tournament
Every Wednesday night 7:00 pm

TACO TUESDAYS
serving for LUNCH & SUPPER

BROASTED CHICKEN
served daily

Friday & Saturday Night
RIBEVE, WALLEVE, BBQ RIBS & CHICKEN

BINGO resumes Sat., Feb. 27th

DON'T FORGET We have... **BREAKFAST & LUNCH SPECIALS DAILY**

POTATO KLUB AND SIDE PORK for lunch
- THURSDAY, MAR. 3 -

HOURS: M-SAT.: 8 A.M. - 1 A.M. SUNDAY: 11:00 A.M. - MIDNIGHT

Third Annual Creative Spirit Fiber Festival in Bemidji on Saturday

Watermark Art Center and Willow Wood Market present the third annual Creative Spirit Fiber Festival on February 27th at Calvary Lutheran Church from 9 a.m. to 3 p.m. Come celebrate a day of the best in fiber arts! Just \$7 admission gets attendees into a vendor market filled with fiber-related items, classes taught by experienced instructors, coffee and homemade treats, door prizes, and more.

New this year - bring a project from home! A lounge will be provided for attendees to work on projects. These could include knitting, crocheting, embroidery, spinning, tatting, or anything transportable. It's a great way to make friends and get motivated to finish projects.

This year's featured presenters are Dee Dee Menge of Halstad, MN and Lizbeth Towers of Crosby, MN. Menge does long arm and machine quilting, and currently teaches at Faye's Henhouse in Mayville, ND. At this year's Creative Spirit Fiber Festival, she will be presenting a trunk show on collage quilting at 11:45 a.m. Her quilts have won awards at fairs and have been shown in several locations, most recently at The Road to California Quilt Show.

Towers is an official knitting teacher certified by the Craft Yarn Council. She has knit for 29 years. Towers taught at Among the Pines, a former knitting studio in Baxter, MN. She has served as a judge for several local knitting contests and copies of her original designs can be found on ravelry.com. At this year's Creative Spirit Fiber Festival, Towers will be teaching a class on Nordic Knitting at 10 a.m., as well as demonstrating steeking techniques at 12 p.m.

In addition to classes led by Menge and Towers, the Creative Spirit Fiber Festival will also have classes on knitting socks, preparing your quilt backing, Brazilian embroidery, soap felting, and more.

Lunch will be available for purchase, with proceeds supporting Watermark Art Center.



Basketry is just one of the many forms of fiber arts featured at the Creative Spirit Fiber Festival. The vendor market is filled with a diverse offering of many fiber-related items, where attendees can visit with artists and purchase various fiber supplies and tools of the trade.



The Creative Spirit Fiber Festival includes classes taught by experienced instructors and hands-on demonstrations lead by vendors. The day-long event is filled with learning and socializing for people of all ages and skill levels.

Come and explore basketry, embroidery, knitting, needle felting, quilting, rug hooking,

spinning, weaving, wool applique, and more at the Creative Spirit Fiber Festival!

Essentia Health-Fosston Focuses on Heart Health



Essentia Health-Fosston staff dressed in red for heart health. Pictured in a heart formation on the helipad from front and moving clockwise are Meg Fredrickson, Kristie Sveningson, Patty Flaa, Mavis Haugom, Connie Arnold, Kari Hitchen, Leanna Lauer, Kellie Nice, Leah Smeby, Sue Wynne, Jamie Renna, Connie Kovala, Jodie Heide, Pamela Solberg, and Mike Manecke.

Beginning this month and continuing in the months to come, Essentia Health-Fosston will be working toward making Fosston a "heart safe" community.

"February is Heart Month and we at Essentia Health-Fosston take that very seriously," said Kristie Sveningson, RN, and Cardiovascular Rehab/Chronic Disease Coordinator.

The hospital kicked off heart month by participating in Go Red for Women on February 5. The purpose of the day was to bring awareness to the risk of heart disease and stroke in women. Heart disease and stroke cause 1 in 3 deaths among women each year, which is more than all cancers combined. And, according to the CDC, heart disease is the leading cause of death for men and women.

According to the American Heart Association 80% of heart disease and stroke events may be prevented by lifestyle changes and education. This is one of the reasons Essentia Health-Fosston is working toward becoming a HEARTSafe community.

HEARTSafe Communities is a program designed to promote survival from sudden out-of-hospital cardiac arrest. It is a general concept focused upon strengthening the "chain of survival" as described by the American Heart Association.

It recognizes and stimulates efforts by individual communities to improve their system for preventing sudden cardiac arrest (SCA) from becoming irreversible death.

"There will be a team of us out in the community to bring awareness to citizens on heart risk reduction, weight reduction counseling, exercise, recreation, tobacco control, and referrals to quality health care providers," says Sveningson.

The teams will analyzing and suggesting automated external defibrillator placements in public areas and working on developing and organizing 911, CPR and automated defibrillator awareness programs for the community.

In the basic HEARTSafe model, a region establishes

a set of minimum criteria its communities must meet in order to achieve HEARTSafe status. When a community earns a specific number of Heart Beats (points) for education and promotion of heart health prevention and treatment, the community is designated a Heart Safe Community.

"The ideas we have are based on state-wide efforts and ongoing programs around the state of Minnesota," said Sveningson. "We welcome any ideas or volunteers who would like to share their time."

For more information on the program or to volunteer, Kristie Sveningson can be reached at Essentia Health-Fosston.

dioMEMS HF System allows the patients to transmit critical information about their heart failure status to a clinician on a regular basis, without the need for additional clinic or hospital visits. This provides clinicians with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.

Roughly 1.4 million patients in the U.S. have NYHA Class III heart failure, and historically these patients account for nearly half of all heart failure hospitalizations. According to the American Heart Association, the estimated direct and indirect cost of heart failure in the U.S. for 2012 was \$31 billion and that number is expected to more than double by 2030.

