



Tri County Canary

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

Swing Bed Care at RiverView Health Helps Patients Feel at Home, Close to Home

Crookston – Did you know that hospital patients who no longer need acute care but are not quite ready to go home can stay at RiverView Health in swing bed care?

Swing bed is a level of care available to Medicare beneficiaries and some patients with private insurance that is considered a step down from acute care, shared Jeana Lundeen, RN, Transition Care coordinator at RiverView. Swing bed care is equivalent to the same level of care available at skilled nursing facilities.

During a swing bed stay, staff help patients achieve their optimum level of function and self-care. The goal is to help the patient return to their home independently or with the help of other community resources such as Home Care.

Little Things Add Up
Pat Grothe, Crookston, qualified for swing bed status after falling on Dec. 10 and breaking her fibula above the knee and her tibia above the ankle. While unable to have surgery at RiverView, she reported that she made it known she wanted to go to RiverView for aftercare.

“RiverView is like a resort compared to some of the other facilities,” she laughed. “The staff at RiverView do everything they humanly can to make your stay as comfortable as possible.

“The atmosphere is just different at RiverView. At other places, it seems employees just do their job and only their job. RiverView isn’t like that. It feels like everyone likes their job and they enjoy helping you.”

Grothe spent almost a month at RiverView before going home on Jan. 11. Her RiverView stay included occupational therapy and daily physical therapy, even weekends, which she credits for helping her in her recovery. She also appreciated weekly meetings with her care team to go over goals and what she needed to do to reach her ultimate goal of going home. “The meetings assured me that we were all working towards the same thing.”

As a swing bed patient, Grothe had more opportunities than patients receiving acute care, including visiting RiverView’s Limited Addition Gift Shop. Before Christmas, one of the nurses took her to the shop where she purchased gifts for stocking stuffers. After shopping, the nurse even helped her wrap the goodies.

Patients in swing bed care are also allowed to leave for appointments, holidays, and various other events. Grothe decided to go home for the afternoon of Christmas Day to spend time with family before returning to RiverView that evening.

There were so many “extras” Grothe recounted about her stay at RiverView. The many staff members who stopped by her room to say goodbye be-

fore she left warmed her heart, including a member of the kitchen staff who visited her room simply to tell her it had been a pleasure to serve her. She enjoyed the jigsaw puzzle the nurses gave her when they heard she was a puzzle fan. The challenge of it kept her busy until she completed it two weeks after returning home.

“The little things just blew my mind,” she reported. “No one ever left my room without asking if there was anything they could do for me or if I needed anything - the entire staff. If an RN was walking by and I said I needed more water, she didn’t send an aide to do it; she brought it to me herself. I was totally amazed.”

Another part of receiving care close to home for Grothe was having many visitors, including one of her great-nieces and a friend who brought over homemade get-well cards made by the girls and some of their other friends. She also enjoyed a visit by a few members of the Crookston Pirate’s Girls Basketball Team before a Saturday game. A big fan who never missed a game until her fall, Grothe, who is still in a boot, looks forward to returning to games.

In the meantime, she continues physical therapy once a week at home, this time working with a member of RiverView’s Home Care Team. Her swing bed experience behind her, she looks back with nothing but praise.

“RiverView has a really outstanding facility, but a nice facility only goes so far if you

don’t have the culture and the people that buy into it,” Grothe stated. “RiverView is special. The staff at RiverView are just the best; they made my recovery so much easier than it could’ve been.”

Smooth Transition in Care

Lundeen said the average swing bed stay at RiverView is 30 days or less, much like Grothe’s stay. Besides therapy, other examples of qualifying needs include required IV antibiotics and daily skilled wound care.

“We typically try to keep a minimum census of three patients in swing bed up to five if needed or capacity allows,” Lundeen reported. “We often see our own surgical or medical patients that meet criteria, transition to swing bed, and will usually be able to stay in the same room with the same nurses and therapists during their stay.”

For patients transferring from acute care to swing bed status, nursing care, administration of medications, meals delivered to the room, cleaning, maintenance, and laundry services are unchanged. The most significant difference is that patients can lead a more relaxed lifestyle with fewer physician visits, lab tests, nursing assessments and vitals, and care conferences.

Besides being allowed to wear their own clothes, leave the building for other events, and visit the gift shop, River-

Swing Bed..
Continued on page 2



Madilyn Bruggeman (left) and Brooklyn Waldal stopped in to visit Grothe before one of their basketball games in Crookston. Grothe is a great fan and looks forward to getting back to games.

“Spring Forward” as Daylight Saving Time 2024 begins



It’s that time once again to “Spring Forward” as Daylight Saving Time begins. Officially the changeover occurs at 2:00 am Sunday, March 10, 2024, and will end 2:00 am Sunday, November 3, 2024.

Records show that the phrase “spring forward, fall back” has been in use at least as far back as the early 20th

century, according to timeanddate.com. Daylight Saving Time is now used in over 70 countries worldwide and affects over 1 billion people every year.

In the U.S., Daylight Saving Time – or “fast time”, as it was called then – was first introduced in 1918 when President Woodrow Wilson signed it into

law to support the war effort during World War I.

For modern times timeanddate.com notes, “In the United States, DST caused widespread confusion from 1945 to 1966 for trains, buses, and the broadcasting industry because states and localities were free to choose when and if they would observe DST. Congress decided to end the confusion and establish the Uniform Time Act of 1966 that stated DST would begin on the last Sunday of April and end on the last Sunday of October. However, states still had the ability to be exempt from DST by passing a local ordinance.

On Monday, August 8, 2005, President Bush signed into law a broad energy bill that extended Daylight Saving Time by four weeks beginning in 2007. As a result, Daylight Saving Time now begins three weeks earlier on the second Sunday in March and ends on the first Sunday in November.



Marshall and Rochelle taking in the beauty!

Vacation to the Grand Canyon

By Eric Mickelson

Over President’s weekend my wife and I, along with our son, Marshall, and daughter-in-law Rochelle were able to head to Arizona. My son, Nickolas, daughter-in-law Nicole, and grandchildren Archer and Juniper are currently living in Arizona while she completes her travel nursing contract. Most winters it would really be nice to escape to Arizona, but even during a mild winter it was a great treat!

We flew into Phoenix and had lunch with my aunt Gloria and uncle Dave Melby. We even picked some oranges from their tree to take with us on the rest of our vacation. We then headed north to the Sedona area, where we were staying! What fun to gather with family and in 60 degree plus temperatures (during the day)! Patty and I and the grandkids also took a little side trip to visit friends Bruce and Renae Bjerklie to winter in Camp Verde. I could go on and on about the family fun we had playing with grandchildren and so on.....but I don’t want to bore you!

One of our excursions was to go to the Grand Canyon. The north rim is closed but we were coming from the south so of course the south rim was open and closer anyway. What a spectacular sight! We hiked to several lookouts and took in the beautiful views and acted like tourists taking more pictures that we needed! I even worked on my “selfie” taking ability! No trip to a place like the Grand Canyon would be complete without a stop at the gift shop! We collect refrigerator magnets when we go to such a place and I am a T-shirt guy so we loaded up on a few of our usual souvenirs and of course a few for the grandkids and we were back on the road.

When you visit a place for

the first time it is fun to do a little research so I found a few interesting fact to share!

1. Grand Canyon National Park was the second most visited Nation Park in 2023. The most visited park was Smokie Mountain National Park.

2. The Hope tribe has great spiritual ties to the Grand Canyon. It is considered a gateway to afterlife.

3. Temperature depends on elevation. The temperature can vary up to 25 degrees or so depending on where you are in the park. Summers can be extremely hot and winters cold with snow.

4. There are fossils but not from dinosaurs! There are many marine fossils but no dinosaurs, why? The canyon was formed long before dinosaurs walked the earth!

5. We luckily didn’t see any.....but the Grand Canyon is home to 6 different species of venomous snakes!

6. Without many vehicles or buildings the air in the Grand Canyon is some of the cleanest in the country!



Selfie Practice!

Veterans exposed to toxins and other hazards during military service will be eligible for VA health care beginning March 5

At the direction of President Biden, VA is expanding health care eligibility to millions of Veterans — including all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, or any other combat zone after 9/11 — years earlier than called for by the PACT Act

WASHINGTON — Today, VA announced that all Veterans who were exposed to toxins and other hazards while serving in the military — at home or abroad — will be eligible to enroll directly in VA health

care beginning March 5, 2024. This means that all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11 will be eligible to enroll directly in VA health care without first applying for VA benefits. Additionally, Veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the United States will also be eligible to enroll.

As directed by President

7. There is a town located at the bottom of the canyon. Supai Village, with a population of 208, is located at the base of the canyon and looks like an oasis. It’s part of the Havasupai Indian Reservation and you must have a permit to visit.

8. The north rim and south rim are not too close to each other. To travel from the north rim visitor center to the south rim visitor center is a 4 hour trip!

9. You can rent a pack mule to hike to the bottom of the canyon. Not only is it a cool experience but can save you a lot of energy!

10. Grand Canyon National Park is bigger than the whole state of Rhode Island. The Park is about 1900 square miles whereas Rhode Island is about 1200 square miles.

We just spent a day but I would still pass on the recommendation that it is a beautiful place to visit, so if you are in northern Arizona to what tourists do and head to the Grand Canyon!

Biden, this expansion of VA health care eliminates the phased-in approach called for by the PACT Act — meaning that millions of Veterans are becoming eligible for VA health care up to eight years earlier than written into law. This is a critical step forward because Veterans who are enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans,

Veterans...
Continued on page 4

King Town Farmers Mutual Insurance Company

Annual Meeting Notice

Wednesday, March 13th, 2024 at 11:00 a.m.
Community Center – McIntosh, MN

The purpose of the meeting is:

1. Present the annual report
2. Elect members to the Board of Directors
3. Transact other business that may come before the meeting

A short program on fire prevention will be presented.
There will be drawings for cash and prizes.

LUNCH WILL BE SERVED FOLLOWING THE MEETING!

Sarah Roed, Secretary/Treasurer

M50-51C

Polk County Sheriff

Person of Interest – Burglary Reports UPDATE

The Polk County Sheriff's Office would like to thank the public for the numerous tips and information received after sending out the previous press release concerning the person of interest. Because of the information received as well as working with the Red Lake County Sheriff's Office, Marshall County Sheriff's Office, Pennington County Sheriff's Office, Clearwater County Sheriff's Office and Pine to Prairie Task Force, the person in the photograph was identified.

On March 1st, 2024 the Polk County Sheriff's Office, Pennington County Sheriff's Office, Red Lake County Sheriff's Office, Marshall County Sheriff's Office and Pine to Prairie Task Force executed a search warrant at 12675 390th



Ave NE in rural Goodridge. As a result of the search warrant multiple stolen firearms were recovered. The Polk County Sheriff's Office arrested 64 year old Dennis Obert Hovet of Goodridge for charges related to burglary and theft.

