Wednesday, June 21, 2023

Tri County Canary

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

Agassiz Environmental Learning Center Nature Programs

Agassiz Environmental Learning Center offers opportunities to explore, discover and learn about nature through various activities. Sunday, June 25th beginning at 2:00 pm all are welcome to explore the water wonders of the Sand Hill River. Come out and learn the value of clean water to the variety of macroinvertebrate life sustained by the river. We will share how to identify these amazing aquatic creatures and their relationship to river fish populations. Members of Trout Unlimited will demonstrate fly fishing and offer a chance to learn how to cast a line. Upon arrival be sure to sign in at the tent located at the Summit Avenue river crossing.

Every fourth Tuesday of the month is Nature Learning Day with programs all day for various age groups. On June 27th we start out the morning at 10:00 at the Fertile Nature Center with Nature Sprouts. This program is geared for children ages 3-7. However, all ages are welcome and children must be accompanied by an adult. For approximately one hour, Nature Sprouts connects children with nature through storytelling, sensory and motor skills with a craft, and physical activity with a short easy hike. This month's Nature Sprouts will encourage children to explore their sense of smell! Learn why some animals smell bad, flowers smell nice and various ways smell is used in nature.

In need of an afternoon break? Join us for a Nature Wander, from 2:00-3:30 pm. The Nature Wander is designed for adults and older youth, but all ages are welcome. This month Miss Donna will share her expertise on Minnesota orchids with an introduction to native orchids at the Fertile Nature Center, followed by a short drive along MN Highway 102 where the Minnesota state flower, the Showy Lady's Slipper, blooms.

Later that afternoon from 4:00-5:30 pm enjoy Nature Explorers, a program designed for youth ages 8-12. These programs are more active and require parent or guardian signed registration. All ages are welcome; however, children under the age of 7 require an adult to be present. For June, youth will receive the opportunity to learn kayak skills! Space is limited to 12 participants. Kayaking activity will be determined by the Sand Hill River water level. Register by calling the Fertile City office at 218-945-3136.

Let's all get in the picture! Lund Lutheran Church of Gully to hold 125th Anniversary Celebration on July 16th 2023 - Group Photo planned! This is the Lund Church in Gully, thought to be in 1921 when the current church was built, or in 1923 at the 25th Congregation Anniversary. A similar photo is planned for the upcoming 125th Anniversary.

Lund Lutheran Church at Gully is planning for a grand 125th Anniversary Celebration for July 16, 2023. All Lund Members, Friends, Neighbors and Family are heartily invited to participate! A 10 o'clock service will be followed by a potluck dinner at the hall. On the way from the church to the hall across the street, the attending crowd will pause for a 125th Anniversary photo in front of the church. Lund Members, Friends, Neighbors and Family all are encouraged to get in this big picture! -Submitted by Cindy Kolling

The Dirt on Soil

To keep this article from being dry as dirt, let's start with a bad joke:

Question: When does soil get rich?

Answer: When Mother Nature makes it rain.

What is the difference between soil and dirt anyways? Turns out that dirt is what you call the stuff you get on your clothes and hands when you work with soil. Soil is made up of elements that have been decomposing since the beginning of time: mineral particles of different sizes; microorganisms; decomposing organic matter; etc.

Soil is the foundation of your garden. It provides the nutrition and moisture your plants require to be healthy, grow and produce fruits and vegetables.

Hang with me for the next couple of paragraphs as I give you some background information:

Beltrami County has a variety of soil types that formed as glaciers receded after the most recent ice age. Glaciers left behind landforms that are dominated by different mineral particle sizes:

- fine clay particles
- coarse sand
- places with medium sized loam particles that are prime for gardening and farming

Knowing which soil texture you have will help guide your decisions about what amendments to make to your soil to improve it for growing healthy plants.

The best way to find out what amendments your soil needs is to take a soil sample and have it tested by the University of Minnesota Extension service. You can find directions about how to submit a soil sample on their website. This soil test will let you know which type of soil texture you have, whether your soil is acidic or alkaline, and the balance or imbalance of the main nutrients your plants need to be able to grow and thrive (Nitrogen, Potassium and Phosphorus). This will guide your plan to improve your soil.

Phew – with that out of the way, what next? You will need to determine your soil type and make a plan.

Sandy soil - In all three places I have gardened in Beltrami County, I have lived on sandy soil. I hesitate to even call it soil, since it does not contain much in the way of what plants need to thrive. Sand does not hold moisture and nutrients well, so you need to improve it. You can mix in some peat moss, compost and manure so it can hold moisture and provide the essential items needed for your plants to grow. You can also decide to make raised beds with garden soil you buy at the store or have someone deliver to your house.

Clay soil – peat moss can make clay soil easier to work with and help it drain better. Adding compost can help as well.

Loamy soil – you are fortunate, this "just right" soil texture will not need any textural amendments, but you will still want a soil test to determine phosphate, potassium and nitrogen levels and see if any of those big three nutrients amounts need to be adjusted.

By this time in the gardening season, your garden is probably already planted, so you are not going to be digging in peat moss or doing other intrusive things that will disturb your growing plants. However, if you realize your plants are drying out too quickly you can top coat the area around them by adding an inch or two of compost and then covering the area around your plants with mulch.

The University of Minnesota Extension Website is a good resource. Their directions on starting a garden, improving soil and diagnosing problems with your plant are very helpful! Just google "University of Minnesota Extension What's wrong with my plant?".

Bonus Material: ANT PROBLEMS?? Diatomaceous earth is an effective, chemical free way to get rid of them inside and outside your home! It is not expensive and works mechanically to kill the ants instead of chemically, so it is safe for you and the earth – available at Ace Hardware, Menards, Home Depot, etc.

For questions contact our Master Gardener hot line at 218-444-6245. A member of our group will return your call as soon as possible. Always state your name, question and phone line where we can reach you.

American Agri-Women opposes the Bureau of Land Management's new mixed language mandate

American Agri-Women (AAW) opposes the new rule language that defines the nonuse of Bureau of Land Management (BLM) land as part of its multi-use mandate.

American Agri-Women believe AGRICULTURE IS CONSERVATION. BLM's new rule could potentially bankrupt ranchers. Many ranches exist because they have grazing allotments. Ranchers can graze their livestock on BLM or Forest Service lands, which makes those ranches economical and improves the land by reducing the fuel loads for wildfires. Animals are critical to the natural biological cycle. Grazing is an essential tool for managing land. If grazing is prohibited, ranchers will go bankrupt, invasive species will take over landscapes, and we will have more catastrophic wildfires. Wildlife will suffer, and multiple uses will become impossible.

The Bureau of Land Management (BLM) was formed in 1946. Thirty (30) years later, the agency's mission was set with the passage of the Federal Land Policy and Management Act (FLPMA). FLPMA gave the BLM its "multiple use mandate." Public land management means public lands have many resources, such as forage, timber, energy, habitat, etc., and public lands have many uses, such as grazing, recreation, mining, etc. The "Multiple use mandate" through FLPMA states that the resources and uses on public land must be utilized in a balanced combination that will best meet the needs of the people.

The Bureau of Land Management published a proposed rule change in the Federal Register on April 3rd, 2023.

This rule could effectively eliminate traditionally mandated multiple uses of BLM-managed lands. Under this new rule, 'conservation' would be a 'use' like mining, grazing, or timber. The new language defines nonuse as use and opens leases to be controlled by environmental groups or Non-Governmental Organizations (NGOs).

Ranchers could lose their leases because of competition from deep-pocketed environmental groups or NGOs that can now claim priority and compete for leases. Under the new proposed rule for conservation leasing, BLM Lands could be leased by third-party NGOs that could cut off any other uses for decades and will likely become the administration's primary vehicle for their 30 x 30 initiative.