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Hay, Grain, Seed

HAY FOR SALE: Medium square alfalfa/orchard grass 1st, 2nd & 3rd crop, stored inside, starting at \$35.00 per bale, volume discounts. Also medium square wheat straw, rotary combined, stored inside, \$20.00 per bale. David Olson, Gully, 218-766-9575. R42ffc

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. M3ffc-C

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Asselin 5 generation

(Great grandmother), Pat Asselin, (grandmother) Trudi Bergerson, (mom), Alesha Bergerson, (baby) Mason McGraw, (great, great grandmother), Joyce Hardecopf.

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Minnesota State Fair news

State Fair and Farm Bureau Federation Accepting Century Farm Applications Deadline is April 1

Minnesota families who have owned their farms for 100 years or more may apply for the 2016 Century Farms Program. Produced by the Minnesota State Fair in conjunction with the Minnesota Farm Bureau Federation, the Century Farms Program was created to promote agriculture and honor historic family farms in the state. More than 10,000 Minnesota farms have been honored since the program began in 1976.

Family farms are recognized as Century Farms when they meet three requirements. The farm must be: 1) at least 100 years old according to authentic land records; 2) in continuous family ownership for at least 100 years (continuous residence on the farm is not required); and 3) at least 50 acres.

A commemorative certificate signed by State Fair Board of Managers President Sharon Wessel, Minnesota Farm Bureau Federation President Kevin Paap and Governor Mark Dayton will be awarded to qualifying families, along with an outdoor sign signifying Century Farm status.

Applications are available online at mnstatefair.org (click the "Recognition Programs" link at the bottom of the home page); at fbmn.org; by calling the State Fair at (651) 288-4400; or at statewide county extension and county Farm Bureau offices. The submission deadline is April 1.

Recipients will be announced in May. Previously recognized families should not reapply.

Information on all Century Farms will be available at the Minnesota State Fair exhibit during the 2016 Minnesota State Fair, which runs Aug. 25 - Labor Day, Sept. 5. A Century Farm database is also available at fbmn.org.

The Minnesota State Fair is one of the largest and best-attended expositions in the world, attracting 1.8 million visitors annually. Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is always 12 Days of Fun Ending Labor Day. Visit mnstatefair.org for more information.

Minnesota Farm Bureau – Farmers • Families • Food, is comprised of 78 local Farm Bureau associations across Minnesota. Members make their views known to political leaders, state government officials, special interest groups and the general public. Programs for young farmers and ranchers develop leadership skills and improve farm management. Promotion and Education Committee members work with programs such as Ag in the Classroom and safety education for children. Join Farm Bureau today and support efforts to serve as an advocate for rural Minnesota, fbmn.org.

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Beltrami County DFL to hold Precinct Caucus March 1, 2016

Beltrami County DFL will gather on Tuesday, March 1, 2016 at the following locations to learn about this year's candidates, debate resolutions that any caucus attendee may introduce for possible inclusion into the Minnesota DFL Party's Platform, elect new precinct chairs, and select delegates for the upcoming conventions. A binding Presidential Preference Poll will be taken.

BSU Hobson Union, Crying Wolf Room, 1500 Birchmont Drive, Bemidji, MN 56601: Bemidji W-1; Bemidji W-3

JW Smith School, 1712 America Ave NW, Bemidji, MN 56601: Bemidji W-2; Bemidji W-4

Northern School, 8711 Irvine Ave NW, Bemidji, MN 56601: Hagali Twp; Northern Twp P-01; Northern Twp P-02; Port Hope Twp; Tenstrike; Turtle Lake Twp; Turtle River; Turtle River Twp

Northwest Technical College, 905 Grant Ave SE, MN 56601: Bemidji Twp; Bemidji W-5; Frohn Twp; Moose Lake Twp; Sugar Bush Twp; Ten Lake Twp; Unorg Dist 3

Eckles Community Center, 9735 Cardinal Road, Bemidji, MN 56601: Eckles Twp; Grant Valley Twp; Jones Twp; Lammers Twp; Liberty Twp; Solway; Wilton

Roosevelt Town Hall, 25053 Debs Road NW, Shevlin, MN 56676: Alaska Twp; Battle Twp; Buzzle Twp; Maple Ridge Twp; Nebish Twp; O'Brien Twp; Quiring Twp; Roosevelt Twp

Our Savior's Lutheran Church, 37408 Hamre Rd NW, 56727: Benville Twp; Hamre Twp; Lee Twp; Minnie Twp; Spruce Grove Twp; Steenerson Twp; Unorg Dist 1; Unorg Dist 2

Ponemah Community Center, Ponemah, MN: Ponemah Prec

Red Lake Community Center, Red Lake, MN: Red Lake Prec

Redby Community Center: Redby Prec

Little Rock Community Center: Little Rock

Blackduck City Hall, 8 Summit Ave NE, Blackduck, MN: Birch Twp; Blackduck; Cormant Twp; Durand Twp; Funkley; Hines Twp; Hornet Twp; Kelliher; Kelliher Twp; Langor Twp; Shooks Twp; Sholey Twp; Summit Twp; Taylor Twp; Waskish Twp; Woodrow Twp

AD DEADLINE

FRIDAY 4:30 pm

218-487-5225



car running with the keys in the ignition?

Answer: There are some cities that have local ordinances against it, but there is no state statute that prohibits it. So check your local ordinances in reference to this rule.

Car prowls and vehicle thefts are crimes of opportunity. There are many vehicle thefts where the vehicle was left unattended; the keys were left inside, doors unlocked, and the engine running. This makes it very easy



And so life goes... a couple of kids ... a job...a family...and time passes. Quickly, time passes. Taking for granted those whom we meet day to day might be common ground. What's not so common, though, are moments posted allowing access to hearts exposed. Humanity often rears its head in ways we'd rather not remember, but every so oft, we're gifted insight into that which anchors our neighbor and that which launches their footsteps.