This case will remain under investigation as not all of the stolen firearms were recovered. Anyone with information related to this case is asked to contact the Polk County Sheriff's Office at 218-431-1218.

No further information will be released at this time.



Lengby Fosston KnightRiders Snowmobile Club

Due to unsafe ice conditions we have reached a decision to cancel the 2024 Spring Shoot-out.

SPRING WAKE-UP GARDEN WORKSHOP

SAT., MARCH 16
1:00 - 3:30 PM

Featuring

- Favorite interesting plants for 2024
- Growing gladiolus
- Companion planting
- Vertical gardening

Kids activities available. No charge. Refreshments provided. Hosted by the Shevlin Garden Club.

WES WESTRUM GYM
AT OLD SCHOOL
(CLEARBROOK, MN)

R51C

Passport photos
CALL TO MAKE AN
APPOINTMENT
218-487-5225

NORTH COUNTRY HEALTH NUGGETS (Clearwater, Hubbard and Lake of the Woods Counties)

National Sleep Awareness Week-March 10-16

There's a BIG connection between sleep and emotional well-being!

Sleep is a critical part of your overall health. And the quality and quantity of your sleep are deeply connected to your mental and emotional well-being.

During sleep, the body and mind go through various restorative processes, including repairing and rejuvenating cells, consolidating memories, processing emotions, and cleansing toxins from the brain. Good sleep can help you regulate your emotions better as well as improve cognitive skills like learning and attention. When we sleep well, we are recharged and ready to face the day. Following good sleep, we tend to cope better, process information in a more balanced fashion, and

have a brighter outlook on life. Taking small steps each day and night can make a big difference in your sleep health. Practice these steps that are linked to both good sleep and mental health.

• Light

Spend time in bright light during the day, natural light, or equivalent brightness. Get a healthy amount of exposure to bright light during the morning.

• Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.

• Mealtimes

Eat your meals at consistent times day after day.

• Avoid

Things to stay away from before bedtime include heavy meals, nicotine, caffeine, and alcohol.

• Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hours for most adults, with the same sleep and wake times).

• Environment

Put your devices away an hour before bed and sleep in a quiet, cool, dark environment.

National Sleep Foundation
February, 2024

Submitted by: North Country Community Health Services (Clearwater, Hubbard and Lake of the Woods Public Health)



NCCHS
NORTH COUNTRY COMMUNITY HEALTH SERVICES
CLEARWATER • HUBBARD • LAKE OF THE WOODS



BRING YOUR PROJECT TO LIFE.

SPRINGTIME IS COMING!
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UNITED LUTHERAN NALC Bernier/Gonvick

7 1/2 miles north of Gonvick on County Rd 7

POTATO KLUB SUPPER



March 16, 2024
4:30 p.m. to 7:00 p.m.

Freewill
Offering

With Fresh Side Pork
Eleanors Onion Gravy • Bars

R51C

DINING & entertainment

BINGO

Starting at 60# Progressive
Blackout 6pm,
March 9th, 2024

License: #32290-001

WING NIGHT WEDNESDAY

Fri. & Sat., March 8th & 9th, 2024 - Prime Rib

SHORTY'S PLACE, 263-4199

BAR BINGO!
AND PADDLE WHEEL
TUESDAY, MARCH 12TH, 2024 - 6:30 PM
54#S AT \$1,000 UP TO \$1,000 MAXIMUM

SPONSORED BY:
The Mentor Firefighters
Relief Association
Lawful gambling license
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CAROL'S COZY BAR & GRILL
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Find us on: facebook. **UNDER CAROL'S COZY**
Call in OR Check Facebook for specials!

Friday, Saturday & Sunday
March 8th, 9th, & 10th, 2024
Steak & Shrimp, BBQ Ribs,
Broasted Chicken, Ribs &
Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye

POTATO KLUB on Thursday, March 21st 11 AM until gone

New selection of hoodies for sale!
Kitchen Hours 8am-9pm Mon.-Sat. & 11am-9pm SUN.

Coming St. Patrick's Weekend
★ Saturday, March 16th
Honky Tonk Troubadours
7:00 to 11:00 p.m.
★ Sunday, March 17th
Jake Bastyr Band
3:00 to 7:00 p.m.

WHAT'S HAPPENING AT LITTLE BOBBY'S
295 Cleveland Ave, McIntosh, MN • 218-563-3008

CELEBRATE ST. PATRICK'S DAY
Friday, March 15th and Saturday, March 16th at Little Bobby's.

HAPPY ST. PATRICK'S DAY

Food Specials Served all Day Including
Corned Beef and Cabbage ★ Special Music
both Friday and Saturday ★ Enjoy the Variety
of their Music with Friends and Good Food.

WALLEYE FISH FRY
Saturday, March 9th, 2024
Serving 5:00-7:00 pm
Walleye pike the way you like them!!
We will deliver to Gonvick City residents.
Call 487-5214

GONVICK AMERICAN LEGION

ensure the community can keep its hospital.

For more information on swing bed care at RiverView Health, call Lundeen at 281.9274.

Definition of Swing Bed Care: A swing bed is a change in reimbursement status. As a payment model, a Critical Access Hospital can use its beds

interchangeably for either acute care or post-acute care. The reimbursement "swings" from billing for acute care services to billing for post-acute skilled nursing services, despite the fact that the patient usually stays in the same bed in the same physical location. -Centers for Medicare and Medicaid Services

Polk County Sheriff

Structure Fire

On 2/28/2024, the Polk County Sheriff's Office responded to a report of a residential structure fire in Section 2 of Tynsid Township in rural Fisher.

The fire is believed to have originated with a wood stove located in a shed that was part of an attached garage. When deputies arrived, the garage was fully engulfed, and the fire had begun spreading to the attached house. The responding fire departments were able to extinguish the fire before it fully spread to the house. The garage was a complete loss; however, damage to the house was limited.

The house was occupied at the time of the fire; however all of the occupants were able to exit safely and no injuries were reported.

Additional responding agencies included the Minnesota State Patrol, East Grand Forks Fire Department, Fisher Fire Department, Crookston Fire Department and Crookston Area Ambulance. The Minnesota State Fire Marshal was notified.

No further information will be released.

Swing Bed..

Continued on page 2

View also houses Holte's Café on the main level, where patients can meet with family and friends for coffee or a bite to eat, or if the patient wants some quiet time, they also have access to RiverView's meditation room. Built in 2020, the facility offers state-of-the-art technology, professional design, and artwork by local artists throughout the building. Each patient room has a bathroom with a shower.

"RiverView is honored to have patients continue their stay in swing bed care or to welcome those who come from other facilities," Lundeen concluded.

Benefit to RiverView, Community

The swing bed program was designed in the late 1970s by a Utah physician to offer rural patients the chance to be closer to home and make better use of small hospitals across the country.

For RiverView, having a swing bed census ensures beds remain filled, and staff utilized. It allows staff to learn and manage skilled medical procedures in a stable environment they wouldn't usually see in a critical access hospital setting. It also brings in people from larger cities who may have yet to learn of the services available at RiverView.

The income generated by swing bed services helps RiverView's bottom line and helps



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EQUAL HOUSING OPPORTUNITY

CLASSIFIED ADS

COOK WANTED

The Clearbrook-Gonvick School has an opening for a full-time kitchen cook or 2 part-time kitchen cooks. Must enjoy working with kids, be able to work in a standing position for a period of time, and pass a ServeSafe food safety course.

All positions include the following benefits: PERA retirement plan, paid holidays, sick time, and personal time. Wage range is \$15.27-\$17.36 per hour dependent on years of previous experience. Must be able to pass a background check. Applications can be found on our school website or call Melissa Weems at 218-776-3112 Ext. 105 with any questions or to have an application emailed to you.



Please submit application, resume, and letter of interest to:
Melissa Weems, HR
16770 Clearwater Lake Rd
Clearbrook, MN 56634
mweems@clearbrook-gonvick.k12.mn.us

Campground Attendant

Clearwater County Long Lake Park and Campground (5 miles west of Itasca State Park on Hwy 200) is accepting applications for seasonal park attendants. Applicants must have strong communication and customer service skills, experience in operating cash registers, and computer skills. Previous retail experience helpful. Some cleaning and outside work included with position.

Contact:
Clearwater County Land Department/Kim Christenson
213 Main Ave N,
Bagley, MN 56621
(218) 694-6227

TELLER/CUSTOMER SERVICE

Ideal candidate must be team oriented and dedicated to providing exceptional customer service in an accurate and timely manner.

Must be highly efficient, computer proficient, and able to multi-task. Cash handling experience preferred. Full-time position at Bagley branch, the hours are daily including up to two Saturday mornings/mo. Please pick-up application at Bagley location or send a letter and resume to First National Bank, Attn: Sue VanMill, PO Box N, Bagley, MN 56621.

First National Bank, Bagley, MN is an Equal Opportunity Employer of women, minorities, protected veterans, and individuals with disabilities.

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AIS TECH - TEMP/SEASONAL - POLK COUNTY, MN

Polk County Environmental Services has an opening for up to three (3) temporary AIS Tech positions, working at public water access sites doing watercraft monitoring and education on Aquatic Invasive Species as well as assisting the department with other AIS projects. Eligible candidates will either be enrolled or seeking enrollment in a related post-secondary degree program or have a Bachelor's Degree in natural resources, biology, environmental science or a related field. Polk County will work with the candidate and college to accommodate internship credits if needed for a post-secondary degree program. A valid driver's license is required. Wages for this position start at \$18.29/hour. Interested individuals may contact the Polk County Environmental Services Office at 218-281-5700 or go online to <http://www.co.polk.mn.us> to view this job description and application. Please mail or drop of your completed application and resume to Polk County Environmental Services, 320 Ingersoll Ave PO BOX 375, Crookston, MN, 56716 or email them to environmental.svs@co.polk.mn.us. Applications for this position will be received until the positions are filled.

ART TEACHER NEEDED

Clearbrook-Gonvick School District has an immediate open position for an Art Teacher. This is a full-time, grades 7-12 position and would be available for the remainder of the 2023-2024 school year, as well as for the 2024-2025 school year.

A MN Teaching License in Visual Arts is required for this position. Individuals with other licensure in lieu of Visual Arts, and those who are interested in extra-curricular or coaching activities are encouraged to apply. Position is open until filled.

Please submit letter of interest, resume, credentials, and three references to:



Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Attn: Melissa Weems, HR
Phone: 218-776-3112 Ext. 105
Or email the materials to:
mweems@clearbrook-gonvick.k12.mn.us
Clearbrook-Gonvick School District ISD #2311 is an equal opportunity employer.