Prior administrations have used the 1906 Antiquities Act. The 1906 Antiquities Act was created for emergency use for administrations to preserve delicate cultural artifacts and relics with the "smallest area compatible" for protected objects. Recent administrations, however, have abused the century-old law to lock up land and create quasi-national parks without congressional approval. This new rule change makes one wonder if BLM intends to lock up land by prioritizing "conservation leases." It appears their objective is to end all economic use of public lands and stop grazing as a source of conservation management on public lands. It should be noted a recent Supreme Court ruling in Sackett vs. EPA states agencies cannot gift themselves unlimited power.

About American Agri-Women

American Agri-Women (AAW) promotes the welfare of our national security through safe and reliable food, fiber and energy supply. Since 1974, AAW members have worked together to educate consumers, advocate for agriculture, and offer networking and professional development opportunities. Go to the AAW website for more information and to join www.americanagriwomen.org.

Dry spring conditions affect weed management and small grain development

The late, dry spring has impacted herbicide performance and management decisions. Despite dry conditions, an effective preemergence (PRE) herbicide program is the foundation of a strong weed management program.

"PREs provide early-season weed control, reducing weed density and buying time for the postemergence (POST) herbicide applications," explains Dr. Rodrigo Werle, University of Wisconsin – Madison Extension cropping systems weed scientist. "In addition, PREs provide flexibility since they're not dependent on herbicide-tolerant traits."

PREs require rainfall to activate and become available for weed uptake - two- to four-inches of rainfall within two weeks is ideal. At a minimum, a half-inch is needed for activation if soils are moist and ¾ of an inch if they are dry.

When herbicides remain on the soil surface, they can volatilize or degrade in sunlight. Werle notes that,most PREs used in corn and soybean production today are stable in the environment and at low risk of loss. If we receive rain, he expects the PREs will activate and provide some control.

Standard residual herbicide premixes provided good control of giant ragweed in UW corn studies under normal precipitation. Under dry conditions, however, the herbicide that provided the best control was dicamba. Consequently, if the forecast is dry when a PRE is planned, including dicamba is an option, since it can control weeds until the other residual herbicides are activated.

Large-seeded weeds – like giant ragweed – are difficult to control because they can emerge from deeper in the soil profile and escape PREs that may exist in the upper soil layers. Grasses are also present in many fields and while waterhemp has been slow in emerging, it should soon.

Strategic Farming...
Continued on page 2

Grant Writing Training is July 17 at 10 AM

Warren, MN. Applications are open for government entities and nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofits and government organizations can apply for one arts project at a time. Grants deadlines for these are July 31, October 31, and February 29. Grants are between $500 and $10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through this very important grant opportunity includes festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

The NWMAC will offer a grant writing training session on July 17 at 10 AM. This can be virtual or in person. You must RSVP. Please let us know if you have a conflict and we can find another time to assist you.

Governor Walz promotes continued Business Investment in Minnesota

At a national biomedical industry convention in Boston, Governor Tim Walz yesterday highlighted Minnesota as a global leader in biomedical technology and promoted continued investment in the state.

"When it comes to biomedical technology and innovation, Minnesota leads the way. This was an opportunity to promote our world-class biomedical industry alongside national and global leaders who recognize the cutting-edge work we're doing," said Governor Walz. "I look forward to continue working with leaders in the biomedical industry to expand our partnerships, promote growth and investment, and ensure Minnesota is on the frontline of medical innovation."

Governor Walz visited with leaders in the biomedical industry, including Philips Healthcare, Takeda Pharmecuticals, EcoLab, and Cytotheryx to discuss their investments in Minnesota and opportunities for continued partnership. He also met with members from Japan and Australia's trade delegations. Governor Walz will lead a trade mission to Australia in November.

This event comes as Mayo Clinic announced a billion-dollar investment in Rochester. The Governor's Office worked closely with Mayo to secure the expansion. The investment will create jobs, build on Minnesota's reputation for world-class health care, attract businesses and investment in Rochester, and pave the way for Minnesota to lead in biomedical innovation.

Delton Sebenaler (94-years-old) and Dorothy Sebenaler (90-years-old) recently celebrated their birthdays with family and friends in Bemidji, MN.

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Gully Hall from
1:00 to 3:00 p.m. to
celebrate. No gifts please.
R14-15C

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Share the joy of fiber art with your community.
R14-15C

Veteran, Rookie Claim titles at 47th Annual Grandma's Marathon

Barno, Hagans Reach Top of Podium with Varying Levels of Experience

(DULUTH, MINN.) --- Elisha Barno had run Grandma's Marathon several times while Lauren Hagans hadn't run any marathons, ever. This morning, though, both were crowned as the men's and women's champions at the 47th annual Grandma's Marathon in Duluth.

Already the winningest marathoner in the race's history and just one day after being officially inducted into the Grandma's Marathon Hall of Fame, Barno won the race for a fifth time, finishing with a time of 2:09:14. That time is Barno's best-ever in Duluth and was just eight seconds shy of tying the event record, which was set by Dominic Ondoro in 2014.

Ondoro returned to Duluth this year as the defending champion and finished as the runner-up, trailing Barno by 45 seconds and finishing with a time of 2:09:59. This marked the first-ever Grandma's Marathon in which two men broke the 2:10:00 mark in the same race.

Finishing the Kenyan sweep of this year's men's podium was Panuel Mkungo, who finished in 2:10:20 in his debut marathon.

Hagans, meanwhile, is not only new to Grandma's Marathon but new to marathoning in general. Making her debut in the 26.2-mile distance, Hagans outdueled two-time defending champion Dakotah Lindwurm to win with a time of 2:25:55.

It's the fourth-fastest time ever run by a woman at Grandma's Marathon, with all four of those efforts coming since Kellyn Taylor set the still-standing event record in 2018.

Lindwurm finished more than a minute back in 2:26:56, and Gabriella Rooker finished third with a time of 2:37:38.

Steven Bugarin, meanwhile, won the non-binary division at this year's Grandma's Marathon, finishing with a new event record time of 2:50:29. Bugarin unseats Jake Fedorowski as the record holder after they became the first-ever non-binary champion at Grandma's Marathon a year ago.

6,683 people (3,933 men, 2,736 women, and 10 non-binary) finished this year's Grandma's Marathon, which makes it the largest race since 2016.

College News

Local students named to MSU Moorhead dean's list

Moorhead, Minn., June 15, 2023 – The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement spring semester 2023. Students must maintain a 3.25 or higher grade-point average and carry 12 graded credits to qualify for the honor.

MSU Moorhead is a comprehensive university enrolling 4,679 students and offering more than 125 majors, emphases and options, 15 graduate degree programs, and 39 certificate programs.

MSUM is a member of the Minnesota State system, with 26 community and technical colleges and seven state universities serving approximately 300,000 students.

Landsverk Olivia. Fosston High School, Theatre Arts, Psychology, Fosston

Vig Brianna,Fosston High School, Elementary Inclusive Education Fosston

Wandschneider Jeff, Fosston High School, Criminal Justice, Fosston

Lebeda Kira, Fosston High School, Psychology, Bagley

Klema Bailey, Clearbrook-Gonvick School, Nursing, Gonvick

Ackerman Max, Bagley High School, Psychology, Fargo

Thompson Mia,Win-E-Mac School, Speech/Language/Hearing Science, Mentor

Ostenaa Noah, Win-E-Mac School, Business Administration, Erskine

Chalich Emily,Fosston High School, Health & Medical Sciences, Pre-Medicine, Fosston

Burcham Bailee, Win-E-Mac School, Nursing, Winger

Svalen Savahanna, Win-E-Mac School, Elementary Inclusive Education, McIntosh

Hagen Liam, Bagley High School, General Studies, Bagley

Thompson Ethan, Red Lake County Central Hs, Social Work, Gully

Peterson Leah,Red Lake County Central Hs, Elementary Inclusive Education, Oklee

Vendors Wanted
FOR 2nd Annual
Solway Lutheran Church
Building Fund
Carnival Bazaar!
Saturday Aug 19th, 2023
10am - 2pm
At Solway Lutheran Church
(if bad weather an indoor location has been secured)
• $20/space, tables NOT provided.
• To be included in our advertising please call Cindy to register by June 18th at 218-760-5967.
R12-13C

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SHORTY'S PLACE, 268-4199
R14C

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O14C

BERRIES for sale!
The Honeyberry Farm at 19736 350th St. Bagley, MN opens June 18 - end of July.
$5/lb U-Pick or $8/lb
Pre-picked. Honeyberries ripen June 18-July 10 with raspberries, cherries, juneberries, currants ripening in July.
Hours: M-F 9-6, Sat 9-12, Sun 11-2
Check out www.facebook.com/thehoneyberryfarm for what's in season or call/text 218-331-8070. R13-15C

Mentor Farmers' Market 2023
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OPEN EVERY SATURDAY
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Barnyard Bites Food Truck from Fertile will be at the park most Saturdays.
Like us on Facebook at Mentor Farmers Market
R8-27C

Gloryland Gospel Team to perform Sunday evening, June 25th, at 7 pm

The Gloryland Gospel Team will be in concert. They accompany their vocals of Country and Southern Gospel music with rhythm guitar, electric, bass, and pedal steel guitar. Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ. Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242.