Grateful I was as the hazy day was coming to an end. Groggy from laboring under the guise of teacher, Friday brought the culmination of events clamoring full force. The week at school was a blast from the vantage point of anyone eighteen years or younger. Much older, and it took your breath away, literally. Gasping for just that, the clock struck 9:00 and most of the energy left from this busy week had long been spent.

This past Monday had blos-

The Model D: Part 2

By Auctioneer, Eric Mickelson

The John Deere model D went through many changes in its 30 year production run. To be in production for three decades tells you it was built right and popular with the American (and also a greatly exported tractor) market.

I have often wondered why companies of this time period chose certain letters for their models. A, B, C,seems logical. But Farmall had its model H, M, A, B, C. Allis Chalmers started with a U, then added WC, B, C, WD, and so on. John Deere started with the D, then C, followed by a A and a B. Seems there may have been a lack in alphabetically order somewhere in the history of education. But, I learned a little more in my research on the model D. The Waterloo Tractor company experimented with tractor designs to follow the Waterloo Boy tractor. It happens that experiments A, B, and C were not suited for full production but, the experiment D was ready for the assembly line.....hence the John Deere model D was born!

Starting with unstyled models described last week, by 1939 the D took on it's new styling. The models A and B were also styled at this time. (More about that later!) Also in 1939 an electrical system was added as an option. What a treat to not have to crank over that big motor with the flywheel. By 1941 rubber tires were standard equipment. This only lasted for a while as because of "A day that will live in infamy!" The involvement of the United States in World War II caused steel wheels to again become standard equipment again.

Sales of the model D flourished from 1947 to 1949. With

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

for auto thieves to take your car. Get into the habit of locking your vehicle each time you are going to leave it unattended and take the keys with you.

Some good rules of thumb are:

-Never leave your car running unattended.

-Never leave your keys in the vehicle.

-Always lock your vehicle

-Look at purchasing a remote car starter as most of them have a built in security features while

your vehicle is running to prevent the vehicle from being driven.

-Don't leave valuables in plain sight. Place valuable

Theology in the Trenches

By Kathleen Kjolhaug

Bob the Builder

somed into Snow Week. Each day held hope for students and staff to keep up with Pajama Day, Tourist Day, Neon Day, and the likes of Spirit Day. Watching a ballgame smack dab in the middle of the afternoon was one highlight for all students and staff as Valentine's Day parties had been squeezed in just prior to the big games. Cupcakes were sold for yet another fundraiser, and it was "Senior Night" the following night...roger that. Not to mention, it was parent-teacher conferences for one full evening in the midst of the muddle, a dance after the final game of the week, and an active parent group serving the guest team a meal-to-go after traveling far and wide. Last but not least, the group selling cupcakes also had right-of-way to concessions...and that's where I was planted...in the concession stand popping corn and desperately trying to look attentive as customers approached.

The girls and boys had both registered wins, beating the

items in the trunk if you can't take them with you.

By following the above tips, you can reduce your chances of having your vehicle and/or your property inside it stolen.

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).

other team handily when up to the window came Bob.

"So, how many kids do you think were out there? Sixteen?" I sort of shrugged my shoulders not grasping the question.

"Anyone losing that graciously with as much class deserves a treat." At that he began purchasing an assortment of goodies to hand over to the opposing team for the sole purpose of honoring the class act he had just witnessed upon the floor. He doled over the money, held the goods between fistful hands, and disappeared into the crowd.

The sacredness of the moment invigorated. With a chance to witness first hand a heart which not only serves communities, but builds community put a bounce in my final steps for the week.

Hebrews 3:4 lays the foundations from where his footsteps launch. "For every house is built by someone, but God is the builder of everything."

Thank you to Bob the Builder...for building... Amen.

4. The cost of a model D in 1924 was _____
A) \$1000 B) \$1295 C) \$1750

5. The 1924 D was rated a _____ plow tractor.
A) 2 bottom B) 3 bottom C) 4bottom

6. The original model D had a _____ speed transmission.
A) 2 B) 3 C) 4

7. In 1935 they upgraded to a _____ speed transmission.
A) 2 B) 3 C) 4

8. T or F: The model D used a chain drive as opposed to bull gears.

9. In 1951, the factory gasoline engine of the D put it's horsepower over _____.
A) 30hp B) 40hp C) 50hp

10. Those last 92 model D's that were built after the production line was shut down were called _____.
A) Last call B) Streeters C) Super D's

Answers: 1. C. 1953 2. A. 15hp 3. C. 30hp 4. A. \$1000 5. B. 3 plow 6. A. 2 7. B. 3 8. T 9. C. 50hp 10. B. Streeters



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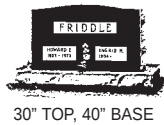
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OBITUARIES

**Services held for
Bud Sorenson**

Wilford "Bud" Sorenson, a former Grygla resident, passed away January 21 at Lindstrom, Minnesota. Funeral services were held January 27 at Trinity Lutheran Church in Lindstrom. Bud was born November 14, 1922 in Grygla to Mollie and Melvin Sorenson. He attended elementary school in the rural area and graduated from Goodridge High School. He married the love of his life, Irene Sletten at Grygla and later they moved to Minneapolis where he worked at a couple of steel plants, and part-time as a mechanic.



After a few years they moved with their four children to Lindstrom, where Bud built his farm from scratch with his own hands. During this time he worked for MNDot. When he retired from there, he got a job working with Irene at Hazelton in Center City.