ASSISTANT COOK POSITION

Red Lake County Central High School in Oklee, MN has a full-time Assistant Cook position open immediately. Starting wage is \$15.75 or negotiable per experience. Applicants must hold, or be eligible to acquire the required Food Protection Manager Certifications.

Applicants interested in the position, should submit their completed application and any current food service credentials to:

Mr. Randall Pederson, Principal
Red Lake County Central High School
PO Box 100
Oklee, MN 56742
218-796-5136
Applications will be accepted until the position is filled. Application forms are available at www.rlcc2906.org
ISD #2906 is an equal opportunity employer.

Clearwater County Deputy Auditor-Treasurer

Applications are being accepted for a Deputy Auditor-Treasurer position, under the general supervision of the Clearwater County Auditor-Treasurer. This position is assisting with maintenance of department accounting functions, processing accounts payable, receipting monies, entering and maintaining county budgets, reconciling and balancing accounts. Responsible for processing land tax forfeitures, assists with payroll, tax collection and the entering of special assessments, issuance of passports and administrating election procedures.

Desired education requirements are an Associate Degree in accounting, business, finance or related field or a minimum of three years' experience in accounting of governmental accounting procedures and practices. Must be proficient in computer skills and willing to learn various software applications.

Salary Range is \$21.25-27.69 with full benefits.

Applications may be obtained from the Clearwater County Service Center located on the 2nd floor of the Clearwater County Courthouse or on the website at www.co.clearwater.mn.us.

Applications can be returned to Allen Paulson, Clearwater County Auditor-Treasurer's Office, 213 Main Ave N, Bagley MN, 56621. This position is open until filled.

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III - Recorder's Office (TPSC):

\$19.20 - \$24.33/hr. Position
Closes on March 6, 2024, at 4:30 p.m.

Registered Nurse (Assessment Care Coordination) - Public Health:

\$31.83 - \$34.75/hr. Position
Closes on March 6, 2024, at 4:30 p.m.

Accounting Officer - Finance:

\$28.60 - \$36.23/hr. Position
Closes on March 13, 2024, at 4:30 p.m.

Nurse Practitioner - Public Health:

\$40.18 - \$50.90/hr. Position
Closes on March 20, 2024, at 4:30 p.m.

Deputy Patrol:

\$30.03 - \$38.04/hr. Position
Closes March 20, 2024, at 4:30 p.m.

Transfer Station Operator - Environmental Services:

\$23.09 - \$29.24/hr. Position Is Open Until Filled

Public Safety Telecommunicator - Sheriff's Office:

\$25.69 - \$32.55/hr. Position Is Open Until Filled

Environmental Technician - Environmental Services:

\$25.69 - \$32.55/hr. Position Is Open Until Filled

Assistant County Attorney I:

\$40.18 - \$50.90/hr. Position Is Open Until Filled

Custodian I:

\$19.20 - \$24.33/hr. Position Is Open Until Filled

Mechanical Maintenance Technician I - Fosston:

\$26.49 - \$32.55/hr. Position Is Open Until Filled

Sort Line Operator I or II - Fosston:

\$19.99 - \$24.33/hr. Position Is Open Until Filled

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

COACHING POSITIONS

Clearbrook-Gonvick School has the following Coaching Positions available:

Assistant Track Coach for the upcoming 2023-2024 season beginning on March 18th. Requirements of the position include being present for all practices and track meets, teaching the fundamentals of running, and being a positive role model for our athletes. Must be able to pass a background check.

Junior High Baseball Coach for the upcoming 2023-2024 season beginning on March 18th. Requirements of the position include being present for all practices and games, teaching the fundamentals of baseball to junior high athletes, and being a positive role model. Must be able to pass a background check.

Head Coach Varsity Volleyball for the 2024-2025 season beginning fall of 2024. Requirements of the position include being present for all games and practices, have a strong background in coaching and/or playing volleyball, and being a positive role model to athletes. Must be able to pass a background check.

Applicants should submit a letter of interest and resume to:

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

HOUSEKEEPER WANTED

Looking for someone to do light housekeeping one day a week in Oklee. Call 651-357-8130 for more information.

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

NOW HIRING CNA or PCA

Looking for dependable people with a compassion for the elderly!

**Flexible Scheduling!
Every Other Weekend Off!**

\$18.00 per hour starting for overnights

(Wage is negotiable depending upon experience and current CNA)

\$23.00 per hour or more on weekends!

Overnight Shift: 11:30p-8:00a

PM Shift: 3:30p-11:30p

AM Shift 7:00a-3:30p

APPLY TODAY ONLINE!

<https://form.jotform.com/210545928415154>

Or scan this QR code below:



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A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE OF BAGLEY -
30 SUNSET AVE, BAGLEY - 218-694-2701

CURRENT JOB OPENINGS

Clearbrook-Gonvick School District has the following Teaching positions available for the 2024-2025 school year:

Band Teacher- This is a full-time position teaching grades 5-12. Courses currently include Concert Band, Symphonic Band, and Elementary Band. Course offerings are flexible based upon a candidate's interest and experience. A MN Instrumental and Classroom Music license is required for this position.

Special Education Teacher- This is a full-time, Grades 1-6 position. A MN Special Education Teaching License is required for this position. Preference will be given to applicants with additional licensure in special education areas including EBD, LD, ASD, or DCD.

Early Childhood Special Education Teacher- This is a full time position working with Pre-K and Kindergarten Special Education students. A MN Early Childhood Special Education license is required for this position.

Applicants with alternate licensure and those interested in extra-curricular activities are encouraged to apply for these positions.



Please submit letter of interest, resume, credentials, and three references to:
Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Attn: Melissa Weems, HR
Phone: 218-776-3112 Ext 105
Or email the materials to:
mweems@clearbrook-gonvick.k12.mn.us
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**AD DEADLINE
5:00 PM FRIDAY!**

CLEARWATER COUNTY PART-TIME EMERGENCY MANAGEMENT DIRECTOR

Clearwater County will be taking applications for a Part-time Emergency Management Director.

Salary Range: 24.62-32.20

Qualifications: Flexible hours up to 20 hours a week. May be periodically required to work evening and weekends and to respond to emergency management situation outside of normal working hours.

Associate degree in emergency management or related area and three years of relevant work experience. Must possess a valid Minnesota driver's license. Must successfully complete a background check. Demonstrate a strong ability to coordinate and effectively communicate under stressful or extreme circumstances. Strong analytical skills and demonstrate ability to solve unstructured problems and effectively overcome obstacles.

Responsibilities: Responsible for planning, developing, implementing and manage all aspects of Clearwater County's Emergency Preparedness Program. Coordinate all operational activities and planning for emergency support functions. Ensure that Clearwater County is meeting all regulatory requirements for emergency preparedness. Assess needs on an ongoing basis and develop an action plan to fulfill define needs. Manage and coordinate the County's response to emergencies and natural disasters in accordance with the county's emergency operations plan. Coordinates the effort of Emergency Operations Center during a disaster collaborating with county, regional, state and national efforts to mitigate disaster effects. Administers the emergency management software systems. Ability to communicate effectively, orally and in writing, and have a strong positive public relations skill. Ability to maintain effective working relationships with outside and inside contacts to carry out organizational programs. Develop, conduct and evaluate disaster training exercise. Provide public information and news releases including maintaining social media. A full job description and applications can be pick-up at the Clearwater County Auditor-Treasurer's Office or on line at www.co.clearwater.mn.us. Applications will be received until position is filled.



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DIRECTOR OF TEACHING AND LEARNING

New London-Spicer Schools. Administrative license preferred. Deadline: March 1. For more information, see: www.nls.k12.mn.us/employment

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MARSHALL COUNTY, MINNESOTA

LAND AUCTION

Opens: Tuesday, March 5 | 8AM
Closes: Tuesday, March 12 | 10AM CDT 2024

640± Acres

Auctioneer's Note: This is an excellent opportunity to add a section of farmland to your land holdings! The farm will be sold in 4 tracts, and is available to farm for the 2024 growing season. The section is adjoined by good roads on the north and west end being located 4 miles north of Viking, MN along the blacktop. This farm features highly productive loam soil with great soil ratings. Adding to its appeal, 200lb per acre of potash/11-52-0 was applied and chisel plowed in fall of 2023. Please note, the deer stands located on tracts 2 & 4 are included in the sale of the property.

Jon E. Hanson, Owner
For a detailed Buyer's Prospectus with complete terms and conditions contact Max Steffes at Steffes Group, 701.237.9173 or 701.212.2849, or visit SteffesGroup.com.

R50-51C

STEFFES AUCTIONEERS

SteffesGroup.com | 701.237.9173

Steffes Group, Inc., 2000 Main Avenue East, West Fargo, ND

Scott Steffes MN61527; Max Steffes MN40222236. TERMS: 10% down upon signing purchase agreement with balance due at closing in 45 days. This is a 5% Buyer's Premium Auction.

Minnesota releases report on clean water performance

Report on water activities funded through Clean Water Fund shows positive trends and local progress, yet statewide challenges remain

ST. PAUL, Minn. — Minnesota has released a report on statewide Clean Water Fund initiatives that protect and restore drinking water sources, lakes, streams, and groundwater. The report, released every two years, is a joint effort between seven Minnesota water agencies that collaborate and coordinate their Clean Water Fund activities. Minnesota voters established the Clean Water Fund in 2008 through passage of the Clean Water Land and Legacy Amendment.

The report tracks water activities, trends, and outcomes across key initiatives and details investments in all watersheds and communities statewide. According to the report, each dollar in Clean Water Fund spending leveraged another \$1.06 in additional funding between fiscal years 2010-2023, increasing the impact of state investments and accelerating water quality progress.

The report found that between 2010 and 2023, the Clean Water Fund:

- Was a major driver of improvements in phosphorus and sediment levels in lakes, rivers, and streams and provided needed investments to address rising nitrate and chloride levels in some regions of the state.
- Upgraded 52 municipal wastewater treatment facilities, reducing phosphorus discharges by 48%, over 316,000 pounds per year.
- Engaged 84,000 visitors to the We Are Water MN exhibits at 30 sites statewide since 2016, leading to new community partnerships and broader awareness of water issues.

- Developed plans to protect the drinking water sources of nearly 800 out of the approximately 970 community water systems in Minnesota and awarded approximately 1,300 grants that support protection for local drinking water sources.
- Certified nearly 1,000,000 acres of Minnesota farmland across more than 1,400 farms through the Minnesota Agricultural Water Quality Certification Program.

The Clean Water Fund provides supplemental funds for water quality improvements and protection for 25 years, which allows the state and its local partners to undertake complex, multi-year projects to achieve needed outcomes without interruption.

"There are many examples where making one-time structural changes on the land create a timely fix. However, to meet our goals we need to support and encourage Minnesotans to make changes that protect our waters, from how they apply de-icer on parking lots to how they fertilize their corn crop, and that takes time," remarked Clean Water Council Administrator Paul Gardner.