Strategic Farming...
Continued from front

If POST applications are triggered now, a residual herbicide should be included. In soybeans, a third pass will also be needed to control late emerging waterhemp. The key is to understand what's happening on a field-by-field basis so the best POST decisions can be made.

While there are several effective POST options for managing giant ragweed, controlling waterhemp is more complicated. Two herbicides for traited soybeans have provided good waterhemp control in Wisconsin's studies: 2,4-D choline (Enlist One) and glufosinate (Liberty). Although overall performance has been good with glufonsinate, combining it with a Group 14 PPO inhibitor increased consistency and improved control.

For control in a non-traited or glyphosate-tolerant soybean, PPO herbicides were the only option that provided good control. While they can cause soybean injury, yields weren't affected in the studies.

Herbicide carryover can become a concern in dry years. Follow guidelines and avoid applying too late in the season.

While the season started later for small grains, the quick transition into warm temperatures led to rapid emergence and good stand establishment, according to Dr. Jochum Wiersma, Extension small grains specialist. The rapid development will likely result in a short crop with a low risk of lodging.

The crop's water use is also increasing rapidly. Although rains have been spotty, most of the small grains growing area could use at least two inches of rain.

Due to dry conditions, there have been few reports of small grain disease. While models suggest that conditions have been right for tan spot to develop, crops scouts have not found it. The risk for Fusarium head blight has also been very low so far. Wiersma will keep an eye on that as the spring seeded cereals approach heading,

Products are mentioned for illustrative purposes only. Their inclusion does not mean endorsement and their absence does not imply disapproval.

Thanks to the Minnesota Corn Growers Research and Promotion Council and the Minnesota Soybean Research and Promotion Council for their generous support of this program!

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

Source: Phyllis Bongard, UMN Extension educational content development and communications specialist.

WHAT IS THE IMPACT OF OUR MULTI-PAYER SYSTEM ON HEALTH SPENDING IN THE NATION AND MN? WHAT'S THE ANSWER? ARE THERE STEPS WE CAN TAKE? HAVEN'T WE ALREADY TRIED? WHAT ARE SOME BARRIERS TO CHANGE? HOW CAN YOU HELP US FIX HOW WE PAY FOR HEALTHCARE?
HEALTH CARE FOR ALL Minnesota
Fixing How We Pay for Healthcare... Now That We've Tried Everything Else.
Join us for discussion and an update from the last legislative session with Speaker Anne C. Jones, MA, BSN, RN, Vice-Chair of the Board of Health Care for All Minnesota.
THURSDAY, JUNE 22ND
5:30 p.m. Social/dinner
6:30 p.m. Speaker
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COACHING POSITIONS AVAILABLE

The Clearbrook-Gonvick School has the following Extra-Curricular Coaching Positions Available for the 2023-2024 school year:

Junior High Football Coach- Duties will include but are not limited to: teaching players the fundamentals of the game of football, being present at all games and practices beginning in August, and being a good role model to young athletes.

Junior High Girls Basketball Coach- Duties will include but are not limited to: teaching players the fundamentals of the game of basketball, being present at all games and practices beginning in November,and being a good role model to young athletes.

Positions are available until filled.

Applicants should submit a letter of interest and resume to:

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

R14-17C

CUSTODIAN-FULL TIME

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

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

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

R14-17C

Steve Fields
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Must have:

- Supervisor/Leadership Experience
- RN Licensure
- Long Term Care Experience

Send resume to:
kswanson@cornerstoneshc.com
or call Kari at 218-694-6552
for more information.

www.cornerstoneshc.com - 416 7th Street NE, Bagley

R13-14C

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III (WIC Care Coordination Clerk) (East Grand Forks) Public Health:
$18.04 - $23.56/hr. Closes July 5, 2023, at 4:30 p.m.

Patrol Deputy:
$28.20 - $36.83/hr. Closes June 30, 2023, at 4:30 p.m.

Loader Operator I/Fosston:
$23.26- $26.97/hr. Position Is Open Until Filled

Public Safety Telecommunicator:
$24.13 - $31.52 /hr. Position Is Open Until Filled

Mechanical Maintenance Technician I/Fosston:
$25.65 - $29.73/hr. Position Is Open Until Filled

Sort Line Operator I or II/Fosston:
$19.35 - $23.56/hr. Position Is Open Until Filled

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

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

R49tfc

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DEADLINE NOON FRIDAYS

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Would you like an opportunity to guide and provide leadership to a high quality early childhood program? Would you like to work in a family friendly environment? Would you like to work for an agency that promotes professional growth and has room for career advancement? Are you looking for a career with great benefits?

Inter-County Community Council is accepting applications for openings in our Head Start program. ICCC serves 3 ½ counties with a team of 28 staff.

Home Visitor: 40 hours a week, year round position, office location to be determined by caseload (Thief River Falls or Oklee). Position works with families of children ages birth to 3 years, providing in home education visits on a weekly basis. Minimum of a Child Development Associate, AA degree preferred; experience with children preferred, additional training will be provided. Must be able to pass a background check.

Substitute Classroom Assistant Teacher: hours are dependent upon need – classrooms are open Monday through Thursday 8 am – 3 pm, classroom located in Thief River Falls, Bagley, Win-E-Mac, Plummer and Fosston, MN. Work with a team to provide care and education to 4 years olds in a classroom setting; primary duties include assisting the teachers in the classroom with group activities, cleaning, and assisting children with handwashing/toothbrushing. Must be able to pass a background check. Position requires Child Development Associate or willingness to obtain within the first year of employment. Experience with children preferred, additional training will be provided.

Substitute Lead Teacher: hours are dependent upon need – classrooms are open Monday through Thursday 8 am – 3 pm, classroom located in Thief River Falls & Bagley. Work with a team to provide care and education to 4 years olds in a classroom setting; primary duties include supervising & monitoring children, and working with staff on classroom on daily activities. Must be able to pass a background check. Position requires an AA in Early Childhood or related degree. Experience with children preferred, additional training will be provided.

Application and position specific information, including job duties, and educational requirements are available on our website at www.intercountycc.org . Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycc.org. Call 218-796-5144 x1028 for more information about the positions and information on salary. **Applications due by Monday, June 26, 2023.**

ICCC is an equal opportunity employer.

R14C

CURRENT JOB OPENINGS

OPEN POSITIONS

Payroll-Business Manager position. Preference given to applicants with a 4-year business or accounting degree and a background in school finance and payroll. Interested applicants should send a resume, letter of interest, three letters of recommendation and a copy of college transcripts to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us. Successful candidates must pass a criminal background check. Position will remain open until filled.

Secondary Special Ed./SLD Teacher position starting Fall of 2023. Proper Minnesota licensure in SLD is required.

Secondary .4FTE Spanish Teacher position starting Fall of 2023. Proper Minnesota licensure is required.

Elementary Teaching position starting Fall of 2023. Proper Minnesota licensure in grades K-6 and experience is preferred.

Elementary Special Ed./EBD Teacher position starting Fall of 2023. Proper Minnesota licensure in EBD is required.