In later years, after Bud retired, he kept busy with various projects in the garage and the yard of their 40 acre farm. He loved classic cars and tractors and could fix anything with a motor. He loved to visit with friends and family over coffee. Volunteering was also important to Bud, as he volunteered for Family Pathways and the local food shelf. Bud was a proud and longtime member of the Mason's, where he had served as Grand Master.

He was preceded in death by his parents; brothers Raymond and Myron (Jack); sister Katherine, Inez, Myra and Lillian; and grandson Jared.

He is survived by his beloved wife Irene, children Camie, Michelle, Paul and Tim; 10 grandchildren; 7 great-grandchildren, and many nieces, nephews, cousins and friends.

**Death Notice for
Renee Engstrom**

Renee Engstrom, 65, of Moorhead, MN died on February 13, 2016 at Eventide Lutheran Home in Moorhead, MN.

There will be no services held. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

She was born April 25, 1950 in Crookston, MN the daughter of Raleigh and Ann (Rasmussen) Johnson. She was baptized at First Lutheran Church in Middle River, MN and confirmed at Good Shepherd Lutheran Church in Clearbrook, MN. She graduated from Clearbrook High School in 1958 and attended Moorhead State University graduating in 1962 with a degree in Social Work. Renee worked at St. Luke's Hospital, Meritcare Hospital and Prairie St. John's. She married Dr. David Engstrom where they made their home in Fargo. They later divorced. Renee loved cats and adopted all that she could. She enjoyed going outside for walks.



She is survived by her mom – Ann Wennberg of Moorhead, MN

Uncle – Donald (Meryl) Rasmussen of Baudette, MN

Cousin – Gary Prosser and Kevin Prosser both of Clearbrook, MN

Cousins – David Rasmussen, Heather Rasmussen and Scott Rasmussen

She was preceded in death by her dad; step-father – Edsel Wennberg; cousins – Ron Prosser, Dane Rasmussen and Jerel Johnson; Aunt Betty Prosser, Uncle – Donald Prosser; Maternal grandparents Mr. & Mrs. Ed Rasmussen and Paternal grandparents – Mr. & Mrs. Herb Johnson.

Messages of condolence may be sent to ceasefuneralhome.com.

**Services held for
Loretta 'Ardelle' B.
Thoreson**

Loretta "Ardelle" B. Thoreson, 72, of Virginia, formally of Embarrass, died surrounded by her family, Friday, Feb. 5, 2016, at Essentia Health-St. Mary's in Duluth.

Loretta Belle Thoreson was born May 20, 1943, in Thief River Falls, to Peter and Edna (Nelson) Nygaard. She graduated from Goodridge High School in 1960. Loretta was united in marriage to Leonard Thoreson on Nov. 16, 1963, in Goodridge. Following their marriage, they made their home in Embarrass. She was a homemaker until she started working as a nursing assistant in Virginia and at the White Community Hospital.

She enjoyed spending time with her grandchildren and attending their sporting events.

Loretta liked working in her flower garden, playing with her dogs, Hoky and Bella, and she loved taking pictures. She will be sadly missed by all who knew and loved her.

She is survived by hus-



band of 52 years, Leonard; children, Lynne (Jeff) Judnick of Virginia, Lyle (Vicki Cochran) Thoreson of Virginia; grandchildren, Wesley Judnick, Derek Judnick, Savannah Thoreson, and Holly Thoreson; numerous nieces and nephews.

She was preceded in death by her parents; siblings, Louie Nygaard, Bernice Newman, and Donald Nygaard

A funeral service was held Wednesday, Feb. 10, 2016, at Range Funeral Home in Virginia.

**Services held
for Agnes Rolf**

Agnes Rolf, age 88, of rural McIntosh, MN, passed away on Monday, February 15th, at her home. Funeral services were held at 11:00 a.m. on Monday, February 22nd, at Trinity Free Lutheran Church, rural McIntosh with the Rev. Karl Anderson officiating. Interment in the church cemetery. Arrangements were with the Carlin-Hoialmen Funeral Home, serving McIntosh and messages of condolence may be shared at www.carlin-hoialmen.com.

Agnes Charlotte Overlid was born on October 29, 1927 in Oslo, Minnesota to parents Knute and Olga Tonderum Overlid. She grew up in Oslo and graduated from Oslo High School in 1944. In 1948 she graduated from Lutheran Bible School in Fergus Falls, Minnesota. She attended LPN school in Thief River Falls, Minnesota, and graduated in 1949. She then went on to receive special surgical training and worked at St. Luke's Hospital in Fargo, North Dakota.

Agnes was united in marriage to Truman Rolf on April 6, 1957 at Big Woods Lutheran Church near Oslo. After their marriage, they raised their children and farmed in Lessor Township north of McIntosh, Minnesota. Truman passed away on December 27, 1994.

Agnes was an active part of the farm until just recently when her health began to fail.

She was a devoted member of Trinity Free Lutheran Church and belonged to the Christian Women's group. She enjoyed gardening, flowers, canning, and time on the farm, especially seeing the animals grow up. She valued



time with her family and especially if a picnic was involved.

Agnes went home to be with her Lord and Savior on Monday, February 15, 2016 at her home in Lessor Township at the age of 88 years.

Survivors include her four children, Twila Rolf of Thief River Falls, MN, Timothy (Kay) Rolf, David (Veronica) Rolf, and Charlotte Rolf, all of McIntosh, MN; three grandchildren, Derek Rolf, Ashley Rolf, and Brittany Rolf; sister-in-law, Jeanette Overlid of Maple Plain, MN; and brothers-in-law, Kenneth (Harriet) Rolf of Erskine, MN, and Wallace (Lillian) Rolf of Havre, MT. Many nieces and nephews also survive.