The report includes stories about local water quality successes, voluntary projects, and partnerships made possible by the Clean Water Fund. "The fish are back, and that's huge," said West Polk Soil and Watershed Conservation District Manager Nicole Bernd, referencing a rock riffle project on the Sand Hill River. "We were able to restore the fish habitat, the fish life in that stretch of

river."

Glenn Hjelle, a Water Quality Certified farmer in Grant County, commented on gains achieved through agricultural practices supported by the Fund that reduce nutrient inputs to groundwater. "With the cover crops and reduced tillage alone, we have seen better yields during droughts and have reduced our waiting time to resume planting and harvesting after a heavy rain event."

"Some of the biggest benefits to water quality come from voluntary actions, which is why it is essential that we invest in locally-led, long-term watershed plans and partnerships," said John Jaschke, executive director of the Minnesota Board of Water and Soil Resources. "The Clean Water Fund is being used all across Minnesota to get the water quality improvements envisioned with passage of the constitutional amendment."

The report also references the historic 50th anniversaries of federal enactment of the Clean Water Act and Safe Drinking Water Act, which underpin much of the state's work to keep Minnesota's waters swimmable, fishable, and drinkable.

Thirty-three percent of the sales tax revenue from the Clean Water Land and Legacy Amendment is allocated to the Clean Water Fund. The Amendment provides funding for Outdoor Heritage, Clean Water, Parks and Trails, and Arts and Cultural Heritage and is set to expire in 2034.

RENTALS

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R50-1C

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YARD SALE

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M50-51C

RUMMAGE SALE-Embassy basement 3rd/Eaton, Fosston. Friday March 8th (some items 50 cents) Saturday March 9th (\$5 bag day, bags supplied) 9 am-noon both days. R51C

New Twin Innerspring Mattress \$129. Full Size \$169, Queen Size \$209, King Size Plush 12 Inches Foam Encased \$449. Celebrating 12 Years of Business, Many Mattresses, Sofas, Frames, Dressers and More. **BROTHERS FURNITURE & MATTRESSES-BEMIDJI, MN.** Call 218-766-0064 -We Deliver up to 100 Miles, And Haul Away Too. brothersdiscountfurniture.com R39fC

To the Editor

Mark your calendar for Township Day on March 12

Every resident of Minnesota's 1,777 townships has the unique opportunity to participate in Township Day on Tuesday, March 12, 2024.

The annual meeting on Township Day is what really sets townships apart from other forms of local government. At this meeting, residents have a direct voice in how the township will be run and will vote on a variety of matters, including the amount they will pay in taxes the following year.

Please plan on participating in grassroots government on Tuesday, March 12 by attending your annual meeting.

Township residents can find the location and time of their annual meeting by checking their local newspaper for the published notice or by contacting their township clerk.

By Jeff Krueger, executive director, Minnesota Association of Townships

Need banners printed?

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Veterans...

Continued from front
and VA hospitals have dramatically outperformed non-VA hospitals in overall quality ratings and patient satisfaction ratings. Additionally, VA health care is often more affordable than non-VA health care for Veterans.

VA encourages all eligible Veterans to visit VA.gov/PACT or call 1-800-MYVA411 to learn more and apply for VA health care beginning March 5. Since President Biden signed the PACT Act into law on August 10, 2022, more than 500,000 Veterans have enrolled in VA health care.

"If you're a Veteran who

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Wyatt Vettleson

County Highway Project BIDS CLOSE: March 22, 2024 at 10:00 AM CDT Polk County, Minnesota

ADVERTISEMENT FOR BIDS

NOTICE is hereby given that SEALED ELECTRONIC BIDS will be received until 10:00 AM on Friday, March 22, 2024, by Sam Melbye, Polk County Director of Property Records at Crookston, MN, on behalf of the Board of County Commissioners of Polk County for the construction of the County Project listed below. Sealed electronic bids will be OPENED and READ publicly at 10:00 AM, at the Polk County Highway Department in Crookston, MN. Bids received after 10:00 AM will not be considered. Bids must be submitted electronically through BidVAULT.

STATE AID PROJECT NO. SAP 060-599-281
LOCATION: ON COLUMBIA TOWNSHIP ROAD 1 MILE NW OF LENGBY, MN

TYPE OF WORK: Bridge Construction and Approach Grading

LENGTH: 0.256 Miles
Major Items:
BRIDGE SLAB CONCRETE (3Y42-M)..... 6,529 SQ FT
PRESTRESSED CONCRETE BEAMS 30MH..... 835 LF
C-I-P CONCRETE PILING..... 1,800 LF
COMMON EMBANKMENT (CV) 18,218 CU YD
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TURF ESTABLISHMENT..... LS

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County egram website: <https://egram.co.polk.mn.us>

All bidders will be required to submit an electronic bid and provide payment of \$100.00 to the Polk County Highway Department.

Proposals, plans, and specifications are also available at: Polk County Highway Department, 820 Old Highway 75 S, Crookston, Minnesota, MN 56716.

Cost - \$100.00 (non-refundable incl. tax)
Electronic bids must be accompanied by a certified check or corporate surety bond in favor of the Treasurer of Polk County for at least 5% of the total amount bid.

The right is reserved to reject any or all bids and to waive any informalities or technicalities therein.

Richard C. Sanders
Polk County
County Engineer

M49-51C

may have been exposed to toxins or hazards while serving our country, at home or abroad, we want you to come to us for the health care you deserve," said VA Secretary Denis McDonough. "VA is proven to be the best, most affordable health care in America for Veterans – and once you're in, you have access for life. So don't wait, enroll starting March 5th."

"Beginning March 5, we're making millions of Veterans eligible for VA health care years earlier than called for by the PACT Act," said VA Under Secretary for Health Shereef Elnahal, M.D. "With this expansion, VA can care for all Veterans who served in the Vietnam War, the Gulf War, Iraq, Afghanistan, the Global War on Terror, or any other combat zone after 9/11. We can also care for Veterans who never deployed but were exposed to toxins or hazards while training or on active duty here at home – by working with chemicals, pesticides, lead, asbestos, certain paints, nuclear weapons, x-rays, and more. We want to bring all of these Veterans to VA for the care they've earned and deserve."

In addition to expanding access to VA care, this decision makes it quicker and easier for millions of Veterans to enroll. Many Veterans believe they must apply to receive VA disability compensation benefits to become eligible for VA health care, but this is not correct. With this expansion and other authorities, millions of eligible Veterans can enroll directly in VA care – without any need to first apply for VA benefits.

This expansion of care covers Vietnam Veterans, Gulf War Veterans, Iraq War Veterans, Afghanistan War Veterans, Veterans who deployed in support of contingency operations for the Global War on Terror (Operation Enduring Freedom, Operation Freedom's Sentinel, Operation Iraqi Freedom, Operation New Dawn, Operation Inherent Resolve, and Resolute Support Mission), and more.

This expansion also covers many Veterans who never deployed as a part of a conflict

but were exposed to toxins or hazards while serving in the U.S. Specifically, under this expansion of care, any Veteran who participated in a toxic exposure risk activity (TERA) — at home or abroad — is eligible for VA health care. VA has determined that Veterans who were exposed to one or more of the following hazards or conditions during active duty, active duty for training, or inactive duty training participated in a TERA: air pollutants (burn pits, sand, dust, particulates, oil well fires, sulfur fires); chemicals (pesticides, herbicides, depleted uranium with embedded shrapnel, contaminated water); occupational hazards (asbestos, industrial solvents, lead, paints including chemical agent resistant coating, firefighting foams); radiation (nuclear weapons handling, maintenance and detonation, radioactive material, calibration and measurement sources, X-rays, radiation from military occupational exposure); warfare agents (nerve agents, chemical and biological weapons); and more. VA will use all available information to determine if Veterans participated in a TERA, including military records and service connection.

VA is executing a nationwide campaign to ensure that as many Veterans as possible enroll. To date, VA's PACT Act outreach campaign has included more than 2,500 events nationwide, \$13 million in paid advertising, 88,000 earned media clips, more than 400 million emails and letters to Veterans, VA's first-ever text messaging campaign, the creation of a one-stop-shop PACT Act website, and more. This is the largest outreach campaign in VA history, which has one goal in mind: ensure that all Veterans — and their survivors — get the health care and benefits they deserve under the PACT Act.

For more information about how the PACT Act is helping Veterans and their survivors, visit VA's PACT Act Dashboard. To apply for care or benefits today, visit VA.gov/PACT or call 1-800-MYVA411. More information on eligibility can be found at VA.gov/PACT.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Q u e s -
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in regards
to exploring

a business idea that has to do with mobile advertising, such as an illuminated board advertising business. I am concerned about the visual distraction for drivers and was wondering if this was allowed.

Answer: Moving or parked



Theology in the Trenches

By Kathleen Kjolhaug

One-on-One in Prayer

Recently, I've been thinking about the grueling task of prayer. That may sound harsh, but let me explain. One wise woman, whose heart was one of prayer, spent many years of her life on the mission field in Africa. Her name was Mary.

One day she said, "The hardest part of my day is my prayer time." I was taken aback at that statement but after thinking about it, I knew she fought many a battle on her knees.

As much as I'd like to give Mary credit for this thought that prayer is grueling—I cannot. You see, the Bible asks us to "Pray without ceasing." When I adopt an attitude to pray without ceasing, it can actually mean that everything I do is prayer. That could sound rather grueling. But is it?

"Every Moment Holy" is a name of a book someone gifted. It's filled with prayer for all moments of the day—even the mundane task of changing diapers. It infers that Holy ground is what we walk all day long.

Sometimes we avoid prayer as we think it means we must set ourselves aside. Although this is one form, the business of the day may hit full force and pressing into prayer is needed right then and there. How can we be still in the midst of the

tumult and embrace a quietude of heart in prayer? Perhaps it's actually pretty simple and not so grueling after all.

Prayer offers perspective, forgiveness, comfort, direction and time with Him. It can be in the car as you drive, in our hearts as we work, or as we walk down the grocery aisle. Being astute to Him in all places allows us to pray without ceasing and while that is true, there is also wisdom in the form of going to a quiet place—away from the fray. When we set aside time for prayer, it allows us to hear what it is He desires to speak. It allows His words to wash over and it gives us time to listen.

Remember when He spent time alone with His Father in the Garden of Gethsemane? Remember when He went away with His disciples—away from the crowds? It was a time to re-member Himself with His Father. To be able to put on the mind of Christ in the moments of still as in retreat so we may to re-member ourselves into the body of Christ, to be one with Him—is what prayer invites us to. He invites us to enter in—always and in all ways.