Elementary Special Ed./SLD Teacher position starting Fall of 2023. Proper Minnesota licensure in SLD is required.

Applicants should send a cover letter, resume, teaching licensure, transcripts and three letters of reference to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us

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

Paraeducator position openings in the Elementary and High School, candidates must be highly qualified, which includes either 2 or more years of college, an AA Degree, or the ability to pass the Para Pro Exam.

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

Native American Home School Liaison Positions - Full-time positions open for 2022-2023 AND 2023-2024 school year. Candidates must be highly qualified, which includes either two or more years of college, an AA Degree, or the ability to pass the Para Pro Exam.

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

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

Custodian position. Bagley Independent School District #162 is accepting applications for a Custodian position.

Application forms may be downloaded from the District Website bagley.k12.mn.us, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Nichole Ekre at 694-6184.

Full-Time Route Bus Drivers and Substitute Bus Drivers positions. Applicants must have or be able to obtain a school bus driver's license endorsement. The District is willing to help applicants obtain their school bus endorsement. New drivers will receive a $200 stipend after six months of driving to help defray the cost of certification. Application forms may be downloaded, picked up in the District Office or you may email nekre@bagley.k12.mn.us. For more information, please call Stuart Dukek at 694-6122.

COACHING

Head Varsity Boys Hockey Coach position. Bagley High School has an opening for the Head Varsity Hockey Coach. Candidates must meet the Minnesota Statute for Head Coaching requirements before beginning coaching responsibilities.

JV Boys Hockey Coach position. Bagley High School has an opening for the JV Hockey Coach. Candidates must meet the Minnesota Statute for Head Coaching requirements before beginning coaching responsibilities.

JV and JH Dance Coach positions. Bagley High School has two openings for Dance Coaches for the upcoming season.

Interested candidates should send a letter of interest, resume of coaching and playing experiences and three references to Nichole M. Ekre at 202 Bagley Ave. NW, Bagley, MN 56621 or nekre@bagley.k12.mn.us

R10-15C

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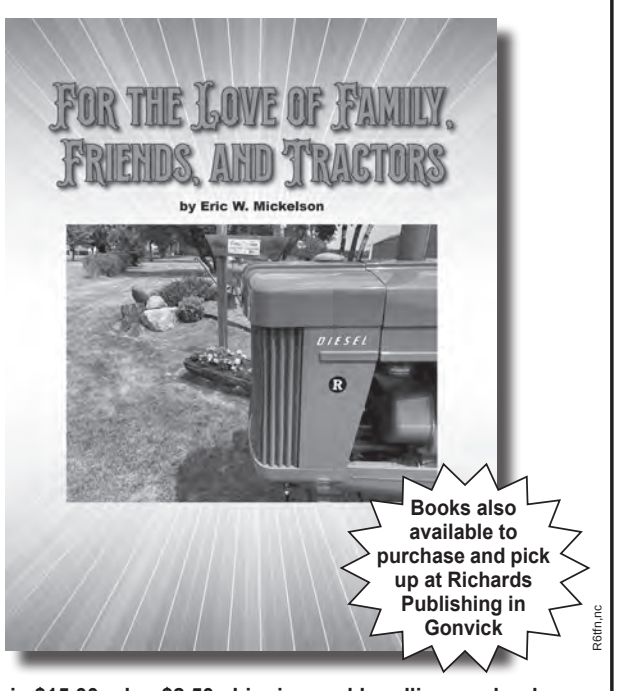

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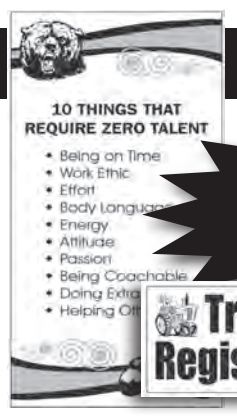

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Theology in the Trenches

By Kathleen Kjolhaug

They Left Everything and Followed Him

Signing up for the wooden box was done spur of the moment and sooner than later, it was my week to have it. The idea behind it was prayer. It was a reminder to pray for the specific needs written within and on the front of the box were the following words etched upon it. "… they left everything and followed Him" (Luke 5:28).

While staring at this passage, it stirred memories of my desire to travel this world with merely a backpack of belongings. Thoughts used to enter in about selling all I had and leaving my possessions as I followed Him. Where this might lead was never in the plan… only thoughts that I'd wander the world for Him. Somehow, it felt freeing as I pictured a few simple belongings slung over my shoulder and according to my mind's eye, people along the route would cough up the food and shelter. After all, why wouldn't they? Never doubted that for a minute until…

After reflecting upon the words anew I wondered if having no stuff would actually make my ability to follow any easier? Most certainly it would offer fewer distractions in keeping track of it all and life would become much more community driven (literally) as I'd have no car!

Following is an interesting concept. Most of us have followed many people in our lives only to find ourselves with the latest and greatest gadgets recommended by them. Whether it's décor within our homes or purchasing a new wardrobe, there's always something fun out there to get and there is no shortage of those who lead us down those paths. I don't suppose there's anything wrong with any of it…it's just that it doesn't' seem to bear much fruit other than a temporary lift here and there and goodness knows we all need that from time to time.

After thinking this through, I came to the conclusion that leaving behind my stuff might make me more dependent upon others to do the providing. So, as I began to wonder what would actually free me up to better follow Him, a list started forming rather quickly.

1. Leave fear.
2. Leave lack of trust.
3. Leave anger.
4. Leave false gods—all idols taking time away time from Him.
5. Leave behind complaining to others and GO directly to Him.
6. Leave sloth like behavior.
7. Leave my own needs needing to be met over the needs of others.
8. Leave bickering in any form or ill thoughts when others provoke.
9. Leave disobedience.
10. Leave the calendar filled with everything and anything but time for Him.

And those are just a few. Matthew 16:24 says, "If any man will come after me, let him deny himself, take up his cross, and follow me." Denying self isn't without sacrifice. The Cross is a game changer but it's not without cost. It cost Him His very life as He died to self for you…for me. May we begin to pray to better hear what He's asking us to lay down in order to follow. Amen.

Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Road Test Questions

Question: I see a lot of vehicles broke down and on the side of the road in the summer months. This is when we have our best weather but I am not sure if people realize how hard the heat can be on a vehicle. Many look like they are on a road trip. Can you provided some insight on how to prevent or prepare for this?

Answer: For many of us, summertime usually means vacations and summer road trips. Now is a good time to remember how the warmer weather and heat can impact a vehicle and the motorist. Here is some information from the National Highway Traffic Safety Administration (NHTSA) and the summer changes.

Air Conditioning - As the temperature rises, your A/C has to work harder to keep your vehicle cool. Check A/C performance before traveling. A lack of air conditioning on a hot summer day affects everyone, but is particularly dangerous for people who are in poor health or who are sensitive to heat, such as children and older adults.

Heatstroke - The summertime months have proven to be especially deadly for children when it comes to vehicular heatstroke. Heatstroke in vehicles often occurs when a child is left unattended in a parked vehicle or managers to get into an unattended vehicle. Never leave children alone in the car—not even for a few minutes. Vehicles heat up quickly. Even if the outside temperature is in the 70s and the windows are cracked, the temperature in a vehicle can rapidly reach deadly levels. A child's body temperature rises three to five times faster than an adult's. Visit NHTSA.gov/Heatstroke to learn more tips and reminders to prevent heatstroke.

Belts and Hoses - High summer temperatures accelerate the rate at which rubber belts and hoses degrade. Look under the hood and inspect all belts and hoses to make sure there are no signs of bulges, blisters, cracks or cuts in the rubber. It's best to replace them now if they show signs of obvious wear. While you're at it, make sure all hose connections are secure.

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).

Summer Heat Impacts Travel

Question: My child will be taking their road test for getting their driver's license. Do you know what vehicle equipment if required for this?

Answer: The Minnesota State Patrol does not oversee these activities. That would be the Driver and Vehicle Services (DVS.) But here is some information from their website and from state statute.

