



Tri County Canary

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



Weighing of the pumpkins at the Car Show and Pumpkin Days in Gonvick. Last year the state record was brought into Gonvick at 2,242 pounds.

Car Show and Pumpkin Days in Gonvick September 27 and 28

The annual 19th Car Show and 31st annual Pumpkin Days will be held in Gonvick on Saturday, September 27 and 28.

The events will start out with a Movie Night on Friday and Saturday night. There will be free entry and free popcorn. It will be held on the south side of The Trap by the volleyball court.

Saturday September 28 starts off with a pancake breakfast at the Samhold Lutheran Church from 8 to 10 a.m. Pancakes, sausage and fruit will be served with free will offering.

The Clear Waters Life Center at the Grow It Green House serving sweet rolls and coffee at 10:00 am and at 11:00 am they will serve soup and sandwich. They will have pumpkin painting for the kids, local artist vendors, gift items for purchase along with a small selection of plants. This will be their first off season event.

The 19th annual vintage auto show will run from 9:00 am to 1:00 pm Pre-register with Stacy at the Gonvick City Clerk's Office at 170 Main

Street or call 218-487-5243. Registration can also be done the same day with no entry fee. There will be five top awards based upon popular vote by participants. They will receive \$100 each at the end of the show. Saturday with "Wild Wes" DJ will be playing music of the 50's and 60's. Last year's winners were Daphne Klema, Leslie Lien, Steve Fjerstad, Ron Grube and sponsored by the Gonvick Diamond Jubilee.

There are many events planned for the annual event. The Gonvick Pumpkin Days bake off will be held at the Gonvick Community Center from 10:00 am to 1:30 pm. Enter a baked good with pumpkin in it. There will be prizes for adult 1st, 2nd and 3rd and Kids for 1st, 2nd and 3rd. Bring it in early so that it can be judged.

There will be chicken races at 2:00 p.m.

The fire department will have their tug of war at 3:30 at The Trap. Which fire department will bring home the glory and \$500? For more information call 218-684-2792.

The weigh off for the largest

pumpkin will start at 3:00 pm sponsored by the Gonvick Diamond Jubilee.

Last year Wade Klema and JJ Solberg of Gonvick had the largest pumpkin ever entered in Gonvick. It weighed in at 2,242 pounds. They took it to Anoka for the pumpkin weigh off there and it took first prize at 2,237. Lost a couple of pounds on the trip down.

If you want to enter your pumpkin this year with the money prizes be sure to contact a pumpkin grower or information at The Trap in Gonvick.

The bed races will again be held with \$500 going to first place, \$250 to second place and \$100 to third place. That will be held at 5:00 p.m. Contact Devin Aakre to register at 218-684-0792.

To end the Saturday night there will be fireworks at dusk at a live band Quick 56 will be at The Trap beginning in at 8:00 p.m.

Kandi's Kitchen in Gonvick will be serving a Midnight Breakfast which is just down the street from The Trap.

Where Were You October 7, 2023?

By Pamela French
Rick & Cheryl Mollin and James & Nina Palubicki were the guest presenters for Northern Exposure to Lifelong Learning(NELL) on Wednesday September 11, 2024, at the Fosston Arts Center. Over 40 guests were attended.

The two couples shared their "Pilgrimage to the Holy land" experience and the historic events that occurred October 7th, 2023. The couples were in flight, without knowledge of what was unfolding on the ground in Israel, the day Hamas launched a horrific attack on Israel.

Rick Mollin began the program with a brief history and geographical lesson starting in 5000 B.C., sharing the relationship between the various countries, wars etc, and on how history lead to that fateful day in October. This trip was actually a reschedule of their trip that was canceled due to Covid.

The first inclination that "something" was not quite right was when the pilot came on the intercom to make a statement about how everything on the ground "was calm", a statement they felt was a bit unusual. There was no statement about the weather conditions or ETA to gate arrival. Upon landing, cell phones began ringing and information of the attacks were abundant, everything but calm. This would be the last Delta flight that landed in Israel and the last to later depart until sometime in November. Of the approximate 200 tourists expected for the 12-day tour, only 20 were on the ground. Other tourists who were to be a part of the tour were on later flights and subsequently diverted to other countries.

On the way from the airport to their hotel, they were witness to multiple flares in the distance. The flares were from the IDF's Iron Dome intercepting incoming bombs. Later that night while at dinner, a buffet for 200, the 20 guests had to retreat to a bomb shelter as sirens went off. It was reported a couple bombs were unable to be intercepted and hit a small nearby village. The group was in the shelter approximately 30 minutes.



James and Nina Palubicki at Petra once both couples were safe in Jordan.

The couple's were able to see nearly all the sites on the tour in the initial 5 days, the near equivalent of the 12 day tour itinerary, due to their only being the 20 guests versus 200. There was a heavy presence of police and military personnel, all heavily armed, everywhere they went. Bethlehem was closed and they could not visit.