She was preceded in death by her husband, Truman; her parents; siblings, Arnold, Bjarne, Myrtle (Marvin) Tungseth, Ruth (Lloyd) Helland, Bertha (Benneth) Mathsen, Orpha Overlid; and sister-in-law, Delores (Wayne) Struble.

Most important to Agnes was her personal relationship with her Lord and Savior, Jesus Christ.

**Services Thursday
for Rory Austad**

Rory Austad, age 48, of Trail, MN and formerly of Goodridge, MN, passed away unexpectedly on Saturday, February 20th, at Essentia Health Hospital in Fosston, MN. Funeral services will be held at 11:00 a.m. on Thursday, February 25th, at Sand Valley Lutheran Church in Trail with Pastor Dawn Hansen, LLM officiating. Interment will be in the church cemetery. Visitation will be held from 5:00 p.m. to 7:00 p.m. with a 5:30 p.m. prayer service on Wednesday, February 24th, at the Carlin-Hoialmen Funeral Home in Fosston. There will also be a reviewal for one hour prior to the service on Thursday at the church. Arrangements are with the Carlin-Hoialmen Funeral Home of Fosston and messages of condolence may be shared at www.carlinhoialmen.com.

Rory James Austad was born on August 18, 1967 in Coon Rapids, Minnesota to parents Lyle and Joyce Boman Austad. He grew up and attended school in Goodridge, Minnesota and Thief River Falls, Minnesota. He then attended the AVTI in Thief River Falls for auto body repair.

Rory worked as a carpenter in the Twin Cities and the Pequot Lakes/Brainerd, Minnesota area for several years. The last eight years, he spent working for Tony Moen for Northern Construction out of Goodridge. He and his fiancé, Melissa, resided in Goodridge until recently when they moved to Trail.

Rory loved hunting, fishing, animals, the outdoors and spending time with family and friends. He was known



as a "jack-of-all-trades" and a fun-loving person who always had a smile on his face. He will be fondly remembered by his friends and family as someone with a heart of gold who was always willing to lend a hand to anyone in need. He will be missed.

Survivors include three children, Rachel, Katie and Michael; two grandchildren, Nathan and David; his father, Lyle of Fort Worth, TX; fiancé, Melissa Hagman of Trail; four siblings, Troy (Nanette) of Oklee, MN, Kellie (Jake) Macias of Fort Worth, TX, Kari Wilde of Alexandria, MN, and Carissa (Mike) Affeldt of Fosston. Many nieces and nephews also survive.

He was preceded in death by his mother, Joyce; step-mother, Vicki Austad; his grandparents, Ione and Ole Austad and Wallace and Violet Boman; uncles, Russell Austad and Gary Austad; and cousins, Jonathan Austad and Harold Myrum.

Honorary Pallbearer: Larry Cullen

Active Pallbearers: Tony Moen, Josh Myrum, Mike Affeldt, Michael Cullen, Keith Mathews, and Tracey Kotrba.

**Services held
for Mary Helen
(Holmes) Sletten**

Mary Helen (Holmes) Sletten passed away on Thursday, February 18, 2016, at LifeCare Medical Center in Roseau at the age of 93 years, 3 months and 26 days.

Mary was born on October 23, 1922, in Emardville Township in Red Lake County, MN to Gust and Annie (Halme) Holmes. She attended school in the Malcom and Plummer areas through the 8th grade. She later moved to the Thief River Falls, MN area and worked at "The White Way Inn" where she met LeRoy Sletten.

LeRoy and Mary were united in marriage on December 31, 1948, in Thief River Falls. They lived there until moving to Grygla, MN. Mary and LeRoy farmed for a number of years in the Grygla area before moving into town.

Mary was employed as a janitor and a cook at the Grygla School for many years until her retirement. She also worked cleaning houses for the elderly and did janitor work for The Steak Knife restaurant and Diamond Jim's in Grygla.

In her later years Mary was baptized and confirmed at Grace Lutheran Church in Grygla. She enjoyed quilting and visiting with all the ladies in church and she loved Ladies' Aid! Mary was the most giving person and was everybody's Gramma (known as "Gamma Mary"). She loved and always wanted her family around.

Mary "loved" the sunshine – it was always a bright and happy day when the sun was shining, watching the birds, sitting on her deck with her cup of coffee and her dog Molly. Gramma Mary's coffee pot was always on. She loved cooking and going for rides. She took great pride in her



many, many "word find books" (she was always in need of pens!).

Mary Sletten was reunited with her husband and son on February 18, 2016, at the age of 93. Her memory will be in our hearts forever. Mary is survived by her children: Verne Sletten of Grygla, MN, Karen (Arnie) Nelson of Williams, MN, Shirley (Schell) Dahl of Roseau, MN and Duane Sletten of Grygla, MN, 15 grandchildren, Desirae (Justin) Iverson, Nate (Tana) Sletten, Jake (Melanie) Sletten, Michelle (Kevin) Larson, Shane Nelson, Ericka Dahl, Dustin Larson, Kristi Wensloff, Amber Dahl, Jason Harala, Teria (Kyle) Jensen, Meranda Anderson, Kyle Cheek, Nick (Emily) Sletten, Tanner Sletten, Jeremy Olson and Chris Olson; 24 great-grandchildren, sister-in-law JoAnn (Duane) Hovet, and several nieces and nephews.

She was preceded in death by her husband LeRoy and son Gary, her parents Gust and Annie, brothers Ed, Harry, and Roy.

Funeral services were held Tuesday, February 23rd at 11 AM at Grace Lutheran Church in Grygla, MN. Interment at the St. Olaf Cemetery.

Online guest book at: www.helgesonfuneralhome.com

**Services held
for Charles
Bachand**

Charles Bachand of Brooks, MN, age 79 died Tuesday, February 16, 2016 at his residence with his loving family at his side after a courageous battle with pancreatic cancer.