- The person must show proper identification when they take the test.
- They must provide their own vehicle to take the test.
- The passenger door on the vehicle must open from both the inside and the outside.
- Seatbelts must work properly.
- Turn signals, brake lights and headlights must work.
- They must provide current proof of insurance for the vehicle used for the test.
- The test vehicle must be free of dangerous vehicle conditions or defects such as damaged glass that obstructs vision, tire separation or exposed cord, the absence of a front bumper, excessive play in the steering wheel, exhaust leaks, or inadequate service brakes.

If your vehicle is missing items or has defects you should contact the DVS prior to taking the road test and ask them. You can contact DVS at (651) 297-3298 or dvs.driverslicense@state.mn.us

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).

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HURRICANE SEASON WORD SEARCH

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HURRICANE SEASON WORD SEARCH *Answers on page 7*

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2023 Red Lake County FAIR
THURSDAY-SUNDAY • JUNE 22-25, 2023

SCHEDULE OF EVENTS

THURSDAY, JUNE 22
12 - 6 pm ..... 4-H Static Judging
6 - 8 pm ..... Open Class Registration -Non-Livestock
6 - 8 pm ..... Coloring Contest -drop off at the Fair Office
6 - 8 pm ..... Livestock check in - Please pre-register before June 14th by email (redlakecountyfairoklee@gmail.com) or text or call (218.686.1404)

FRIDAY, JUNE 23
8:30 am..... Opening Ceremony
9:00 am..... Booths open
Non livestock open class entry begins
Coloring Contest - drop off at Fair Office
Livestock Judging 4-H then Open Class
10:00 am..... Poultry & Rabbit judging - 4-H & Open Class
Water Wars by the School
Bouncy House
10 am-8pm Bite Me Grill Food Truck
11:00 a.m..... Horse judging - 4-H & Open Class to follow
12:00 pm..... Open Class registration closes
Senior Citizen Day at Oklee Community Hall
1:00 pm..... Open Class judging at the school
5:30 pm..... Pet Show - 4-H & Open Class to follow at Skating Rink - Open Class pre-register by email (redlakecountyfairoklee@gmail.com) or text or call (218.686.1404)
7:00 pm..... Booths Close
8:00 pm..... Elvis Impersonator at the Oklee Comm. Hall

SATURDAY, JUNE 24
8:15 am..... Registration for 5K - Pre-register by June 11th to receive t-shirt - info on Facebook or email jessie.hamrum@gmail.com
9:00 am..... 5K starts and Booths open
10:00 am..... Kids Bounce House - Water Wars - Caricature Artist
10:30 am..... Registration for Kids Pedal Tractor Pull
11:00 am..... Kids Pedal Tractor Pull
12:00 pm..... Coloring Contest entries closes
11:00 am..... Registration for Baja/Pit Gates open
1:00 pm..... Baja Gates Open for Public
3:00 pm..... Baja Race Starts - Power Wheel Baja
7:00 pm..... Booths Close
8:00 pm..... Release of Livestock

SUNDAY, JUNE 25
9:00 am..... Booths open
12:00 pm..... Booths close
12 - 2 pm ..... Release of Open Class exhibits
12 - 2 pm ..... Color Contest Awards Available at office
2:00 pm..... 4-H Grand & Reserve Photos taken
2:30 pm..... 4-H Release of exhibits
3:15 pm..... 4-H Awards Show at the Hall

JUST FOR SENIORS!
At 12 Noon
Light Lunch followed by the "Looney Lutherans"
Bingo with prizes will start after the show!

ELVIS
8:00 p.m. Friday Night
Oklee Comm. Hall

BAJA RACE
Saturday, June 24th
Registration at 11:00 am • Race starts at 3:00 pm

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Jennifer Nelson Srnsky, Secretary/ Co-Treasurer
Melanie Hanson, Co-Treasurer
FOR INFORMATION ABOUT FAIR BOOTH REGISTRATION
Please Contact Jennifer Nelson Srnsky: Call or Text 218-686-5830, or email redlakecountyfairoklee@gmail.com
014C

Vacation Sure is Fun! Part 1

By Auctioneer Eric W. Mickelson

My wife Patty and I (maybe mostly me) have been awaiting vacation for 2 years. You see two summers ago (2021) we went to Columbus, Ohio, for the Classic Green John Deere Show featuring the model L, the 4020, and John Deere snowmobiles. It was a great time and at the show they announced the next show would be held in Lebanon, Tennessee in 2023. I said well I know where our vacation will be in 2023!

Tennessee here we come!

I had checked out several routes and finally we decided on going to Peoria, IL, the first night. Now I have to explain this is one of my wife and my favorite things to do. We love riding down the highway, checking out the scenery, listening to podcasts on the radio, and sharing stories about how great life is! This trip was no exception! You see my wife is awful good to me and attends many tractor shows…….(and I think she even likes them!) As we were driving Patty said, "We are going by Waterloo, do you want to go to the Tractor Museum there?" What do you think I said? So we made a swing into the lot and boy am I glad that we did!

As we walked in the door they had a great display of two D John Deeres. One was an older spoked D representing the Ds coming out in 1923 and one was a newer styled D representing the end of the D production in 1953. We walked around and looked at the great looking restored tractors on display as well as many posters and facts about the history of John Deere. There were even hands on activities for the young ….. and old! One being a rope with a weight and you could see how long it would take you to move it to develop a horsepower!

I walked through and looked at the Waterloo Boy, another D, the R, a 4010, and many more. It was a great stop on our trip. If you like tractors and are going through Waterloo I would tell you to take a stop….I just don't think you will be disappointed!

How about a little tractor trivia!

1. What year was John Deere born?
A) 1804 B) 1812 C) 1822

2. Where was John Deere born?
A) Vermont B) Tennessee C) Illinois

3. What year did John Deere buy the Waterloo Gasoline Engine Company?
A) 1915 B) 1918 C) 1920

4. TRUE or FALSE The early model D was sometimes referred to as the 15-27?

5. The assembly line was closed down but farmers were still ordering Ds so around 90 more were assembled. What were these last tractors known as?

Answers: 1. A. 1804 2. A. Rutland, Vermont 3. B. 1918 4. True as it was rated to have 15 drawbar hp and 27 belt hp 5. Streeters as they were literally assembled on the street since the D assembly line had been taken down!

My wife, Patty, and I standing by the "D" exhibit at the Waterloo Tractor and Engine Museum.

UMN Crookston formally dedicated its library to Roger D. Moe on June 2, 2023

With hundreds of people in attendance, including dozens of legislators, both former and current, the University of Minnesota Crookston formally dedicated its library to longtime senator and campus supporter Roger D. Moe on June 2, 2023. The ceremony and reception involved remarks from several regional and national leaders, a ribbon cutting on stage in Kiehle Auditorium, champagne toast and birthday cake at an outdoor garden party, and tours of the library with a trip through history, including information on the current building's groundbreaking in the late 1970s where Moe was present with shovel in hand.

Speakers at the event included UMN Crookston Chancellor Mary Holz-Clause, U.S. Senator Amy Klobuchar (D-Minnesota), Executive Director of National Indian Impacted Schools Association Brent Gish, University of Minnesota President Emeritus Robert Bruininks, Minnesota State Colleges and Universities Chancellor Devinder M. Malhotra, UMN Crookston Chancellor Emeritus Don Sargeant, UMN Crookston Senior Vice Chancellor for Academic Affairs Rosemary Erickson Johnsen, UMN Crookston Interim Director of Advancement and Alumni Relations Kevin Thompson, Senator Emeritus Rod Skoe, and Senator Emeritus LeRoy Stumpf, plus video greetings from Minnesota Governor Tim Walz and UMN President Joan T.A. Gabel.

"It is in recognition of Roger's great service to the region and to the university that we honor him today," said UMN Crookston Chancellor Holz-Clause at the ceremony. "A library is a fitting location as it's the seat of knowledge, but it's also an archive of those that preceded us and left legacies such as Roger has on this campus."

During her remarks, Senator Klobuchar recalled seeing how Moe earned the respect of people he ran against, including when he ran for governor in 2002.