By day five, the couples were getting word that they needed to get to the Jordanian border as soon as possible due to the possibility of the border crossing being closed. The tour guides and escorts in Israel rely on tourism for their livelihood. This tour would be their last.

Upon reaching the Jordan border each person had to obtain a passport. Then they all went into Amman, Jordan. While in Amman, the Palubicki's went to see Petra. When it came time to leave, a day or so later, they flew to Paris, then back to the USA, costing each couple over \$3000 to return home to Bemidji.

At the end of the presentation, guests were able to view the many photos that were taken during the trip in hard copy. The program was very well organized and captivating, enjoyed greatly by all who attended.

The Annual Vernes Church ride was held on Sunday, September 15th



Riders stopped for a break and gave everyone a chance to catch up. Once everyone was together again, the ride continued. Photo by Sierra Guy of Fosston.



Corbyn Guy and Delaney Hastings of Fosston. Photo by Sierra Guy of Fosston.

It all started in 2005 when Rupert Syverson, of rural McIntosh, called his neighbors to go on an ATV trail ride. What started out as a small group of friends taking a short ride around the area has become the community ride it is now. Before Rupert passed away in 2008, he asked for "one more trail ride", and he got his wish. Since his passing, his nephew, Leslie Finseth, continued the tradition.

Leslie contacted the land-owners in the Vernes Lutheran Church area for the trail ride and many allowed riders through their properties.

On Sunday, September 15th, Vernes Lutheran Church in rural McIntosh hosted the annual ride. It was a warm and wonderful day for the 85 units to hit the trails, featuring 4-wheelers, rangers and motorcycles. Pastor Lee Laaveg offered a welcome and prayer before the ride began.

After the 1 1/2 to 2-hour ride, everyone was invited for a light lunch inside Vernes Lutheran



Rupert Syverson.

Church.

Thank you to all of those that have allowed access for the ride, allowing safety and excitement riding the hills and traveling through the woods!

Thank you to Vernes Lutheran Church for providing this opportunity for so many that enjoy the trails and fellowship that follows. If you have the opportunity to attend, it is highly recommended!

Story by Sue Sims



The Vernes Lutheran Church ride was open to all ages. Jeremy Finseth lead the group of riders. Photo by Sue Sims

Arbitration panel rules in favor of Essentia Health

An arbitration panel has ruled in favor of Essentia Health in its dispute with the City of Fosston.

The neutral panel of arbitrators has shared its decision, affirming our position that we have operated the Fosston hospital within the requirements of the affiliation agreement we signed with the City in 2009. The arbitration hearing occurred in the middle of July.

This ruling means that Essentia will continue to operate the hospital, clinic, assisted-living and long-term care facilities in Fosston, as well as clinics in Bagley and Oklee.

"Now that the arbitration process is over, Essentia is

focused on the opportunity to engage our patients, colleagues and the community in building a shared vision for the future of health care in Fosston," said Dr. Stefanie Gefroh, interim president of Essentia Health's West Market. "We look forward to working with city leaders in support of that objective and for the patients we're honored to serve."

This dispute has brought new awareness to the many challenges faced by rural health care providers. As leaders in rural health care, Essentia is committed to ensuring patients have high-quality, compassionate care as close to home as possible.



By Pamela Fench
Curtis & Loretta, singer/songwriter/folk singers were a part of a special collaboration with Northern Exposure to Lifelong Learning. The pair performed Saturday, September

14th at the McIntosh Community Center. The concert was made possible due to Loretta Simonet being awarded the Creative Individuals Grant from the Minnesota State Arts Board.

Humbleberry Farms
PRESENTS
HARVEST FESTIVAL
Bring a picnic lunch, hike the trails, pick up a pumpkin, play with the animals and take a hay ride!
September 22, 2024
10:00 a.m. - 6:00 p.m.
PICNIC - ANIMALS
HAY RIDE - PUMPKINS AND MORE!
Humbleberry Farms
23636 MN-92
Brooks, MN 56715
FREE COMMUNITY EVENT!
Check our Facebook page for updates and details.
<https://www.facebook.com/HumbleberryFarms>

McIntosh was the final of eight concerts the two performed this past year. Other venues included small rural communities; Bagley, Kelliher, Park Rapids, New York Mills, Dassel, Evansville and Farwell. Attendees from East Polk and Clearwater Counties, and several residents from the McIntosh Senior Living Center, were on hand to enjoy the two-set concert.

The pair have been traveling all over the country singing and writing songs, as well as telling stories for 47 years. They have been married for 37 years. You can just imagine the funny stories the pair shared. Songs they sang included old hymns, Folk songs, songs by Elvis, and several songs written by Loretta. It was a very fun afternoon enjoyed by all who attended.

Ready for some fall fun?
We can help with personal loans for your next purchase - side-by-sides, snowmobiles, sheds & more!
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CLOSED
The Motor Vehicle Office, in Fosston, will be CLOSED
Tues. Sept. 24th & Wed., Sept. 25th.