My mother-in-law gifted me a small wooden plaque one year in the midst of raising a pile of kids. It simply said,

"Jesus is as close as a whispered prayer." These words carried as they were strategically placed where I'd see them many times throughout the day. My days were sometimes grueling—but not my whispered prayers. They offered reassurance that He was in the midst of the muddle at any given moment both good times and bad. Whether I chose to whisper in my hour of need was up to me—but He was ever-present and is ever-present (Psalm 46:1).

Galatians 2:20 speaks about what it is we seek when we pray. Prayer helps us to put on the mind of Christ. "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

We are invited to pray without ceasing because the mystery of faith is bigger than our finite minds can comprehend. May we pray without ceasing as we pray for those both seen and unseen, for ills known and unknown, for grace and mercy and trials and temptations which we face and those we will face.

I pray for you. Please pray for me. Amen.



Our Brooks Branch is Closing at Noon March 29, 2024

Thank you to our members for supporting us and to our outstanding team of Joyce and Joanne for your years of service. Our physical location is closing. However, we have online and mobile banking options and other branches to serve your banking needs.

We hope you will continue to bank with us.

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 - Add to your electronic wallet

If you need assistance after closing, any of our four other branch locations can assist.



Technical Sergeant Bradley Robinson with The United States Air Force Band, Washington, D.C.

The United States Air Force Band and Singing Sergeants are heading out on a 12-day community relations tour to North Dakota, Minnesota, Iowa, and Wisconsin. The tour honors the service of Airmen both past and present in a showcase of musical excel-

lence. All concerts are FREE and open to the public, though tickets are required. I am hoping you'll be able to spread the word and help us pack the house. Our community relations tours are a highlight of the year for us, and we want to bring music to as many folks as

possible! Below is the information for our upcoming performance.

Local performance will be held on Sunday, April 7 at 3:00 p.m. at the Bemidji High School, 2900 Division Street W, Bemidji, MN 56601.

Easily Distracted by Tractors!!

By Auctioneer Eric W. Mickelson

I few years ago I wrote an article called Easily Distracted by tractors and some things never change! I enjoy my tractor TV shows and videos, tractor books, tractor magazines, and I have several pages on my Facebook account that feature tractors. I even have a t-shirt that says the same, "Easily Distracted by Tractors!"

I blame this on my dad. I think if he would have been born when I was and today had a computer and liked to use it, you would be reading "Tractor Trivia" by Winton Mickelson! I guess I heard stories about many tractors, but I always was interested in the stories about them. Maybe this is why when I was in 10th grade attended an auction sale east of Oklee and purchased my first tractor, a ZB Minneapolis Moline Tractor. I think I had about \$450 dollars in my savings account, and luckily for me the ZB went for \$425! Well the ZB really wasn't a great addition to our farms tractor line up, but I was happy to

have my own tractor, and Minneapolis Moline like the ones I had heard so much about! I raked some hay with it, pulled a few wagons around but then it developed a heating problem. Now it sits in the fence row at my parent's farm waiting for me to bring it back to life!

Over President's Weekend my wife and I, along with our son, Marshall and daughter-in-law Rochelle headed to Arizona. We visited my oldest son Nick and his wife Nicole as well as grandson, Archer, and granddaughter, June. We also had the good fortune of visiting my aunt and uncle, Dave and Gloria Melby. We also crossed paths with good friends Bruce and Renae Bjerklie. Fun trip, but remember I am easily distracted by tractors! On the road to our Air B-N-B what did we run across.....a line up of John Deere tractors! You know I had to stop and take a look, after all you certainly know by now that I am easily distracted by tractors!

How about a little tractor trivia!!

1. From 1936-1948 MM built the ZT series. The ZTU had the "tricycle" front end. The ZTN had a single front wheel. What was the ZTE?
2. What was the ZTS?
3. The ZT series was replaced in 1949 by the _____ series.
A) ZA B) ZB C) ZC D) Super Z
4. Was the ZB rated as a 2-16" plow tractor or 3-14" plow tractor?
5. Was the MM ZT, ZA, or ZB ever made in a Diesel version?

Answers: 1. It had an adjustable wide front. 2. It was a Standard tread tractor. 3. A. ZA 4. 3-14" plow tractor 5. No, there was no diesel version of the Z series of tractors.

MARCH MADNESS WORD SEARCH

C I Y I R A M W L T B P H N G G E K D V
R D I G S R C N I P L L N V E R R D B M
C R B S V W E V N V D L S T G M D C G W
N A V W U O N E E I V A B E R T B B N A
P U L S P R U L U H E B D N U O B E R L
L G H S U H I B P D S T N E M N P T T K
U I P Y F T E B E S N E F F O R N R B I
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F P M O B V H C B P S M Y G K T M O C L

MARCH MADNESS WORD SEARCH Answers on page 6

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Essentia Health encourages
prioritizing digestive health
March is Colorectal Cancer Awareness Month

Colorectal, or colon, cancer is one of the most commonly occurring cancers in the United States. According to the American Cancer Society (ACS), it is estimated that there will be more than 152,000 new cases of colon and rectal cancer reported in the U.S. in 2024 alone. March is Colorectal Cancer Awareness Month and is the perfect opportunity to talk to your provider about any concerns you may have or to schedule a screening. Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes abnormal growths, called polyps, form and over time may turn into cancer. Regular screenings, beginning at age 45, are the key to preventing colorectal cancer or detecting it at its most treatable stage. Screenings can detect the signs of colorectal cancer before you notice symptoms. How often you should screen depends on the type of screening you choose. Talk with your primary care provider to determine what is best for you. Colonoscopies are the most effective screening method. A colonoscopy is a procedure in which a fiber-optic scope with a camera is inserted into the colon to look for polyps and other growths, some of which can be removed at the same time. “A colonoscopy is a procedure that is both diagnostic and preventive, meaning that we can rule out colon cancer AND remove colon polyps at the same time,” explained Dr. Kimberly Kolkhorst, a gastroenterologist at Essentia Health. “By removing polyps, we prevent them from growing into colon cancer. I can’t tell you how many patients who I’ve diagnosed with colon cancer say that they wish they had

had a screening colonoscopy sooner. “Many patients with colon cancer have made it their mission to get the word out about screening colonoscopies. It’s one day out of your schedule and it is well worth it! Colonoscopies are a life-saving measure!” Minus the presence of polyps, and if there is no family history of colon cancer, colonoscopies can occur every 10 years. In addition to colonoscopies, there are also a pair of stool-based tests that can be done at home. These rely on examining stool-sample irregularities that may prompt a colonoscopy. Learn more about these tests at EssentiaHealth.org. **When to seek care** Patients should consider seeing their primary care physician if they are experiencing any of the following: • A change in bowel habits. • Blood in or on your stool. • Diarrhea, constipation or feeling that the bowel does not empty all the way. • Persistent abdominal pain, aches or cramps. • Unexplained weight loss. Your doctor may refer you to a gastroenterologist, a doctor specializing in the diagnosis and treatment of the liver and digestive system, for more specialized care and diagnostic testing. **Risk factors for colorectal cancer include:** • Inflammatory bowel diseases such as Crohn’s or ulcerative colitis. • A personal or family history of colorectal cancer or polyps. • Overweight or obesity. • Sedentary lifestyle. • Alcohol and tobacco use. • Diet low in fruit and vegetables.

‘We Thrive’ grant award supports
wealth-building for women at M State

M State is enhancing its educational and entrepreneurial support services for women and gender-expansive students, thanks to a new \$150,000 “We Thrive” grant award from the Women’s Foundation of Minnesota. Designed to foster the long-term success of women and their families through the growth of intergenerational wealth, the “We Thrive” grant program invests in organizations and initiatives that address inequities in women’s access and opportunity. M State will use the grant funds to bolster its wrap-around support services for women and gender-expansive students, such as career planning, childcare, transportation, laptops and mental health services. In addition, and in alignment with the entrepreneurship goals of the Women’s Foundation of Minnesota, the West Central Minnesota Small Business Development Center will provide women with one-on-one business consultation services. The center is headquartered at M State’s Moorhead campus. “Every college student deserves every opportunity for success,” says M State President Carrie Brimhall. “By supporting M State’s efforts to effectively identify and address the unique barriers to success faced by women and gender-expansive students, the ‘We Thrive’ grant award will help us ensure a more level playing field for everyone, so we can live out our vision of, ‘A success story for every student.’” The grant period for M State began February 19. By the end of the one-year funding term, the grant’s impact is expected to have led to: • An increased number of women enrolled in nontraditional career pathways at M State, such as the trades, STEM and entrepreneurship. • Enhanced communication from M State students regarding their basic needs, which will drive the college’s direction in cultivating beneficial partnerships with local industry, workforce organizations and K-12 schools. • Increased retention rates among M State students of color or who identify as women.

Women and gender-expansive students comprise 61% of M State’s total student enrollment. Of those, 22% identify as students of color. “We Thrive” grant program funding is prioritized to equity-minded rural trade schools and technical colleges in Minnesota that, like M State, offer women supportive services, urgent needs assistance, culturally responsive leadership development and financial education. According to the Women’s Foundation of Minnesota, most careers requiring a technical degree are considered nontraditional for women and yet have much to offer them, including higher median wages, greater job security, family-supporting benefits and more opportunities for advancement. Research by the foundation shows that women are clustered in low-wage work and make up the majority of Minnesota workers paid at or below the minimum wage. They are also more likely than men to experience poverty, especially in rural parts of the state. To build economic wealth and security, the foundation believes,

women must have access to education, workforce development, employment and childcare. “We are excited to work in partnership with your program to create a world of equal opportunity, where women and girls – and all people – hold the power to create and live safe, prosperous lives,” states Women’s Foundation of Minnesota President and CEO Gloria Perez in M State’s grant award letter. A member of the Minnesota State system of colleges and universities, M State (Minnesota State Community and Technical College) serves more than 10,000 students in credit and non-credit courses each year in over 70 career and liberal arts programs online and in-person at its four campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. The college also partners with communities to provide workforce development services and other responsive training programs to 500 businesses and thousands of annual participants.