"I remember how Roger was able to work across the aisle and literally get the respect of democrats and republicans," mentioned Klobuchar. "You think of getting elected majority leader over and over again, that takes a lot of respect. That takes someone that's able to understand people, not just across party lines, but within his own party, and let them shine and bring them up; and not always make them, the leader, the center of attention."

"This library will be a place to share Roger for generations to come," she added. "Books will be written in the future about Roger Moe's legacy, and now we have a great place to put them."

Gish shared with the audience that Moe was adopted by the Red Lake Band of Ojibwe and given the name, "Ginew", meaning "Golden Eagle", which correlates with UMN Crookston's mascot. Gish, who was also a former member of the White Earth Reservation Tribal Council, thanked Roger for his "wisdom and contributions to make Minnesota a beacon of hope, and a quality place for all citizens."

"The best public leaders lead by example, empowering others by their own selfless service," Bruininks proclaimed during his remarks. "Senator Roger Moe, in the words of Robert Greenleaf, is a true servant leader, with a lifetime of commitment to advancing public value and public purpose. The dedication of the Roger D. Moe Library is a most fitting tribute to your enduring public contributions."

Malhotra praised Moe for being a "passionate advocate for higher education" and noted Moe's beliefs for continuing Minnesota's "social nobility and economic vibrancy" through increasing postsecondary credentials "by providing access and a successful path to college and university credential for all Minnesotans."

Sargeant spoke about the start of Moe's career as a teacher and coach, and went on to lift up his passion for service and outstanding leadership.

"Naming the library in his honor is the right choice," Sargeant confirmed.

"Any kind of a building named after you is pretty special, but having the library named after you is a distinct honor," Moe declared on stage. "No elementary school, no high school, no college or university is without a library. It's the one essential in all of these educational institutions, it is the heart of any educational institution."

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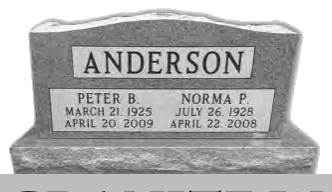

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OBITUARIES

Obituary for Lorraine Cote

Lorraine Cote passed away Thursday, May 11, 2023, at the First Care Living Center in Fosston at the age of 90.

Funeral services are scheduled for Saturday June 24, 2023, at St. Francis Xavier Church in Oklee. Visitation will be from 10:00 – 11:00 AM with service at 11:00 AM. The burial will be at the church cemetery following the service.

Lorraine Christianson was born on January 22, 1933, to her parents Henry and Julia (Tveit) Christianson. She was one of eighteen children. She was baptized and confirmed at Salem Lutheran Church and later joined St. Francis Xavier Church. Lorraine attended country school through 8th grade.

Lorraine married Gerald Cote on December 19, 1953, at St. Francis Xavier Church Rector. They were blessed with one son Dale and a daughter Debra. They lived and raised their family on the family farm and worked together daily. Lorraine and Gerald farmed their whole life. She also worked at several cafes in Oklee, for Wallie Groberg, D&R grocery. Lorraine had been a resident of First Care Living Center since July of 2018.

Lorraine was an outgoing, friendly nature who made conversation with everyone around her. She loved to cook, bake, and could come up with a meal in no time. She loved to keep her garden, yard, and flowers tidy. Lorraine loved to can all garden produce and fruits. A game of cards was always a highlight for her from young on, and even taught a few grandchildren tips at the casino. Lorraine decorated her home for Christmas and loved to host the holiday. She and Gerald loved to dance and took trips to Wisconsin, Hawaii, Arizona, and Las Vegas. But their roots were near home most of the time. She loved her children, grandchildren (who all lived nearby), and great grandchildren. She will be missed dearly.

She was a member of St. Francis Xavier Catholic Church, was co-head of her funeral group, played bridge with the ladies of Oklee, and enjoyed the neighborhood lady's birthday group.

Survivors include son Dale (Bonnie) Cote, daughter Debra (Rick) Sherman. Grandchildren Conway (Kim) Olson, Nicosia (Andy) Ubert, Ryan (Andi) Sherman, Jennifer (John) VanDam, Jesse Sherman (Amanda Donner special friend), Douglas (Tracy) Cote. Great- grandchildren Sidney Olson, Paige Olson, Jack Ubert, Nate Ubert, Bently Ubert, Amari Ubert, Bailey Sherman, Shelby Sherman, Ryleigh Sherman, Stella Sherman, Caitlyn VanDam, Olivia VanDam, Alexandra VanDam.

Lorraine is also survived by brother Clarence Christianson, several sisters-in-law and nephews and nieces.

Lorraine was proceeded in death by her husband Gerald, her parents and in laws, sixteen brothers sisters and many of their spouses, brother and sister in law Rita and Lloyd Cote, nephew Danny Cote, son in law Curtis Olson, great grandson Lucas Ubert.

Condolences may be sent at www.johnsonfuneralservice.com

Submit Obituaries & Memorials
to Richards Publishing at richards@gvtel.com

Word Search Answers for this week

N	O	S	A	E	S	U	Y	D	I	K	Y	O	O	D	U	L	Y	A	A
D	W	S	T	O	R	M	Y	H	O	L	O	P	O	S	I	T	I	O	N
P	A	R	O	M	S	D	S	I	O	R	X	W	R	L	E	S	U	N	X
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Montoya Breaks Goucher's Record, Reichow Bests Own PR to Win 33rd Annual Garry Bjorklund Half Marathon

Near-Record Number of Finishers on Picture-Perfect Duluth Day

(DULUTH, MINN.) --- Kara Goucher was adamant this week that her record in the Garry Bjorklund Half Marathon was going to fall this year. Turns out, she knows something about running. On her first-ever trip to Duluth, Maggie Montoya ousted the hometown hero Goucher and etched her own name in the event's record books.

Montoya won on Saturday with a time of 1:09:26, which was 20 seconds better than Goucher's mark set in 2012 during the US Half Marathon Championships. She becomes now the seventh woman to hold the record at one point, dethroning Goucher after she had held the crown for more than a decade.

Jaci Smith finished more than two minutes off Montoya's pace as the runner-up with a time of 1:11:27, while Allie Schaich finished third with a time of 1:12:57.

Joel Reichow, meanwhile, won the men's race after finishing 10th here a year ago. His time of 1:02:30 marks a new personal best and the eighth-fastest men's finish in Garry Bjorklund Half Marathon history.

Reichow needed nearly every bit after outdueling runner-up Afewerki Zeru by just 10 seconds in the end, and Habtamu Cheney also wasn't far back, finishing in third place with a time of 1:03:49.

Jonah Grant, meanwhile, is the non-binary champion after finishing with an event record time of 1:12:59. Grant unseats Sarah Stuhr, who last year had become the first non-binary champion in the event's history.

7,483 people (3,016 men, 4,445 women, and eight non-binary) finished this year's Garry Bjorklund Half Marathon, which was just over 400 shy of the all-time record set in 2016.

UV exposure and eye health

Ultraviolet radiation from the sun can prove harmful to the skin. UV rays have been linked to the formation of various skin cancers, including the dangerous melanoma. However, UV exposure also can cause issues elsewhere in the body, including the eyes.

The American Academy of Ophthalmology says everyone's eyes are at risk of damage from UV light, regardless of their age or skin pigmentation. But some people are at higher risk. Children are included in the elevated risk group because they often play outside. Some studies also show that people with eye diseases like retinal dystrophy or those who underwent surgery for cataracts may be at higher risk for sun damage.

UV light and eye disease

UV light damages cells in the eyes, particularly in the retina. The Cleveland Clinic says the retina is responsible for capturing light that enters the eye and translates it into the images you see. If the retina becomes damaged, vision can be impaired or even lost. Here are some additional eye diseases associated with UV radiation.

· **Photokeratitis:** This is the equivalent of a sunburn on the surface of the eye. While it can occur during the summer, the sun reflecting off of snow or light-colored pavement also can contribute to photokeratitis at other times of the year.