Mass of Christian Burial was held at 10:30 AM on Saturday, February 20, 2016 at St. Francis Xavier Catholic Church in Oklee, MN with Father David Super presiding. Burial at St. Francis Xavier Cemetery near Oklee, MN.

Charles Ferdinand Bachand was born in Lambert Township of Red Lake County, MN on October 2, 1936 the eldest child of Onezime and Mae (Turgeon) Bachand. Charles attended Turgeon School until fifth grade and then he attended Oklee Public School graduating with the class of 1955.

Charles served in the United States Army National Guard from May 23, 1959 until his Honorable Dis-



charge on February 2, 1967. On July 14, 1962, Charles married the love of his life, Carol Jean Boucher at St. Francis Xavier Catholic Church in Oklee, MN. They made their home on a farm in Lambert Township and to this union five children were born, Michele, Anthony, Mary, Karin and Kimberly.

Charles began farming while in high school and had been farming since then with his brothers, David and Michael, his son, Tony, as well as his nephew, Jeff Bachand. He worked in Milwaukee, WI during the winters of 1955-1957 and also at American Crystal Sugar in Crookston, MN from 1962-1973. In 1969, Charles and his brothers began operating an aerial spray service which they operated until 1978, when they sold their operation to David Bright.



Charles was a member of St. Francis Xavier Catholic Church and the Knights of Columbus. He served on the Board of Directors for Brooks Cenex for 20 years and for Pioneer Nursing Home in Erskine for 10 years. Charles enjoyed reading, visiting and having coffee with family, friends and strangers alike, and dancing. For the past 20 years Charles and Carol went to Mesa, AZ for the winter where they enjoyed their time with many friends and family.

Survivors include his loving wife of 53 years, Carol of Brooks, MN; children: Michele (Jim) Weber of Golden, CO, Anthony Bachand of Brooks, Mary (Jeff) Novacek of Phoenix, AZ, Karin (T.J.) Dulka of Minneapolis, MN, and Kimberly (Rich) Johs of West Burlington, IA; 14 grandchildren: Madison, Molly, Samantha, Anna, Ally, Beth, Ian, Natalie, Nic, Teddy, Tess, Adam, Rachel and Lucas; brothers: David (Mary Lynn) Bachand of Oklee, MN and Michael (Audrey) Bachand of Brooks, MN; sisters: Elizabeth (Richard) Rolfson of San Diego, CA and Margaret (Dick) Wiedenman of Brooklyn Park, MN; and many nieces, nephews, relatives and friends.

He is preceded in death by his parents.

Family condolences may be sent to www.johnsonfuneralservice.com.

**Services held for
Andy G. Allen**

Andy G. Allen, age 91, of St. Cloud, MN died on Friday, February 12, 2016 at the St. Cloud Veterans Hospital. A funeral service was held at 11:00 AM on Tuesday, February 16, 2016 at the First Baptist Church in Grove City, MN. Arrangements by Johnson-Hagglund Funeral Home in Litchfield. Interment in the Lake Ripley Cemetery. Military Honors were provided by the Litchfield Military Honor Guard.



Please sign our on-line guest book at www.johnsonhagglund.com

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Essentia Health-Fargo is the first facility in the area to implant a new miniaturized, wireless monitoring sensor to manage heart failure (HF). The CardioMEMS HF System is the first and only FDA-approved heart failure monitoring device that has been proven to significantly reduce hospital admissions when used by physicians to manage heart failure.

"This is very exciting because it isn't something that's available everywhere," said Samantha Kappahn, interventional cardiologist at Essentia Health. Dr. Kappahn performed the first procedure this morning.

The CardioMEMS HF System features a sensor that is implanted in the pulmonary artery (PA) during a non-surgical procedure to directly measure PA pressure. Increased PA pressures appear before weight and blood pressure changes, which are often used as indirect measures of worsening heart failure. The new system allows patients to transmit daily sensor readings from their homes to their health care providers allowing for personalized and proactive management to reduce the likelihood of hospitalization.

"This is something that is going to be very beneficial in patients who have heart failure," said Dr. Kappahn. "For patients who have been hospitalized in the last year, this can decrease their risk of being readmitted, help with medication changes, and overall improve their quality of life."

Heart failure occurs when the heart is unable to pump enough blood to meet the body's demands. According to the Centers for Disease Control and Prevention, more than 5.1 million Americans have heart failure, with 670,000 new cases diagnosed each year. Patients with heart failure are frequently hospitalized, have a reduced quality of life and face a higher risk of death.

The CardioMEMS sensor is designed to last the lifetime of the patient and doesn't require batteries. Once implanted, the wireless sensor sends pressure readings to an external patient electronic system. There is no pain or sensation for the patient during the readings. The CardioMEMS HF System allows the patients to transmit critical information about their heart failure status to a clinician on a regular basis, without the need for additional clinic or hospital visits. This provides clinicians with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.

Roughly 1.4 million patients in the U.S. have NYHA Class III heart failure, and historically these patients account for nearly half of all heart failure hospitalizations. According to the American Heart Association, the estimated direct and indirect cost of heart failure in the U.S. for 2012 was \$31 billion and that number is expected to more than double by 2030.

**Grants...
continued from page 1**

student loan debt. In January, Lt. Governor Smith and Commissioner Pogemiller announced a new student loan refinancing program that allows college graduates to save hundreds of dollars on their student loan payments every month. The new SELF Refi program was authorized by the Governor Dayton and the Minnesota Legislature, and helps eligible borrowers manage and reduce their student debt by refinancing their debt at a lower rate.

To be eligible for the SELF Refi program, borrowers must be a Minnesota resident, have completed at least one postsecondary credential program, and either meet certain credit criteria or have a credit-worthy cosigner. It is anticipated that the majority of all student loans will qualify. More information on the SELF Refi program, and how to refinance your student loans through this new initiative, is available at: www.self-refi.state.mn.us.