ANTIQUE'S
By John Eggers
JohnRogerEggers.com, envision@paulbunyan.net, 20269 Irvine Ave NW, Bemidji, MN 56601, 218-766-9009



"Let's go fishing." I must have heard that refrain a thousand times while growing up in my small hometown of Waterville, Minnesota. Waterville has two lakes in town: Tetonka and Sakatah. Both are good fishing lakes.

After work, my father would collect my brother and me, and we would go out to our favorite spot in the lake and fish crappies with cane poles. On the black line was a fishing float similar to what you see in the picture. It was the best of times, as it still is for many of you today.

The value of fishing collectibles has cooled off in recent years but there is still a keen interest in items that are scarce and in good condition. I have sold hundreds of fishing lures in the past twenty years and received good money for many.

The most sought-after lures, if you had to pick one company, would be the Heddon Company from Dowagiac, Michigan. Heddon Lures is the oldest lure company (1898) still producing lures.

Collectors like lures that are unused or in very good shape, no paint or hooks missing and that come in the original box. A vintage 1908 Wooden Heddon 150 Dowagiac Minnow, unused, will fetch you approximately \$1800. The box of Heddon fishing floats shown in the photo has a value of about \$25. You see, it just depends on what people are looking for.

I still have some of my father's old lures. They bring back many memories of when he said, "Let's go fishing."

John Eggers: 218-766-9009, envision@paulbunyan.net

North Star Neighbors to Celebrate First Home Construction in Red Lake Falls

North Star Neighbors, a new community land trust serving Northwest Minnesota, will hold a brief event at 10am Friday, September 27th, at 110 Evergreen Avenue, Red Lake Falls to celebrate the start of construction on its first Red Lake Falls home. Cory Boushee, Executive Director of North Star Neighbors, will offer remarks.

North Star Neighbors was established last year as a subsidiary of the Northwest Minnesota Foundation to expand affordable homeownership opportunities throughout the region. There are currently two homes under construction in Thief River Falls. This event will mark the start of construction in Red Lake Falls.

Those expected to participate

Please join us in celebrating the
50th Wedding Anniversary
of
David & MaryAnn Sjulestad
on **September 21st**
at the Sjulestad Farms shop starting with social hour at 4pm, meal at 6pm, and live music by Shake, Rattle & Roll at 8pm.

NOTICE OF FINAL PAYMENT HEARING
The Board of Managers of the Red Lake Watershed District will be making a final payment for the construction of the Pine Lake Outlet Lost River Bridge Replacement, Red Lake Watershed District Project No. 26B to Houle Excavating, LLC of Little Falls, MN. Any parties that have an objection to the final payment to Houle Excavating, LLC, for the construction of the Pine Lake Outlet Lost River Bridge Replacement, Red Lake Watershed District Project No. 26B should be present at the hearing on Thursday, October 10, 2024, at 9:30 a.m. at the Red Lake Watershed District office, 1000 Pennington Avenue South, Thief River Falls, MN.
Signed: *Tammy Audette*
Tammy Audette, Administrator

DINING & entertainment

CURBSIDE BURGER NIGHT
Friday, September 20th, 2024
5:00 to 7:00 p.m.
Serving Hamburger or Cheeseburger, Mac Salad, Potato Salad, or Fries and a Can of Pop. **\$10**
Kandi's Kitchen
233 Main Street in Gonvick • 218-487-5312
Follow us on Facebook for Daily Specials
In case of rain, dining will be indoors.

CAROL'S COZY BAR & GRILL
Brooks, MN • 218-698-4608
Friday, Saturday & Sunday
Sept. 20th, 21st & 22nd, 2024
Steak & Shrimp, BBQ Ribs, Broasted Chicken, Ribs & Chicken, Ribeye
Comes with Salad Bar, Potato & Garlic Toast.
Friday ONLY - Walleye
COMING SOON Live Music!
October, 5th, 2024
SUNDAY FOOTBALL! VIKINGS GAME
Noon Special: Cheeseburgers & Fries \$8.50
2 Piece Chicken Basket \$10.00
Buckets of Beer on Special.
KITCHEN OPEN UNTIL 9:00 P.M. DAILY

BAR BINGO! AND PADDLE WHEEL
TUESDAY, SEPT. 24TH, 2024 - 6:30 PM
56#s AT \$1,000 UP TO \$1,000 MAXIMUM
SPONSORED BY:
The Mentor Firefighters Relief Association
Lawful gambling license #05817-003
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NO BINGO
WING NIGHT WEDNESDAY
FRIDAY, SEPT. 20 - SHRIMP
SAT., SEPT. 21 EVENING - KITCHEN CLOSED
SHORTY'S PLACE, 263-4199

in the celebration include:

- Cory Boushee, Executive Director, North Star Neighbors
- Karen White, President/CEO, Northwest Minnesota Foundation
- Red Lake Falls elected officials