· **Cataracts:** UVB radiation can harm the lens of the eye and damage proteins. Over time, these proteins can clump together to form cataracts.

· **Conjunctival cancer:** This is a form of cancer that forms on the surface of the eye, known as the conjunctiva.

· **Macular degeneration:** This is the leading cause of vision loss among older people, according to NVision Eye Centers. The macula is the center of the retina. If this area becomes damaged, central vision will be compromised.

Protect vision

It's easy to protect the eyes from UV rays. Individuals with blue or green eyes should keep in mind that they are at a high risk of UV damage. However, everyone should take precautions.

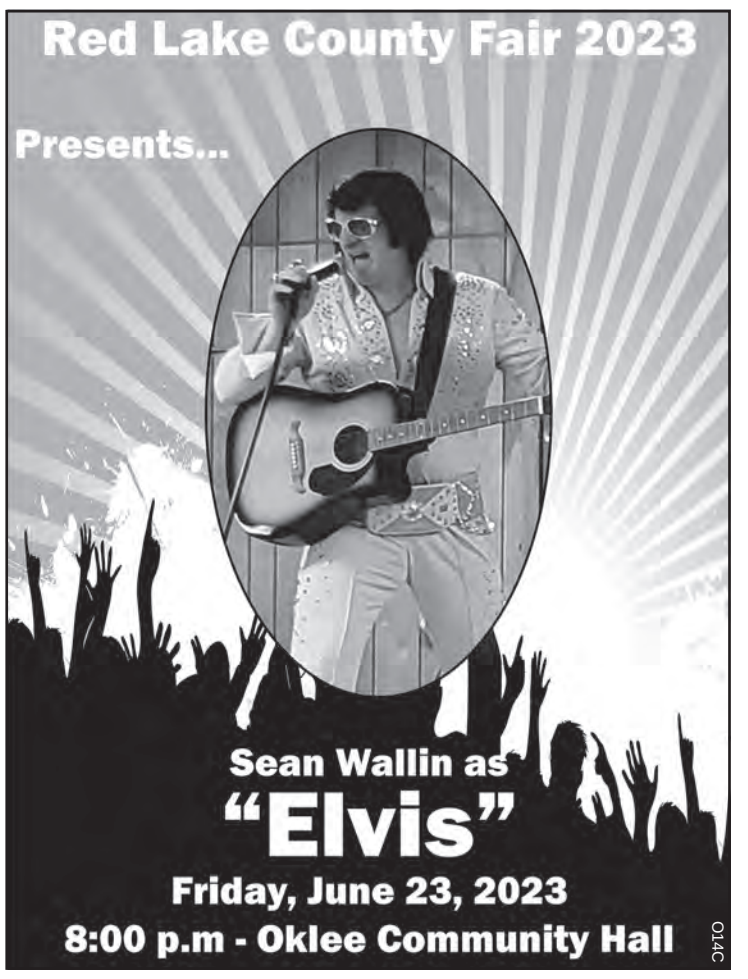
Look for sunglasses that protect against UVA and UVB rays, offering 99 to 100 percent protection (or UV400 rating). UVA rays harm central vision, while UVB rays can damage the front of the eye. Sunglasses should be worn when spending time outdoors. Sunglasses are available in all sizes, even for kids. Wraparound styles may protect the eyes and sides of the face.

Wearing a wide-brimmed hat also can protect the eyes by filtering harmful light. Select a hat with a broad, dark brim that shades the eyes and reduces glare, advises the National Eye Institute.

Consider the use of UV-blocking contact lenses. Some contact lenses offer UV protection, which can be an added precaution when used with sunglasses.

Another way to avoid UV eye risks is to stay away from tanning booths, mercury vapor lights and some types of halogen or fluorescent lights.

Speak with an eye professional about UV eye damage and other ways to mitigate risk.



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Bemidji Speedway Fathers Day "Memories of a Legend of Bemidji Speedway"

6/14/2023
By Dennis Peterson

For 18 year-old Nick Seitz of Bemidji the legend of his father is a story that he hears quite often. Nick's dad, John Seitz, started racing in 1992 buying his first car from another legend in Bemidji Speedway history Gordie Lancaster.

John Seitz quickly demonstrated his talent for the sport of stock car racing improving quickly winning many races. In 1993 he was named Rookie of the Year at Bemidji Speedway. Seitz won 15 features in 1996 and was the track champion, won 24 races in 97 and was named track champion at both Bemidji and Grand Rapids speedways. In 1998 John won 33 feature races and was crowned National Champion in the Super Stock class. In 1999 he purchased his first Late Model and won his first feature race in the class at Greenbush Raceway in 2000. In 2001 he was the NLRA Tour Champion and again was champion from 2003 through 2005. In 2003 he also won the prestigious Western 100. In total John Seitz won more than 150 feature races. In 1997 he was the Flagship National Champ and the Governor's Cup Champion at Dakota Speedway. But it wasn't just speed for John Seitz, he was also named Sportsman of the Year in 2001 at the River Cities Speedway in Grand Forks. Everyone loved John including his competitors. Sadly John passed away suddenly around friends and competitors when his son Nick was just two years old.

Nick Seitz holds a photo of his dad John next to Nicks #92 mod four. The photo is of John after a Super Stock win at Bemidji Speedway. Nick said, "Its one of my favorites.".

In 2023 John's son Nick had the familiar number 92 on the track for the first time in many years. Nick would begin his racing career in the Wissota Mod Four class. Now 18 years old and recent honor graduate from Bemidji High School, Nick is enjoying doing what his dad loved doing so much. Nick has simple goals at this time. "Become more consistent and string some good finishes together." He continued, "and in the long term win some races."

Nick has had some very special help in his pits by some of his dads former friends and competitors like Don Shaw, his brother Zach, Dave Tyrchiniewicz, brother Jay and Grandpa Wes, Skyler Smith and Josh Berg and his mom Amity. He thanks the Brian Feda family race team for all their help and encouragement and sponsorship by Feda Heating and Air, First Friends DayCare, Turk Enterprises, Shaw Trucking, NLB Painting and Drywall, S&S Transport, Realty Experts, Reed and Reed Well Drilling, Bemidji Marine, DNH Small Engine Repair and ATZ Spoilers. Nick also thanks teammate and fellow racer Jonathon Feda.

On this Father's Day weekend I think John would be very proud of his son Nick's accomplishments on and off the track.

Berger, Olson, Greseth and Caspers take Wissota Checkers at GRP

by Keith Cumming

A much cooler and breezy day was on tap as the Greenbush Race Park hosted the NLRA Wissota Late Models for the second time in three weeks.

Once again the NLRA Wissota Late Models had a good turnout with 19 cars ready to take the green. Mike Greseth and Brad Send would share the front row, as Seng lead the first lap. When they came out of corner two it would be Greseth out in front. Greseth and Seng ran first and second for most of the race with Dustin Strand running third. Seng would have to deal with Strand the second half of the race as Strand made several attempts to take over the number two spot, but Seng was able to hold him off until late in the race when Strand finally made the pass for the number two spot. Greseth picked up the win and sweep of the night, Strand finished second and Seng third. Brody Troftgruben and John Seng picked up the other heat wins.

Weston Ramsrud sat on the pole for the 11 car Wissota Street feature and was the early leader. Ramsrud lead the first six laps until Jerome Berger made the pass for the lead coming out of corner two, Jeremy Gust also got past Ramsrud to run second. Over the last half of the race, Gust made several attempts to pass Berger as the pair ran side by side on the backstretch several times but Berger was able to hold Gust off at the flagstand. Berger went on to pick up his first checkers of the year as Gust finished second and won his heat and John Halvorson finished third. Ramsrud picked up the other heat win.

The Wissota Midwest Modified feature lined up 15 strong for their feature with Cory Peterson and Alex Johnson sharing the front row. It would be Alex Johnson out in front early, Johnson lost the lead to Justin Olson coming out of corner four. Four cautions over the last half of the race kept everyone close, and on the restart of one of those cautions, Aaron Blacklance passed about three cars in corner two to run second. When the checkers flew Olson was able to hold off Blacklance to get his second win in three weeks and a sweep of the night. Blacklance finished second and won his heat and Taylor Jacobson was third. Johnson picked up the other heat win.