Navigating Nutrition and Dementia: A virtual
presentation for Alzheimer’s and dementia caregivers

(March 1, 2024) – The Alzheimer’s Association Minnesota-North Dakota will host a free virtual presentation on Thursday, March 14, called “Navigating Nutrition and Mealtime for People Living with Dementia.” Regional experts will share practical guidance for caregivers to improve nutrition for people living with dementia. Regular, nutritious meals can become a challenge for someone living in the middle or late stages of Alzheimer’s. Changes in perception, taste and smell often makes mealtimes stressful and difficult. Poor nutrition may also come with an increase in behavioral symptoms, lead to weight loss or add stress for the caregiver. “During this session, we’ll talk about how to manage the nutrition challenges Alzheimer’s and other dementias may bring. There are practical things caregivers can do to ensure proper nutrition for people living with dementia. Our experts will share meal prep ideas and simple tips to make mealtimes calmer,” says



Joan Danks, Alzheimer’s Association Program Director. The session will also cover how to cope with changing needs and where caregivers can find resources. Presenters will include Nicole Kiel Pashke (University of North Dakota), Puja Agarwal (Rush University) and Kara Welke (Home Therapy Solutions). The webinar will take place from noon to 3:30 p.m. CST and is open to the public. To attend,

register in advance by going to the ‘Classes’ page at alz.org/mnnd. Healthcare professionals can receive education credits for attending this event. This project is held in partnership with Dakota Geriatrics and the University of North Dakota School of Medicine and Health Sciences. The Alzheimer’s Association offers no-fee support for individuals and families through: • A 24/7 Helpline for questions or referrals to local re-

sources at 800.272.3900. • Support groups for individuals living with dementia or care partners to provide connections, allow people to share resources and offer encouragement. • In person and virtual classes that include understanding memory loss, the 10 warning signs of Alzheimer’s, partnering with your doctor, communication and more. • Find upcoming classes and resources at alz.org/mnnd. About the Alzheimer’s Association Minnesota- North Dakota Chapter The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s. Visit alz.org/mnnd or call the 24/7 Helpline 800.272.3900 for support.

March Weed of the Month: Biological
Control of Purple Loosestrife in Minnesota
Biological control success is primarily due to two leaf-feeding beetle species



Monika Chandler, Minnesota Department of Agriculture Purple loosestrife (Lythrum salicaria) was very problematic in Minnesota and other temperate North American wetlands. It is an herbaceous, perennial plant native to Eurasia with the capacity to overtake wetlands including riverbanks, meadows, marshes, lake shores, and ditches. It is a Prohibited Control Noxious Weed in Minnesota because it is widespread and readily infests new areas. Fortunately, biological control has been very successful at reducing loosestrife populations so that native wetland plants can thrive.

Plants grow 4-7 feet tall and have spikes of purple flowers. Loosestrife is still around, but it is much more controlled now. You will see the attractive spikes of purple flowers in the summer, but it is rare to see vast expanses of loosestrife. This is successful biological control. The aim was not to eradicate loosestrife, but to bring it down to an acceptable level. To maintain this success, biological control efforts should continue. Biological control success is primarily due to two leaf-feeding beetle species called the black-margined loosestrife beetle (Galerucella calmar-

iensis) and the golden loosestrife beetle (G. pusilla). Prior to importation, these beetles were tested extensively over many years to determine their specificity to purple loosestrife. These beetles look very similar and are often found together in the same field settings, so they are generally both called loosestrife beetles.



Loosestrife beetle Loosestrife beetle is on a leaf. Feeding damage is visible where beetles chewed leaves. Adult beetles emerge in the spring and feed on loosestrife leaves. They mate and the females lay eggs beginning in the late spring and through the summer. After hatching, the developing larvae eat the loosestrife leaves. Large populations of loosestrife beetles defoliate loosestrife plants, stunting growth and reducing seed production. Adult beetles are collected from sites with high beetle density, then released at

new locations. Beginning in 1992, loosestrife beetles were introduced to the U.S. and Canada by the U.S. Department of Agriculture and multiple university researchers in collaboration with states, counties, and many other organizations. The Minnesota Department of Natural Resources (DNR) leads loosestrife biocontrol efforts in Minnesota. To bulk up beetle populations, beetles were reared on loosestrife plants grown in kiddie pools. Kids were sometimes involved with beetle rearing through their school groups, scouts, or other organizations. In the 1990s, the Legislative-Citizen Commission on Minnesota Resources provided funds for loosestrife rearing kits and coordination. This highly cooperative effort paid off with nearly 2,000 beetle releases in almost all Minnesota counties. Although loosestrife beetles are the main biological control agents in Minnesota, two other insects were released. One is a root-feeding weevil (Hylobius transversovittatus). The other is a flower-feeding weevil (Nanophyes marmoratus). The status of these species in Minnesota is not well known at this time. Biocontrol efforts continue.

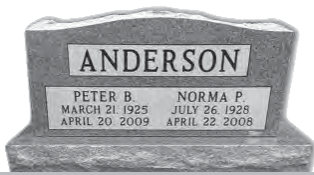
Word Search Answers for this week

C	I	Y	I	R	A	M	W	L	T	B	P	H	N	G	G	E	K	D	V
R	D	I	G	S	R	C	N	I	P	L	L	N	V	E	R	R	D	B	M
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N	A	V	W	U	O	N	E	E	I	V	A	B	E	R	T	B	B	N	A
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L	G	H	S	U	H	I	B	P	D	S	T	N	E	M	N	P	T	T	K
U	I	P	Y	F	T	E	B	E	S	N	E	F	F	O	R	N	R	B	I
O	H	S	R	H	E	D	I	Y	G	R	K	U	K	D	P	D	A	A	N
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F	P	M	O	B	V	H	C	B	P	S	M	Y	G	K	T	M	O	C	L

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OBITUARIES



Obituary for Randy Finseth

Randy Finseth, age 64, of Trail, MN, passed away on Saturday, March 2nd, at Es-sentia Hospital in Fargo, ND. A memorial service will be held at 2:00 p.m. on Saturday, March 9th, at Vernes Lutheran Church, rural Trail, MN with the Rev. Lee Laaveg officiating. Interment will be in

Vernes Lutheran Cemetery. Family will greet friends for one hour prior to the service on Saturday at the church. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.



Obituary for Carole De Frang

Carole Elaine (Nelson) De Frang, 82, passed away, surrounded by family, on February 25, 2024, in Grand Itasca Hospital in Grand Rapids, MN.

Carole was born on August 17, 1941 to Virgil and Lillian Nelson in Lambert Township. She was one of five children: late Vearl, late Lyle, Bonnie, and late Betty. She was confirmed in the Lutheran Faith and graduated from Oklee High School in Minnesota.

Carole met Douglas De Frang, fell in love, and they were married on February 23, 1960 in St. Ann, Missouri. Together with their children, David, Tami, Dean, Sandra and Wendy Sue they resided in various states during Douglas' time in the Navy. When Douglas retired in 1975, they made their home in McIntosh, Minnesota. Carole worked at Hartz Grocery and she enjoyed cooking, gardening, sewing, baking, and decorating cakes for her family. She made some beautiful birthday, confirmation, graduation, and wedding cakes! Countless memories were made here over the years raising her family.

After her retirement, Carole and Doug became volunteers for the National Forest Service and they were both esteemed campground hosts at Cass Lake Campground for many enjoyable years together.

In the winter months, they traveled to Why, Arizona where Carole worked in the main office at Coyote Howls RV Park. She made countless friends there over the years and enjoyed her time so much so that she continued to travel South for numerous winters after Doug passed in '94. While in Arizona, Carole enjoyed sitting around the campfires with friends and long rides throughout the desert. She also loved the potluck cookouts where she made "Turkey in a box" almost every year for Thanksgiving. At the Flea Market, she was known for her handmade gifts and wonderful choke cherry jelly, which always sold out! While traveling with her 5th wheel to and from Arizona every year was simply a way of life for her, anyone who met Carole and discovered she pulled that camper in her great big truck all by herself, year after year, was simply astounded. She really was an incredible woman. Last summer, at age 81, was her last drive back to Minnesota. Due to her health, she was not able to make another trip to Arizona last fall.

While Carole called Coyote Howls RV Park home for half the year, her undeniable "home" truly was at the Cass Lake Loop Campground in

Cass Lake, MN. Spending the summers camping with her children, grandchildren, great-grandchildren, and her beloved Dalmatians; Doc, Chip, and most recently Baxter, brought her tremendous joy. She was always ready for any adventure at the Lake. Some of her favorites included going on boat rides, visiting Cedar and Star Island, and pulling the grandkids for tubing. She really was the most feared driver, known for her relentless tube dumps and speed. She also enjoyed loon watching, picking berries to make canned jelly, and getting a fire going-no matter how hot the temperature was outside. She always knew how to make it just right and perfect for smores. Those who were fortunate enough to visit her at the Lake, can still picture her in her swimsuit with her visor and water shoes on, holding a Mello Yellow and a cigarette, making her way to go float in her water chair, get in the driver's seat of the boat, or simply sit and enjoy the view of the water. Her memory will live on there forever.

Carole is survived by her daughters, Tami (Rick) Hanson, of Thief River Falls, MN, Wendy Sue De Frang, of Hibbing, MN, Susanne De Frang(daughter-in-law), of Fosston, MN, and Brian Holtan(honorary son), of Pengilly, MN. Her grandchildren, Jessica Hanson, Matthew De Frang , Nicholas (Kimbra) De Frang, Jeremy Hanson, Melissa De Frang, Lindsie De Frang, Jesse De Frang , Elizabeth (Brian) Ruffenach, Paige De Frang, and Tyler Holtan. Her great grandchildren, Parker Hanson, Hunter Skallet, Adam Hanson, Amanda Ostby, Kylee De Frang, Isaiah Ostby, Annabelle Hanson, Lexie De Frang, April Hanson, Kallie Ostby, Aubree Larson, Gabriella Hanson, Ella De Frang, Austin Hanson, Wyatt De Frang, and Koral De Frang.

Her great, great grandchildren, Everleigh Rasmussen and Willa Dean Ruffenach.

She is preceded in death by her Parents, Virgil and Lillian Nelson, her husband, Douglas De Frang, her sister, Betty Janik, and her brothers, Vearl and Lyle Nelson. Her two sons, David and Dean De Frang, and her daughter, Sandra De Frang. Also, her granddaughter, Jonelle De Frang, two great granddaughters, Nova De Frang and Jovie De Frang, and great, great grandson, Everett Ostby.

Funeral services will be held at a later time this Spring. She is to be buried next to Doug in Our Saviors Lutheran Cemetery in McIntosh. We will notify all friends and family once the date is set.

The entire family deeply appreciates your support during this difficult time and asks that you opt to plant a memorial tree in lieu of sending flowers- this can be done here on the Carlin Family Funeral Service website. We also encourage you to share memories of our dearest Carole as we hope to read them at her celebration of life this Spring. If you wish to contribute some memories and stories, please email pdefrang@hotmail.com with your favorite story, your name, and relationship to Carole.



Obituary for Myron McCollum

Myron McCollum, age 79, of Bejou, MN, died on Saturday, February 24, 2024, at Sanford Health in Fargo, ND.

Myron Richard McCollum was born on August 16, 1944 in Mahnomen, MN, to Richard and Myrtle (Brodsho) McCollum. He attended and graduated from Mahnomen High School with the class of 1962. He worked in road construction and served in the United States National Guard, earning an honorable discharge after 6 years of service. Myron took over the family farm in 1966. Myron married Sylvia Broske on September 30, 1967, in Winger, MN, and together they raised a family on the farm, passing on his love of farming to his sons. Over the years, he pursued various business ventures, including owning the Sand Hill Supper Club and The Other Place Bar in Fertile, MN.