- Regional business leaders
- North Star Neighbors Advisory Committee members
- Northwest Minnesota Foundation Board of Directors members

A Radio Show
Cully Church Ladies
October 5th, 2024
7:15 p.m.
Gully Community Center
Music HA Humor History
Suggested Donation \$10.00 to Fund Future Gully Events

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ATM now available in the entry, 24 hours a day.
As a locally owned bank our dedication to you is our top priority. The Northern State Bank is proud to offer a full line of services including:

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CLASSIFIED ADS

Polk County Full-Time Employment Opportunities:

Clerk Typist Cashier III – License Center: \$19.50 – \$24.70/hr. Position Closes on Wednesday, September 25, 2024

Deputy Sheriff Patrol I - II – Sheriff's Office: \$30.48 – \$40.93/hr. Position Is Open Until Filled

Engineering Technician – Highway: \$26.08 – \$36.78/hr. Position Is Open Until Filled

Environmental Technician – Environmental Services: \$26.08 – \$33.04/hr. Position Is Open Until Filled

Mechanical Maintenance Technician I - II – Fosston: \$24.61 – \$33.04/hr. Position Is Open Until Filled

Sort Line Operator I - II – Fosston: \$18.57 – \$24.70/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

EMPLOYMENT NOTICE Full-Time Highway Accountant

Clearwater County will be taking applications for an Accountant position in the Highway Department. This is a full-time position with benefits. Salary range is \$21.25 to \$27.69 per hour, commensurate with experience. This position is responsible for implementing and maintaining all the Highway Department accounting records and procedures in accordance with governmental accounting and financial standards. Essential duties of this position include a variety of highly responsible, varied, complex, and specialized knowledge and understanding of State and Federal highway financial system operations, along with the coordination and administration of the general financial operations of the Highway Department's \$6 million annual budget. Essential functions of the job include: Allocating various funds to construction, maintenance, and programs. Distributing costs (e.g. time, materials, equipment, etc.) to specific projects and cost accounts. Tracking and monitoring cash flow. Maintaining account payables and receivables. Preparing payroll information in accordance with County procedures. The preparation or generation of various accounting reports, including annual report, project reports, and budget reports.

Education and Experience: Preferred qualifications are for completion of an Associates degree in account, finance, business or related field and minimum of 2 years' cost accounting experience.

Applications are available at the Clearwater County Highway Department Office, 113 7th St. NE, Bagley, MN 56621 (218) 694-6132, or from our County website at www.co.clearwater.mn.us. Applications will be received until October 7, 2024.



Clearwater County is an Equal Opportunity Employer.

JOB OPENING COUNTY OF CLEARWATER

JOB TITLE: Full-time Sentence to Serve Crew Leader (STS)

JOB DUTIES:

- Leads, directs and monitors sentence to serve inmates or offenders to ensure projects are completed timely, efficiently and to meet court ordered obligations.
- Works alongside offenders/inmates to model appropriate behaviors and demonstrate positive work values and work ethics.
- Monitors safety and work practices and assure safety equipment needs are provided in accordance with OSHA requirements.
- Evaluates inmates' abilities and assigns tasks/projects accordingly.
- Monitors behaviors of crew and provides progressive disciplinary procedures, if necessary to ensure appropriate behaviors.
- Transports inmates/offenders to work sites.
- Administers first aid or arranges for medical care, if necessary.
- Maintains and documents activities, logs and records in accordance with Department of Correction requirements.
- Interacts with and collaborates with local correctional agencies, courts, probation officers and law enforcement to ensure services are provided and courts are informed of offender status.
- Provides oral, written and computer reports to probation officers and restitution coordinators regarding performance, attendance, problems and completions of program participants.
- Makes recommendations on offender discharge from program and/or other alternatives.
- Advise local justice officials of program issues.
- Repair, maintain and/or order STS equipment, materials or supplies. Inspects and cleans equipment. Orders and recommends the purchase of equipment required for STS projects.
- Maintains and prepares a variety of program reports, participant activity reports/summaries, incident reports, project sties/hours worked, purchase orders, mileage logs, expense receipts, time sheets, etc. required to maintain program records/files.
- Performs other duties of a comparable level or type, as required.
- Attends training, sessions, and staff meetings.
- Maintains training and certification requirements.
- Performs special projects or assists other county departments as needed.

JOB QUALIFICATIONS:

- Minimum of one-year post-secondary education in a vocational or technical trade preferred.
- Knowledge of computer systems and ability to use several software programs helpful.
- Possess a valid Minnesota driver's license.
- Must be a US Citizen with no felony convictions.

Salary range is \$19.38-\$25.34/hour as of the current union contract for 2024. Applications can be obtained online at www.co.clearwater.mn.us or at the Clearwater County Sheriff's Office at 213 Main Ave. N, Bagley, MN. Completed applications and resume must be submitted to the Clearwater County Sheriff's Office.