The eight car Wissota Pure Stock feature was lead to the green by polesitter Dusty Caspers. Caspers was out to the early lead and for most of this race Josh Berg chased Caspers. The pair were never more than a couple of car lengths apart running nose to tail for several laps. In the end Caspers would pick up his first win of the year and a sweep of the night. Berg finished second and Jake Smith was third.

The 10 car 4 Cylinder feature had two cautions before getting in a full lap, on the third try they ran 15 laps caution free. Shannon George lead the final 10 laps picking up his second win of the year. Kalin Honer was second and Justin Honer was third. Heat wins went to Waylon Current and Justin Honer.

There is NO RACING at the Race Park on June 17th. We will return to racing on the 24th as the Rebel Midwest Modified tour comes to town. Joining the Midwest Mods will be the Modifieds, Pure Stocks, MinnKota Lightning Sprints, and the Wissota Hornets. Pit gates open at 4:30, grandstands at 5:30, cutoff for the draw is at 6pm with racing getting under way at 7pm sharp. For more info, check us out on the web at http://www.greenbushracepark.com, or follow us on Facebook at Official Greenbush Race Park.

2023 NW Diamond Conference Baseball Awards

All Conference Team			Honorable Mentions		
Austin McCraven	Ada-Borup-West	10	Baron Odden	Ada-Borup-West	11
Cameron Spaeth	Ada-Borup-West	11	Taylor Davy	BGMR	10
Gabe Warne	BGMR	12	Caleb Sather	Fertile-Beltrami	9
Bryer Strem	Fertile-Beltrami	9	Zach Theis	Fosston	12
Easton Petry	Fertile-Beltrami	10	Hudson Boushee	Fosston	11
Tommy Simonson	Fosston	12	Ian Jacobson	NCE/UH	10
Brecken Levin	Fosston	12	Cade Knutsen	Northern Freeze	11
Carsen Boushee	Fosston	12	Straet Spilde	Northern Freeze	10
Cullen Norland	Fosston	12	Carson Erickson	Red Lake County	12
Chisum Schmiedeberg	Kittson Cty Central	12	Josiah Sundby	Sacred Heart	11
Reed Klemetson	NCE/UH	12	Aiden Anderson	West Marshall	12
Drew Jacobson	NCE/UH	12	Jackson Kekke	West Marshall	12
Aidan Flaten	NCE/UH	11			
Caleb Bray	Northern Freeze	12			
Pacey Struthers	Red Lake County	12			
Brock Seeger	Red Lake County	10			
Ethan Arntson	Sacred Heart	12			
Parker Erickson	Sacred Heart	10			
David Larson	Sacred Heart	10			
Jackson Woinarowicz	West Marshall	12			
Demetrius Oberg	West Marshall	12			
Will McGlynn	West Marshall	12			
Braylon Hamre	Win-E-Mac	10			
Bergen Howard	Win-E-Mac	10			

Conference MVP - Ethan Arntson (Sacred Heart)
Offensive Player of the Year - Demetrius Oberg (West Marshall)
Pitcher of the Year - Parker Erickson (Sacred Heart)
Coach of the Year - Ryan Hanlon (Fosston)
Conference Champion - Fosston

Bemidji Speedway "Wissota Late Model Special"

6/18/2023
By Dennis Peterson

For Nathan and Blake Higginbotham it was a dream come true on Sunday night at Bemidji Speedway. Their late father Mark had long dreamed of his sons driving Late Models. In fact, according to Nathan his dad once said, "he would love to have a late model in the garage just to look at and start up once in a while." Sunday night sponsored by the "Higginbothams Directional Drilling and Trucking" the late models made the return to Bemidji Speedway with both Nathan and Blake driving the familiar #57 late models in the race.

The skies were gloomy and the possibility of rain was in the air but as the opening national anthem played the skies cleared and the fans came in large numbers to once again fill the grandstand ready for an exciting day of racing.

Next week is KIDS NIGHT at the track with all kids 12 and under getting free admission. During intermission everyone can go on track to meet the drivers and pick up photos and treats.

Wissota Pure Stock Feature:

A total of 15 Wissota Pure Stocks were led on track for the initial feature of the night led by Brian Karl on the pole and Joshua Bitker outside. Bitker took the lead with Justin Barsness, Austin Carlson, Bonnie Farrington and Kade Leeper in the top five. Barsness and Carlson raced side by side for second with Barsness up high and Carlson low. Down the back straight Barsness powered to the lead and raced to the win. Austin Carlson was second followed by Leeper, Josh Berg and Bitker.

Bemidji Mini Stocks Feature:

Thirteen Mini Stocks were up next with Hayden Engen and Justin Honer up front. Engen grabbed the lead followed by Honer, Kalin Honer, Shannon George and Ashton Schwinn. A wild series of cautions slowed the action but did not slow down Engen as the young driver held off many challenges and picked up his first win to a standing and cheering crowd. Conrad Schwinn was second with Kalin Honer, Cory Nelson, and Jason Hunter in the top five.

Wissota Late Models Feature:

After a 15 year wait the mighty Wissota Late Models were back on track with Danny Vang on the pole and Don Shaw to his right. Following a three wide salute to the fans the race went green with Vang in the lead followed by Shaw, Matt Sparby, Jeff Provinzino and Roger Paolo. A couple of caution created restarts which Vang controlled holding his position out front until the red flag stopped the race as Paolo's #13 flew over the top of turn one. Bemidji Fire dept. personnel checked on Paolo who was ok and racing resumed with Vang out front followed by Shaw, Dave Maas, Provinzino and Nathan Higginbotham. Vang took the checkers and drove to Victory Lane where he was joined by Shaw and Maas to pick up his $1,250.00 check.

Wissota Hornet Feature:

The buzz of hornets was next....Wissota Hornets. Led by Mateja Dreyer and Malachi Albrecht up front. Albrecht took the early lead with Carter Matthews moving up to second followed by Dylan Black who slowly faded to sixth moving Travis Olafson into third racing on the high side of the track. Olafson continued up high passing Albrecht for second. Matthews lead could not be caught as he cruised to the win in the flag to flag race. Olafson, Justin Barsness, Chad Reller and Cejay LaValley took top five honors.

Wissota Midwest Modified Feature:

13 Wissota Midwest Modifieds for 15 laps. The B Mods were led by Travis Klein on the pole and Tucker Jacobson outside. Down the back straight Jacobson took the lead with Brandon Bahr, Gary James Nelson and Klein chasing. Nelson raced up high and then down low door to door with Bahr and terrific three wide race developed with Jacobson, Bahr and Nelson. Nelson raced inside in turn two and took second. Late in the race he once again drove high and into the lead with Jacobson, Bahr and Joey LaValley following. That was how they finished in an exciting race that had the fans on their feet.

Wissota Super Stocks Feature:

As the bright orange sun set over turn four the final race of the night, the Wissota Super stocks were led on track by pole sitter Nic Lewis with Kevin Salin to his right. Salin took the lead with Lewis, Dalton Carlson and Doug Koski trailing. Lewis faded back to sixth and Garrett Masurka raced up into second behind the leader. Koski rallied into third ahead of Carlson. But, lurking in the middle of the pack from his fourth row start was Dexton Koch. Koch was on the move weaving through the traffic into contention racing on the high side by his competitors. Koch picked up the win with Koski, Salin, Jack Koranda, and Matt Sparby finishing in the top five ending a fantastic night of racing at Bemidji Speedway.

Pure Stock Feature Winner - Justin Barsness.

Mini Stock Winner - Hayden Engen.

Top 3 Late Model Winners (Left to Right) 3rd place Dave Mass, 1st place Danny Vang, 2nd place - Don Shaw.

Late Model Winner - Danny Vang.

Hornet Winner - Carter Matthews.

Midwest Modified Winner - Gary James Nelson.

Super Stock Winner - Dexton Koch.