Wednesday, February 24, 2016

RLCC Annual Ski Trip

By Ana Almeida

The annual ski trip to the Buena Vista Ski Area in Bemidji for the Red Lake County Central students from 5th through 8th grades was Tuesday, February 16. It was a sunny day and with good snow conditions. The students could choose between skiing and snowboarding and had a small break for lunch. The students always look forward to the fun trip.



Seventh grader Bella Russillo from RLCC ready for snowboarding!



RLCC's 5th grader Paige Olson and 7th grader Jeremy Kruchowski skiing the slopes at Buena Vista Ski Area in Bemidji.



Madison Carlson, Britain Arlt and Abby Walton taking a lunch break during RLCC's annual ski trip.



RLCC's students enjoyed a beautiful day for skiing at Buena Vista.

2015 fish, game and trapping licenses expire Feb. 29

Minnesota fishing, hunting and trapping licenses for 2015 expire Monday, Feb. 29.

Licenses for 2016 now are available wherever hunting and fishing licenses are sold, online at www.mndnr.gov/buy-alicense and by telephone at 888-665-4236. All 2016 fishing licenses become effective Tuesday, March 1.

New licenses are required for 2015 hunting and fishing seasons that continue past Monday, Feb. 29.

Anglers who purchased the new three-year individual angling license in 2013 when it first became available must renew their license this year.

Anglers can help maintain and enhance Minnesota's famed walleye fishing by adding the \$5 walleye stamp validation to their licenses. The stamp is not required to fish for or keep walleye.

Customers who purchase online via smartphone won't receive a conventional paper license. Instead, they'll receive a text message or email that serves as proof of a valid fish or game license to state conservation officers. A printed copy of the text or email also can serve as proof of a valid license.

Ice shelter permits for 2015 remain effective through Saturday, April 30.

11th Annual RV & OUTDOOR SPORT SHOW
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Verizon Wireless Civic Center
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Fri. & Sat. 10-9
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Minnesota FFA Alumni to Hold 10th Annual Conference

The Minnesota FFA 2016 Alumni Annual Conference will be held Saturday, March 5, at Farmamerica located near Waseca, MN. Alumni members from across the state will gather to attend educational workshops, exchange ideas, share lunch and listen to keynote speaker, Kit Welchlin, a professional leadership speaker and past Minnesota FFA state officer. Conference is from 9:00 a.m. to 2:00 p.m. followed by an optional tour of Farmamerica.



The mission of the Minnesota FFA Alumni Association is "to secure the promise of FFA and agricultural education by creating an environment where people and communities can develop their potential for premier leadership, personal growth and career success".

For more information and registration visit our website at www.mnffaalumni.org.

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Basketball Results

Girl's Basketball Monday, Feb. 15

Stephen-Argyle 66, Goodridge-Grygla 49
SA 29 37 — 66
Good-Grygla 23 26 — 49
Stephen-Argyle — Savannah Riopelle 4, Olivia Riopelle 2, Jules Efta 10, Abi McGlynn 4, Autumn Thompson 32, Philomena Kazmierczak 8, Deborah Haugen 6
Goodridge/Grygla — Ashley Moe 7, Hannah Dietsch 11, Ashlyn Henrickson 2, Karlee Johnson 2, Mariah Coan 6, Brooke Anderson 2, Shantel Verbout 11, Madison Bakken 8

Girl's Basketball Tuesday, Feb. 16

Fosston 56, Clearbrook-Gonvick 51
Fosston 29 27 — 56
C-G 30 21 — 51
Fosston — Jaclyn Hubbard 8, Abby Swanson 13, Emily Curfman 16, Tess Hubbard 13, Katie Nelson 6
Clearbrook-Gonvick — Brynn Hetland 5, Liz Bodensteiner 18, Rachel Spray 8, Mikala Johnson 8, Madison Stenzel 20

Girl's Basketball Thursday, Feb. 18

Goodridge/Grygla 56, Fertile-Beltrami 43
Good-Grygla 28 28 — 56
FB 18 25 — 43
Goodridge/Grygla — Hannah Dietsch 6, Ashlyn Henrickson 6, Mariah Coan 6, Brooke Anderson 5, Shantel Verbout 18, Madison Bakken 15
Fertile-Beltrami — McKenzie Sirjord 8, Marlee Steffes 3, Lauren Harstad 3, Annika Sannes 5, Shelby Duckstad 24

Boy's Basketball Thursday, Feb. 18

Red Lake County 87, Mahnomen 77, no stats
Fosston 72, Northome-Kelliher 41, no stats

Northern Freeze 52, Win-E-Mac 39
NF 29 23 — 52
WEM 21 18 — 39
Northern Freeze — Zak Anderson 2, Cole Dahl 10, Connor Sorenson 17, Logan Brang 2, Sawyer Nelson 2, Jonah Underdahl 11, Caleb Knutson 8
Win-E-Mac — Mikah Olson 11, Alec Kiecker 7, Emelian Kaya 9, Hunter Chaput 6, Blake Glass 2, Brekken Lindberg 4

Climax/Fisher 79, Clearbrook-Gonvick 70
Climax/Fisher 40 39 — 79
Clearbrook-Gon. 28 42 — 70
Climax/Fisher — Beau Byklum, 17, Ty Klein 4, Paul Gapp 21, Seth Wagner 7, Pelon Pruneda 21, Tristan Rowley 2, Matt Knutson 2, Austin Knutson 5
Clearbrook-Gonvick — Sam Lavin 10, Luke Burgess 2, Tristan Bakke 11, Elliot Dickey 1, Hunter Churness 11, Nate Dahl 17