CHEERLEADING ADVISOR

The Clearbrook-Gonvick School District is seeking a Cheerleading Advisor for the 2024-2025 basketball season. Must have the ability to work with student athletes, provide leadership and direction, attend all practices and competitions, and 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: mmccoy@clearbrook-gonvick.k12.mn.us

FULL-TIME COOK NEEDED

The Clearbrook-Gonvick School has an immediate opening for a full-time cook for the 2024-2025 school year. The hours for this position are 6 a.m.-2 p.m. Monday-Friday. Wage range is \$16.40-\$18.70 per hour, dependent on years of previous experience. This position includes the following benefits: PERA retirement plan, paid holidays, sick time, and personal time. Requirements for the position include: 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. 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 mwweems@clearbrook-gonvick.k12.mn.us

EDITOR POSITION

The Oklee Herald is looking to fill the position of Editor. This position is Full-time and includes benefits and 401K. Various duties include, but not limited to:

- Page layout
- Writing articles
- Attending community events: day, evening or weekends
- Photography
- Some inter-office duties (updating subscriptions, customer service, ad sales)

Knowledge in Adobe InDesign, Acrobat, Photoshop, Microsoft Word and Excel helpful.

Will train. Applications are available upon request, or submit application and resume to the Red Lake County Herald at P.O. Box 9, Oklee, MN 56742. Contact Bonny at the Red Lake County Herald 218-796-5181 or email okleeherald@gmail.com for questions.



RLCC Coaching Position

Available 2024-25: Middle School Wrestling Coach

Application deadline: September 24

Letter of Application and Resume to:

Kate Moll Activities Director RLCC High School PO Box 100 Oklee, MN 56742

(List prior wrestling coaching experience in resume)



Red Lake Watershed District Public Project Hearing

Pursuant to Minnesota State Statute 103D.711, notice is hereby given that a Public Project Hearing to discuss and receive public input regarding the development of a Flood Damage Reduction (FDR) project, commonly referred to as the Turtle Connection and Cross Lakes Flood Damage Reduction Project, Red Lake Watershed District Project No. 114.

This hearing has been scheduled for Thursday, October 17, 2024, at 9:00 a.m. at the Garden Valley Technologies office meeting room, 206 Vance Avenue South, Erskine, MN 56535.

The primary purpose of this project is a design that provides an FDR component, improved fish passage and establishes preferred normal lake levels by adjusting the outlet dams at Cross, Turtle, and Connection Lakes. The proposed project is located in Sections 19, 20, 21, 28, 29 and 30, Queen Township (Township 148 North of Range 39 West), Polk County, MN.

The project would consist of a rock arch rapids and removal of the existing dam at Cross Lake, abandonment and removal of the Turtle Lake dam, and a rock arch rapids and water control structure at South Connection Lake, which will establish preferred long-term lake levels and provide fish passage. The proposal provides a gated/stop log outlet structure at South Connection Lake to provide the ability to manage water levels in Turtle and Connection lakes for FDR.

The estimated cost of the project is \$1.5 million. It is proposed that funding would be paid by the State of Minnesota, Red River Watershed Management Board, and the Red Lake Watershed District.

All interested parties, public or private, likely to be affected by the above-mentioned project are invited to attend.

Persons who wish to submit written comments prior to the Hearing or who have questions should address them to the office of the Red Lake Watershed, Administrator Tammy Audette, 1000 Pennington Avenue South, Thief River Falls, MN 56701, or by telephone at: 218-681-5800.

If you have a disability and need an accommodation to attend this Hearing, please contact the Red Lake Watershed District office as soon as possible or at least three working days in advance of the Hearing at the above telephone number.

REAL ESTATE - RENTALS

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **SEPTEMBER 1 Bd openings for all elderly and all handicapped/disabled persons.** Rent is based on 30% of your monthly adjusted gross income. Laundry room facilities available & off-street parking. **Resident Manager** onsite. Locked Entry system. Active Community Room. Applications and qualifications, contact Nicole at 218-751-6881 or Laura at 218-407-7681.

Applications online at bemman.wixsite.com/bemidjimanagementinc AN EQUAL HOUSING OPPORTUNITY.

HUNTING SEASON IS RIGHT AROUND THE CORNER!



#4701 - Your Hunting Headquarters! It's where a 120 acres of gently rolling woods, extensive trail system, and wildlife wetland areas with creek, along with a fully "dialed in" northwoods cabin. They all come together to complete a premiere northern Minnesota hunting/recreation property to call your own! Call today to set up your private tour.

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

www.sollie.net

www.sollie.net

RUMMAGE SALES

HUGE FAMILY RUMMAGE SALE

Saturday, Sept. 21st Old Creamery Building McIntosh 9:00 am to 5:00 pm Something for everyone!

RummAge Sale

MULTI-FAMILY Saturday, Sept. 21st 9:00 a.m. to 4:00 p.m. 20494 Clover Rd.