Outside of work, Myron found solace in nature through hunting, fishing, and tending to his vegetable garden. He treasured moments with his



family, delighting in the company of his grandchildren and great-grandchildren. He also enjoyed socializing over a cup of coffee with friends at the elevator in Mahnomen. He proudly served on the Mahnomen School Board for over 17 years and on the Cenex Board of Directors in Mahnomen. Strong in his faith, he held various positions at the Immanual Lutheran Church in Bejou over the years. Myron leaves behind a legacy of hard work, generosity, and community spirit. He will be deeply missed by all who knew him.

Myron is survived by his loving wife of 56 years, Sylvia McCollum; sons: Jonathan (Kristin), Matthew, Daniel (Nikki), Scott, and Adam (Carolyn); 12 grandchildren: Erica (Lane), Zachary, Emily, Trevor, Mickey (Sara), Riley (Camryn), Arran, Gabe, Tyler, Sydney, Adalyn, and Lauran; two great-grandchildren, Scarlett and Asher; siblings: David (Judy) McCollum, Darlene Benson, and Doreen (Orv) Turner; and aunt, Ethel Brodsho. He was preceded in death by his parents; brother, Wayne McCollum; sister, Pat Mannie; and brother-in-law, Vernon Benson.

A Celebration of Life will be held Thursday, March 14, 2024, from 4:00pm to 7:00pm at the Lean To Tavern in Bejou. Inurnment will take place at Riverside Memorial Park Cemetery in Mahnomen, MN, at a later date.

Please feel free to sign the guestbook, send condolences and view other opportunities which may be available on the website.

Arrangements entrusted to Anderson Family Funeral Home of Mahnomen. www.andersonfamilyfh.com



Obituary for Matthew Bagley

Matthew William Bagley, 51 died unexpectedly on Wednesday, February 14th @ the tri-county jail in Crookston, Minnesota,

Born on March 6th, 1972 in Ramsey County to his mother Joyce. He grew up and was

raised with his sister Julie in Moorhead, MN and later moved to North Dakota.

Over the later years, Matt hung his hat in many different places, until 2022 when he met Jill Langseth and made the Leonard, Mn area his home.

Matt was a jack of all trades and was always willing to help anyone in need. He loved riding ranger, camping, hanging out with friends, jamming out to music, working on vehicles, carpentry work, and so much more!

To honor Matthew's Memory, a private ceremony & ash spreading will be held with close family & friends at a later date.

Sympathy Cards & donations can be sent to Jill Langseth in Matthew's Memory @ <https://gofund.me/2f92451> OR mail to Jill directly @ PO box 34, Leonard, MN, 56652.



Obituary for Robert Klade

Robert Klade, age 70, formerly of Thief River Falls, MN and McIntosh, MN, passed away on Thursday, February 29th, at Villa St. Vincent in Crookston, MN. A memorial service will be held at 11:00 a.m. on Saturday, March 9th, at the Carlin Funeral Home in Fosston. Family will greet friends for one hour prior to the service on Saturday at the funeral home. Military honors will be provided by the Army National Guard Honors Team. Arrangements are with Carlin Family Funeral Service of Fosston and messages of condolence may be shared at www.carlinfuneral.com.

Robert John Klade was born on April 26, 1953, in Madison, Wisconsin to parents Francis Weitzel and Eileen Guethlein Weitzel. He grew up in Tomahawk, Wisconsin and graduated from Tomahawk High School in 1970.

Bob entered the United States Army in October of 1970 and was tasked as a helicopter repairman. He received his honorable discharge in



Obituary for Dean Hanson

Dean Harold Hanson, 62, of Goodridge, MN, passed away on February 27, 2024 on the Hanson family farm in Highlanding Township where he lived all of his life. He was born March 24,1961 in Thief River Falls, the son of Orlin and Marcella (Haugen) Hanson.

Dean was baptized on May 14, 1961, confirmed in 1976, and was a life-long member at Ekelund Lutheran Church. He also served as the church janitor and cared for the church lawn and cemetery for many years. He also enjoyed attending the Evangelical Covenant Church in Thief River Falls.

He is a 1979 graduate of Goodridge High School. Throughout Dean's school years, he participated in basketball and played trumpet in the band. Most noteworthy, he had perfect attendance over his 13 years at the Goodridge School. Dean enjoyed attending school events, often videotaping his nieces, nephews, and friends.

Dean enjoyed community activities. As a youth he was a member of the Star 4-H Club and as an adult became a leader of the Highlanding 4-H club. He was involved in the historical society plays as well as other historical society projects. He even wrote a few of the plays, including Gunculator.

He farmed with his father and brother, Dale, until the early 1990s. He worked at

Northland College, Hugo's, and as a cleaner for Thief River Falls Schools. He also helped his nephew, Ben, on the farm.

He was an avid collector of old Hollywood memorabilia and comedy movies, mostly the Marx Brothers, Laurel and Hardy, The Three Stooges, and Abbott and Costello. He enjoyed David Letterman and had one of his letters read on the show. Dean really enjoyed music, especially classic rock.

He was a kind man with a good-natured humor who was always willing to help family, friends, and neighbors.

He is survived by his brother and sister-in-law, Dale and Dawn Hanson of Goodridge, MN; 3 nephews, Benjamin Hanson, Red Lake Falls, MN, Clifton (Catherine) Hanson and children Lorna and Da-Hai of Mildenhall, United Kingdom, Andrew (Kerin) Hanson and children Kaylinn, Bennett, and Aesa of Bemidji, MN; 3 nieces, Brittany (Zane) Hawk and daughter Lillian of Thief River Falls, MN, Tiffany Barta (special friend, Jerry Rauch) and son Darius of Guthrie, MN, Rachel (Drew) Jaeger and daughter Eden of Bemidji, MN. He is also survived by uncle, Marlyn Haugen of Oklee, MN, aunt, Clara Iverson of Thief River Falls, MN, and aunt, Joy Haugen of Bovey, MN and several cousins and friends.

He is preceded in death by his parents; grandparents, Harold and Mae (Rodman) Haugen and Justin and Selma (Thoreson) Hanson; aunts and uncles, Violet (Milan) Eliason, Vernon Iverson, Harvey Haugen, Doloris Haugen, and Bonnie (Charles) Prigge; and infant cousin, Mark Haugen.

Visitation was held at 10:00 AM with the service to celebrate Dean's life at 11:00 AM on Monday, March 4, 2024 at Ekelund Lutheran Church, rural Goodridge, MN with Rev. Kris Snyder officiating. Burial will be at Ekelund Church Cemetery.

Condolences may be sent at www.johnsonfuneralservice.com



Obituary for Donna Felt

On February 29, 2024, Donna Westweet Felt, 83, of Bagley, Minnesota, went to her heavenly home after a courageous two-year battle with cancer.

A Visitation will be held on Wednesday, March 6, 2024, from 5:00-7:00 p.m. with a prayer service& sharing, beginning at 6:00 p.m. at the Cease Family Funeral Home Chapel in Bagley, MN. Funeral Services will be held on Thursday, March 7, 2024, at 1:00 p.m. at the Bethel Lutheran Church in Bagley, Minnesota with a visitation one hour prior. Pastor Jeremy Davies will be officiating. Interment will be held at the Nora Township Cemetery, in Bagley, Minnesota. Memorials are preferred to the Joe Lueken Cancer Center or Bethel Lutheran Church.

Donna was born on December 8, 1940, to Roy and Gladys Bjerke. She was raised and educated in Clearbrook/Leonard Minnesota. She attended and was confirmed at Our Saviors Church in Leonard, Minnesota.

She married Lavern Westweet on December 12, 1959. Together they raised two children, Connie, and Kevin.

After the death of her first husband, she later married Ken Felt.

Donna worked part time at Netland Assisted Living that later became Haugen's Assisted Living. Donna enjoyed baking and making lefse. She was an active member of Bethel Lutheran Church, Calvary Church, and Lake Itasca Regional Pioneer Farmers Organization. It was there she began demonstrating lefse making, which turned into a full-fledged Westweet Kitchen of lefse and fry bread.

From an early age Donna enjoyed music, from RFD Polka Music to most recent Sunday evening gospel sing-a-longs.

Donna is survived by her most precious treasures, 9-great grandchildren, Kalen, Branlee, Demi, Kaisen, Karson, Aiden, Xavier, Parker, and Avery. 4-grandchildren, Brandon Westweet, Breanna Westweet, Christine (Pat) Christiansen and Shannon (Joe) Butler. Her daughter, Connie (Mike) Miller, and stepchildren, Randy (Jackie) Felt, Carroll (Becky) Felt, Rodney Felt, Rob (Susie) Felt and Ginny Felt. Siblings - Shirley Aakre, Carol Sauer, Ron (Linda) Bjerke, Lowell (Margaret) Bjerke, Brothers-in-law- Jim Chelsey, and Duane (Joan) Westweet, Sister-in-law- Shirley Schultz and many close friends.

Donna was preceded in death by her parents - Roy and Gladys Bjerke; her first husband- Lavern Westweet; her second husband - Ken Felt; her son- Kevin Westweet; sister- Joyce Chelsey, and brother- Les Bjerke; Daughter-in-law- Dawn Westweet; and Brothers-in-law Harlan Aakre, and Wayne Sauer.

Messages of condolence may be sent to ceasefuneralhome.com

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Traveling Art Exhibit Visits Ada Public Library

The Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year. This exhibit includes 15 original pieces of art by regional adult and student artists, chosen from works submitted for our annual juried exhibit. The exhibit is currently at the Ada Public Library until March 26. Please stop by to see these works of art. Some of these pieces of art are for sale.

The 2023-2024 Artists and Artwork:

Ross Hier, Crookston, "Beach Ridge Bouquet" (Watercolor Painting)

Tim Anderson, Goodridge, "Let Your Light Shine" Wood Bowl (Folk/Traditional Fine Craft) Merit

Nancy Vraa, Red Lake Falls, "Country Classic" Hat and Mitten Set (Folk/Traditional Fine Craft) Merit

Lillian Ramsey, Thief River Falls, "Queen Mouse" (Acrylic Painting)

Kathy Panek, Goodridge, "Night Taxi" (Acrylic Painting on canvas board)

Jodi M Smith, East Grand Forks, "Swirls of Light" (Photography)

Dennis Lee, Red Lake Falls, "Old House" (Acrylic Painting) Merit

Madilyn Crompton, Borup, "Hang Time" (Digital Photo) Student Ada-Borup-West School

Makaela Longoria, Ada, "You Have My Heart" (Ceramic Sculpture) Student Ada-Borup-West School

Emma Gunderson, Crookston, "Go on a Trip" (Acrylic Painting), Student Crookston School

Kaydence Skibicki, Fertile, Untitled (Silk Screen Print), Student Fertile-Beltrami School

Carter Lee Johnsrud, Goodridge, "Masking" (Mixed Media Graphite Pencil) Student Goodridge School (1st Place and People's Choice)

Quinn Pittman, Greenbush, "Moe" (Pen Drawing), Student Greenbush-Middle River School Merit

Rhiana Utter, Greenbush, "Elsa" (Linoleum Print) Student Greenbush-Middle River School Merit

Maryjane Crane, Red Lake Falls, "Time" (Acrylic Painting), Student Red Lake Falls School



NWMAC Traveling Art Exhibit at Ada Public Library.