Red Lake County 87, Mahnomen 77
Mahnomen 33 44 — 77
RLC 34 53 — 87
Mahnomen -- Buster Walker 11, Lucas Burnette 8, Jon Starkey 2, Tommy Pavak 17, Shawn LaFriniere 8, Blake Kahlbaugh 12, Brian Schoenborn 5, Karson Gieseke 7, Charlie Coleman 7
Red Lake County — Drake Engelstad 33, Wyatt Waldal 2, Austin Waliser 15, Talon Porter 1, Will Duden 18, Austin May 8, Ethan Vettleson 3, Marcus Christensen 8

Girl's Basketball Friday, Feb. 19

Clearbrook-Gonvick 42, Pine River-Backus 36

Goodridge-Grygla 43, Red Lake Co Central 42
G-G 25 18 — 43
RLCC 21 21 — 42
Goodridge-Grygla — Hannah Dietsch 8, Mariah Coan 5, Shantel Verbout 5, Madison Bakken 8, Ashlyn Henrickson 4, Allison Satre 6, Brooke Anderson 2, Ashley Moe 5
Red Lake County — Kat DeHate 6, Michelle Sundquist 5, Taylor Bushelle 9, Julia Bernstein 4, Ashley Longtin 13, Brandi Jensen 5

Boy's Basketball Friday, Feb. 19

Fosston 34 38 — 72
N-K 26 15 — 41
Fosston — Brock Hemmesch 2, Jesse Sather 9, Hunter Kroening 12, Brett Sundquist 8, Karsten Broadley 16, Lochlan Broadley 16, Jason Voxland 2, Cody Baumann 6
Northome-Kelliher — Weidenborner 8, Poxleitner 4, Stueven 13, AWagner 8, Albrecht 4, Jensen 4

Girl's Basketball Saturday, Feb. 20

Ada-Borup 53, Win-E-Mac 51, 20T
W-E-M 28 17 6 — 51
A-B 16 29 8 — 53
Win-E-Mac — Madison McKeever 33, Alayna Espeseth 4, Kelsey Knutson 10, Tanya Bring 4
Ada-Borup — Lexi Nelson 8, Emma Kroshus 17, Elizabeth Birkemeyer 9, Brooklyn Erickson 8, Morgan Miller 6, Tiana Hilde 5

Boy's Basketball Saturday, Feb. 20

Waubun 65, Fosston 62
Waubun 27 38 — 65
Fosston 30 32 — 62
Waubun — Hunter Clark 9, Parker Syverson 2, Mason Bartos 9, Justin Bellevueille 3, Peyton Syverson 13, Darius Woods-Steichen 16, Dayton Makey 11, Treston Spalla 2
Fosston — Brock Hemmesch 5, Jesse Sather 10, Hunter Kroening 12, Karsten Broadley 5, Lochlan Broadley 13, Cody Baumann 17

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Surplus spring turkey hunt licenses go on sale March 7

Hunters who applied for a spring wild turkey hunting license for time periods A or B but were not selected in the recent lottery are eligible to purchase a surplus license on a first-come, first-served basis beginning at 5 p.m. Monday, March 7. A total of 1,188 surplus licenses are available.

People who did not participate in the lottery may purchase any remaining surplus licenses starting noon on Wednesday, March 9, when all remaining licenses become available. Unlimited over-the-counter licenses for time periods C-F also go on sale March 9.

Surplus licenses will be available at any license agent or online at www.mndnr.gov/buy-alicense. Surplus licenses cannot be purchased by phone.

Hunters should review changes to the spring turkey hunting season this year. Changes make some turkey hunting time periods longer, all include weekends, and time period F will be open to any licensed turkey hunter who has not bagged a turkey in an earlier time period.

Visit www.mndnr.gov/turkey for information on changes to the season for this spring and to find hunting dates, permit areas and 2016 turkey lottery results.

Possibility of better moose health, desire for more deer prompt permit area changes in northeastern Minnesota

Reducing the passage of parasites and possible disease from deer to moose and increasing the number of deer in areas adjacent to the moose range are the goals of a Minnesota Department of Natural Resources proposed plan to re-align some deer permit area boundaries in northeastern Minnesota.

Complete details and additional information about the proposal will be on the DNR website at www.mndnr.gov/deer on Friday, Feb. 26. Online comments on the proposal will be accepted beginning Feb. 26 and continuing through Sunday, March 13. People without Internet access may send written comments to MNDNR, 500 Lafayette Road Box 4025, St. Paul, Minn., 55155-4025.

Comments will inform a DNR decision on whether to move forward with the proposal, which at the soonest could go into effect for this fall's 2016 deer hunting season.

"Aligning deer permit area boundaries to the known moose range is part of the DNR's strategy to promote the health of moose populations in northeastern Minnesota," said Adam Murkowski, DNR big game program leader. "The nice thing for deer hunters and wildlife watchers is this proposal also allows for growth in deer herds outside the moose range where more deer on the landscape

won't negatively affect moose." Preliminary research findings in Minnesota suggest that parasites, including brainworm transmitted by deer, are a contributing factor in a substantial number of both health- and predator-related moose deaths among moose collared in the DNR's adult moose mortality research project. Deer carry brainworm but suffer no health impacts. The parasite is fatal to moose and has long been suspected to be one of the contributing factors in Minnesota's moose population decline.

"In response to the moose population decline, Minnesota's moose management plan requires us to manage for lower deer densities in the moose range," Murkowski said. "Fewer deer in the moose range minimizes the risk of parasites or disease spread by deer that harm or kill moose."

Members of the northeast deer goal setting team encouraged the DNR to reconsider deer permit area boundaries out of concern for moose and interest in boosting deer populations where appropriate. The DNR made similar adjustments in the northern part of the moose range in 2010 in response to recommendations of its moose advisory committee but did not adjust deer permit area boundaries in the southern portion of Minnesota's moose range.