SIGNS WILL BE POSTED Allis Chalmers Generator (old); Fishing Tackle, Duck Decoys, Tools, Chain-Link Fence, Kayak, Electrical and Plumbing Parts, Rowing Machine, Dishes, Much More

LSS Caregiver Support & Respite services offers PEARLS (Program to Encourage Active Rewarding Lives) training classes for people, age 60 or older, who are experiencing depression due to the losses they endure as they age. Learn skills to manage unpleasant feelings and improve quality of life. Call 866.787.9802 to learn more.

FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R21tfc-nc

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MISCELLANEOUS

GET A BREAK ON YOUR TAXES!

Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 844/220-9501 today!

BOOST INFINITE!

Unlimited talk, text and data for just \$25/mo! The power of 3 5G networks, one low price! Call today and get the latest iPhone every year on us! 855/849-6621

SAVE MONEY!

Call your local newspaper or MNA 612/332-8844 to find out how you can save money by placing your advertisement here!

AREA OWNERS PART 2 ONLINE AUCTION

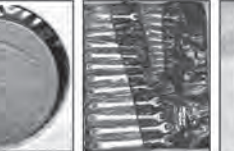
16598 150th St NE , Thief River Falls, MN

Online Bidding Starts Thurs. Sept. 19th

Bidding Starts to Close Thurs. Sept. 26th ~ 6 pm

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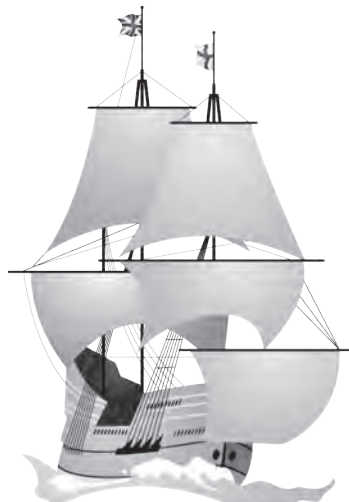
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The Mayflower and the Pilgrims



THE MAYFLOWER

By Eric Mickelson

On September 16, 1620, 102 English colonists aboard the Mayflower set sail for America. Most passengers were in search of a new life. Some were simply seeking religious freedom, others wanted a fresh start in a different land. They would eventually be known as the Pilgrims and they would influence the future of the United States of America in many ways.

I don't know if any of you like to study your ancestry? I love to learn about the history of my family. Did you know that around 30 million Americans can trace their lineage back to the 102 passengers and 30 crew members of the Mayflower?

This difficult journey took 66 days. The first part was relatively uneventful outside the seasickness! While the calendar turned to October the Atlantic storms made voyage more treacherous and dangerous. Try to imagine these two months traveling 3000 miles across the Atlantic Ocean on the Mayflower. The Mayflower was not a passenger ship. It was a cargo vessel made for hauling fish, lumber, or barrels of other supplies-not people. The conditions were damp and cold and imagine being surrounded by many with seasickness all while eating a diet that consisted mostly of dried meat, hardtack, and beer. This always intrigued me, beer. If you look at the supply list for many voyages back in time, often many barrels or "kegs" of beer were included. Why? Well, I was told that often water supplies came from natural waterways such as streams or springs. That is fine except when you barrel it up for a long journey and it sits at whatever temperature over a long period of time natural contaminants can come to life, making the water not safe to drink. So instead beer that had been brewed traveled better!

Finally on November 9th Cape Cod was sighted. This was not their intended destination(which was really the Hudson River, in present day New York), but after a

couple months of rough seas the ship was anchored and waited for a decision on what to do.

The day after Christmas the passengers left the Mayflower and came on land at Plymouth. Before going ashore the future settlers agreed to the Mayflower Compact. Since they were not at the intended chartered place they intended to land, this 200 word document set up some rules and laws that were agreed to be abided by so they could start a settlement. Forty-one men including William Bradford and Myles Standish signed the Compact. It is often considered the first real "law" put into order by settlers in North America.

Life in the colony was centered around religion and of course hard work. The Puritans were very strict and punishments were imposed on those who did not attend church. Although other religions were not tolerated. During that first winter many of the colonists died from diseases or harsh living conditions. William Bradford described this time as the "starving time!"

The Plymouth colonists benefited from a friendly alliance with local Indigenous people. Shortly after coming ashore they met and became a trusted member of the colony. In 1621, the Pilgrims and the neighboring Native Americans who had helped them to survive in this new land celebrated a harvest fest that we often now call the first Thanksgiving.

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Theology in the Trenches

By Kathleen Kjolhaug

“The Whale Didn’t Eat Jonah!”

Twas a rainy day up north and the tent pitched had been turned into a reading area. Nothing like today to make use of it as my grand tugged at my shirt giving voice. “Come read a book grandma.”

Many had been pulled from the shelf, and a pile quickly formed from which to choose. The soon to be four-year-old knew his mind and it wasn't long before he saw the one he'd been searching for. Not only did he pick the book, but the story within its covers.