The 2022-2023 Traveling Exhibit Schedule*:

June to July 11 Thief River Falls Public Library, Thief River Falls

July 11 to August 29 Roseau Public Library, Roseau

August 29 to October 10 Hallock Public Library, Hallock

October 10 to November 28, Godel Public Library, Warren

November 28 to January 16 Fertile Public Library, Fertile

January 16 to February 27, 2024, Campbell Public Library, East Grand Forks

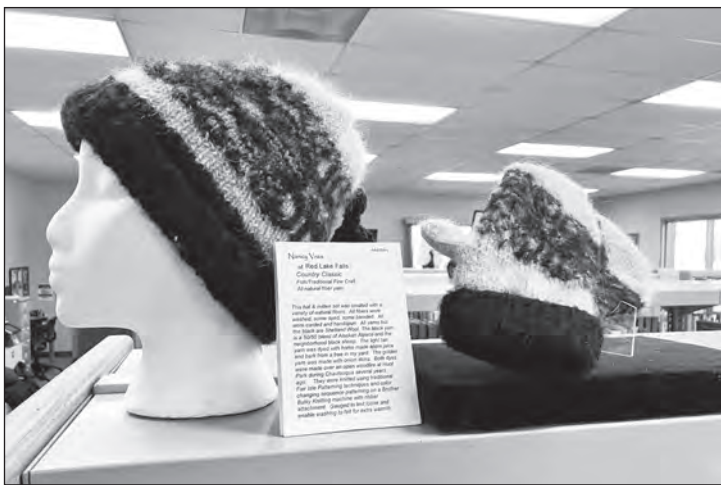
February 27 to March 26, 2024 Ada Public Library, Ada

March 26 to April TBD 2024** Red Lake Falls Public Library, Red Lake Falls

*The start and end dates at each location are approximate, depending on weather, venue hours and other circumstances that may occur to prohibit travel. For specific library hours, please contact each location before planning your visit, especially if you are planning on bringing a group.

**Tentatively scheduled

For more information about the Traveling Exhibit or our other exhibits look to our website at www.NWArtsCouncil.org, call our office at (218)-745-8886 or contact Trey at treyeverettcreates@gmail.com or NWArtsCouncil@gmail.com.



NWMAC Traveling Exhibit in Ada 2024.



Sculpture of Student Makaela Longoria of Ada in the NWMAC Traveling Exhibit.

Public notice, environmental and subscription bills take focus at Capitol

In last week's legislative report, we noted that an issue has come up with the procedure used for foreclosing on tax delinquent real estate in Minnesota. An effort is now underway, led by the Association of Minnesota Counties (AMC), to develop a new procedure — which could result in eliminating publication of the delinquent property tax list.

Here's some background on that issue, which was triggered by a 2023 decision of the United States Supreme Court called *Tyler v. Hennepin County*. The case involved an elderly woman whose Minneapolis condominium was foreclosed by Hennepin County because she hadn't paid her property taxes. According to long-standing Minnesota law, when such a foreclosure occurs and the property is sold at auction, the county gets to keep the full net proceeds, even though they often exceed the amount of the unpaid taxes — as they

did in the Tyler case, by about \$25,000.

Tyler then sued Hennepin County, claiming that this violated her constitutional rights, including the Takings Clause of the Fifth Amendment. And when the case eventually reached the high court, it agreed with her.

As a result, county officials in Minnesota have apparently concluded that a new legal framework must be adopted for tax foreclosures that eliminates the defects identified by the Supreme Court. And we've been told that AMC is working with a task force on a new framework, with proposed legislation likely to appear soon. But the county deliberations are very secretive. We've attempted to obtain details regarding their proposal, but very few have been disclosed. However, from what we know, it does appear that elimination of the delinquent tax list publication is a possibility — though why that would be necessary is

perplexing.

We are very actively following this issue at the Capitol, and will pass along any further details as we get them.

Meanwhile, work continues on an environment and recycling bill that would require producers of packaging and paper products (with newspaper and magazine publishers identified in the bill as producers) to create and finance a statewide program for collection and management of used packaging and paper products through waste reduction, reuse, recycling, composting and product redesign. MNA is working for an exemption for newspapers and magazines in the House and Senate versions of the bill, based on the industry's already-strong record on recycling and its unique value as an information source.

On another front, while some positive amendments have been made to the subscription bill MNA has been engaged with this session, MNA continues to have concerns with some provisions in the bill and its potential impact on newspaper and magazine publishers and readers. The bill seeks to make it easier for consumers to cancel automatically renewing memberships (think: gym memberships) and subscriptions of all kinds. Minnesota Newspaper Association believes a bill can both fully protect consumers, including their ability to easily cancel subscriptions, while providing publishers with workable procedures to continue to provide subscribers access to their favorite newspapers and magazines with easy to use options to continue the services they value. MNA continues to work with the bill author on additional changes to the bill to achieve this balance.

And finally, Minnesota Management & Budget's latest state budget forecast was released this morning, showing an improvement over November's numbers due to higher-

than-predicted revenue collections and a stronger economic outlook. The projected surplus was raised by \$1.324 billion to a \$3.75 billion total surplus.

Detailed information on the forecast and the upcoming presentation can be found here.

Here's the schedule for the remainder of the session:

- March 22: First and second bill deadlines* (policy bills must be out of committees in both bodies).
 - 5 p.m. March 27-noon April 2: Easter Recess
 - 5 p.m. April 9-noon April 12: Eid Recess
 - April 19: Third bill deadline* (finance and spending bills must be out of committees in both bodies).
 - April 22- noon April 24: Passover Recess
 - May 20: Constitutionally required session adjournment
- *Bill deadlines do not apply to tax committees, capital investment committees, rules committees, finance committee or ways & means committee.
- MNA legislative team

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March activities at Itasca Park

Circle Time Under the Pines: T is for Trees

Thursday, March 7, 2024 from 11-11:30 a.m.

Meet at the Jacob V. Brower Visitor Center (look for the big building under the big pine trees.)

Children 2-5 years old, come explore Itasca as we learn about nature through stories, songs, crafts, and outdoor discovery. Bring your outdoor clothes as we will be outside exploring nature if weather allows.

Registration: Registration for this program is required. For more information or to register, email Naturalist Sandra at Sandra.d.lichter@state.mn.us or call 218-699-7252.

NOTES: Adults must accompany children. Consider bringing a picnic lunch and enjoying your noon meal around the fireplace in the visitor center lobby after the program.

Kid's Science Discovery: Animals of the Forest Walk, Spring Edition!

Friday, March 22, 2024, from 1:30-2:15 p.m.

Meet at the Jacob V. Brower Visitor Center

Kids, head down the trail and explore what animals are doing as spring is arriving! Sci-

ence Discovery programs are geared for students looking to take the classroom outside. Itasca is a wonderful outdoor learning space to explore the natural world.

Registration: Registration for this program is required. For more information or to register, email Naturalist Sandra at Sandra.d.lichter@state.mn.us or call 218-699-7252.

What to Bring: This program will include going outdoors if weather allows, so plan for the weather. Dress in layers and wear snow boots if needed.

Spring's a Coming!

Headwaters Walk

Saturday, March 23, 2024, from 10:30-11:30 a.m.

Meet under the porch at the Mary Gibbs Mississippi Headwaters Center

Spring is officially here! Let's get outside for a walk exploring the Mississippi Headwaters, spring birds, sounds, and more.

Spring conditions can be snowy, slushy, or muddy. Dress in layers. Trail route will be picked as we get closer to the date. Trail length will be between 1-1 1/2 miles in length.

Mattracks Launches Track Conversion System for Skid Steers

Easy-to-Install Durable Four Track System Increases Traction by 10X

Karlstad, MN – February 15, 2024– Mattracks, the original rubber track conversion system manufacturer, today released that its RT125 TC track model is now approved for wheeled skid steers with wheelbases 48 inches or greater. The RT125 TC already is being used by many customers on articulated loaders, riding trenchers, and the Bobcat Toolcat. Supporting up to 12,500 pounds, the Mattracks four track conversion system increases traction by 10-fold while maintaining the same maneuverability and zero turn ability as with tires.

Unlike traditional two track skid steer systems, the 15-inch wide RT125 TC features a patented rubber torsion suspension system which, along with the four tracks independently oscillating, allows them to conform to the ground and contour with the terrain while the machine is in operation. In turn, this increases the overall machine stability, which is not only important for operator safety, but it provides a much smoother ride and greatly increases ground contact for better traction.

"Mattracks for skid steers offer many advantages both over tires and traditional skid steer models," said Dan Laux, VP of Operations for Mattracks. "Along with the increased traction, mobility and comfort, our customers appreciate that our tracks are extremely easy to install. The average time to convert all four skid steer tires to tracks is less than an hour."

Ideal for the all-terrain demands of the jobsite, the RT125 TC features extra-aggressive, industrial-grade rubber track made to easily transition from sand, mud, snow or rock to hard surfaces with ease.

About Mattracks

Mattracks conceived, developed and produced the industry's first rubber track conversion system and was the first to introduce them into nearly every application. Every rubber track system that you see today, besides snowmobiles, are either Mattracks or owe their heritage to Mattracks. From prototype to production, the company's first wheel-to-track product first shipped in 1994. As a result, tracks have been a game-changer for both recreation and commercial uses where mobility, traction and reduced compaction are critical for either safety or profitability.

Today, Mattracks is recognized for its unwavering commitment to innovation, safety and quality as a producer of exceptionally durable tracks with exclusive, patented features. The global manufacturer offers over 170 product models, manufactured for tens of thousands of different vehicles from ATVs and UTVs to SUVs, pickup trucks, heavy-duty trucks, industrial equipment and specialized vehicles – both manned and autonomous.

With hundreds of thousands of satisfied customers over the last 30 years, Mattracks has shipped its award-winning tracks to all 7 continents and over 150 countries. Mattracks supports nearly every industry including the military, construction, agriculture, mining, oil and gas, renewable energy, trail grooming, telecommunications, EMS, law enforcement as well as commercial and personal recreation. Headquartered in Karlstad, Minnesota, Mattracks is proud to be made in the USA.

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