As a children's Bible was thrust into my hands he said, “Read the Jonah one!”

The stories were ordered in familiar sequence and as most children's Bibles take form, a picture gave away the title before the story was noted.

“That one grandma!” Thus, I began.

We all know how it goes. Jonah is supposed to go to the city of Nineveh, and he doesn't want to. He boards a big boat going in the opposite direction, only to encounter a storm. When

those on the ship hear that Jonah was running from God in disobedience, they took his word for it and decided to throw him overboard. Then, along comes a big fish and Jonah ends up in its belly for three days before being spit up and out upon the shore.

And just to be clear as to what actually happened, the little voice beside me piped up. “Grandma, the fish didn't swallow Jonah to eat him. He swallowed Jonah to save him!”

The little one's profound sense of understanding the depths to which Jonah had plunged, made me pause. I was taken aback not so much because of what was said, but taken aback that I had never heard it quite like that. Like most of you, I've heard of the story of Jonah and the big fish a time or two and many an explanation to go along with it. However, when the little voice piped up, I realized I had not really looked at it quite like that.

The story of Adam and Eve being asked to leave the garden has a mixed review much like this one. Some think it's because God was a tad upset so

they were ousted. Yet, truth is, He loved them enough to ask them to leave so He could make a way back for them to come to the Father. It was rather a long road to hoe, but He did it out of love—out of His desire to save not only them but all of mankind who would make similar choices in disobedience. Sound familiar?

And so it goes. Out of love for Jonah, God had a big fish grab hold of Jonah for protection, not to eat him, but to save him.

Both stories are much like the journey upon the paths we trod. In order that He might save us, we must first be saved from any big ideas we have that we can do things our way. Our big ideas never can compare to His. It's about Him and what He did and continues to do for us—in order that we might find our way back.

“Unless we become like little children, we cannot enter His gates” (Matt. 18:3). He said it. I believe it. Any of my big ideas would not be worth swallowing. Amen.



Corn Chopping Then and Now!

By Auctioneer Eric W. Mickelson



A few years ago I purchased an H Farmall and enjoy using it around the yard. I have even seeded and baled hay with it. A while ago I had to ask dad if he had ever driven an H Farmall before the one he had purchased when I was a kid. The answer was, yes.

Apparently back around 1950 or so when dad lived on the Sheep Ranch south of Clearbrook, his dad had hired Herbert Magnusen to chop their corn. He had a GP John Deere and a Gehl corn chopper. The neighbor, Bill Johnson, was there too helping to haul silage wagons with his H Farmall. Dad was using their 1949 B John Deere to haul also. When they finished up the corn chopping the crew was heading to the neighbors, The Stanke's, to continue chopping. My dad was a bit tractor crazy, just like me. He asked Bill if maybe they could switch tractors, Bill's H for dad's B, and drive each other's tractors to the neighbors. Dad was a John Deere man, but he said that the H was pretty fun to drive down the road! Now when I start my H and take it for a ride....I know exactly what he is talking about!

Fast forward to 2024, I was recently taking a drive down the road to my son's place to mow some lawn. As I came by I noticed a few big trucks heading for my neighbor's dairy farm. As I passed a field of corn there was a big John Deere Self-Propelled Chopper. I know that the Gehl chopper pulled by a GP John Deere, on the Sheep Ranch, was a one row machine. When I was growing up we used a one row and had a friend help us with

a two row machine. I got out of my pickup to watch and the engine sound and chopping sound came humming past me. If I counted right, the big machine was gobbling up about 6 rows at a time, while blowing the silage into a semi that was driving beside the machine. It sure looked fun!

I know we here in the Oklee area had in the neighborhood of 4 inches of rain, but the corn field looked as if it had dried out pretty well. I know some of the farmers who finished their wheat harvest after the rain left some ruts. It looked as if things were going well as far as any mud. I want to thank my neighbors for the silage chopping show! Also best of luck to all who are harvesting corn and beans in the near future!

How about a little tractor trivia

1. The model B John Deere was manufactured in what town?
2. In 1949 the Model B John Deere had a _____ speed transmission.
3. The H Farmall was manufactured in what town?
4. The H Farmall had a _____ speed transmission.
5. The H Farmall had 24.17 drawbar hp. The Super H increased the drawbar hp to _____.

Answers: 1. Waterloo, IA
2. 6 speed 3. Rock Island, IL
4. 5 speed 5. 30.69hp



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Did you know?

School sports participation continues to grow. According to the High School Athletics Participation Survey, conducted by the National Federation of State High School Associations for the 2022-2023 school year, participation in high school sports was quite high. A total of 7,851,833 girls and boys were involved in school sports during the 2022-2023 academic year. That number marked an increase of 232,779 participants from the previous school year. Among the surveyed participants, the most popular boys programs were football and outdoor track and field. For girls, the most popular programs were outdoor track and field and volleyball.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: I heard some talk about new car seat laws and how kids are to be seat belted. Can you explain it in depth please?

Answer: Yes I can and as a matter of fact it is National Child Passenger Safety Week. Here is some information that we shared on my Minnesota Department of Public Safety Blog.

Figuring out the best way to keep kids safe in your vehicle can be complicated. The Minnesota Legislature has updated the Child Passenger Safety Law offering new guidance on child seats, booster seats and seat belts, adding increased safety measures to protect children. The law went into effect Aug. 1, may change how children ride in your vehicle.

Crashes are a leading cause of injury and death among children. Proper car seat use helps protect and minimize injuries to our youngest passengers. That's why our Office of Traffic Safety (OTS), along with the Minnesota Safety Council, are working to make sure you're ready for the new rules, which mirror the American Academy of Pediatrics child seat recommendations.

“We all want our children to be as safe as possible while we're driving, and that means making sure they are in the proper child restraint,” said OTS Director Mike Hanson. “The new law lays out best practices and will help parents make the best decision to protect their child.”

Prior to the changes, state law required car seats to be used according to manufacturer's instructions on height and weight. Now, instead of just relying on the child's size, the law specifies ages for rear- and forward-facing car seats, booster seats and seat belts (subject to weight and height depending on the child seat manufacturer). In addition, the booster seat requirement has been increased from 8 to 9 years old. The age guidelines, which you can find here, include:

Birth to at least 2 years old:

- Rear-facing in an infant or convertible child safety seat.
- **At least 2 years old AND has outgrown the rear-facing seat with internal harness by height or weight:**
- Forward-facing with an internal harness.

Four years old AND has outgrown the forward-facing seat with internal harness by height or weight:

- Ride restrained in a belt-positioning booster seat using the lap belt and shoulder belt.

Nine years old or has outgrown the booster seat AND the child can pass the five-step test that demonstrates how the seat belt fits correctly:

- Ride restrained with a lap belt and shoulder belt secured correctly on the vehicle seat.

Additionally, children under 13 years old must sit in the back seat if possible.

If a child falls into more than

one category, then the child must be placed in the safer restraint for them. For example, a child who is 2.5 years old and weighs 35 pounds but has a car seat with a rear-facing limit of 40 pounds must stay rear-facing even though they are over 2 years old. It's very important for parents and caregivers to always read their car seat and vehicle owners' manuals for proper installation.

If you need help installing a car seat or need more information, go to buckleupkids.dps.mn.gov

A portion of state statutes were used with permission from the Office of the Revisor of Statutes. If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Jesse Grabow – Minnesota State Patrol at 1000 Highway 10 West, Detroit Lakes, MN 56501-2205. (You can follow him on Twitter @MSPPIO_NW or reach him at, jesse.grabow@state.mn.us).

Letter to the Editor

Dear Editor,
Does your vote matter? This letter is for all those citizens out there who are wondering if their vote really matters. I would say a resounding “Yes, it matters!”. Our military fought battles, risking life and limb, for the freedoms and privileges many citizens of this nation take for granted. The right to cast your vote is one of those privileges. The Pew Research Center reports that only 66% of eligible voters turned out for the 2020 presidential election and this was the highest turnout of any national election since 1900! My question is, where were the other 34%?

I believe in the sanctity of life. In a recent conversation with a gentleman at the Minnesota State Office of the Minnesota Concerned Citizens for Life (MCCL) I was told that in 2020 four of the representative races in Minnesota were decided by less than 200 votes. He also said that many prolife

people did not vote. Many of you are aware the 2023 legislative season was devastating for the prolife cause. If enough of the prolife people would have voted, that devastating session might never have been. In short, we don't need to change people's mind on abortion, we need to convince pro-life people to vote. To paraphrase a well know quote by Edmund Burke, “Evil prospers when good men/women do nothing”.

I would encourage you to review the party platforms. What kind of a country do you want to live in? What are your values and which party stands for what you believe in? Then, armed with that information go to the poles. You are responsible for yourself and no one else. When all is said and done, I want to be found standing on the side of life.

Sincerely,
Kathy LaVoi
Fosston, MN



Emma Hendrickson prepares to volley over the net while Alexa Chervestad prepares for defense.

RLCC Mustangs Volleyball Team Shows Resilience in Recent Matches

On Thursday, September 5th, the RLCC Mustangs demonstrated their resilience as they traveled to Stephen-Argyle to take on the Storm. Despite the Storm's 3-2 victory, the Mustangs fought valiantly. The Storm claimed the first set 25-12, but the Mustangs responded with a 25-22 win in the second set. The Storm then took the lead with a 25-21 win in the third set. The Mustangs rallied in the fourth set, winning 25-11, but the Storm ultimately secured the match with a 15-10 win in the fifth set. Quinn Graves led the team with 19 kills, 1 block, 1 service ace, and 12 digs, while

Alexa Chervestad contributed 8 kills, 1 block, 5 service aces, and 15 digs. Emma Hendrickson and Graceyn Kvsager each had 16 assists, and Nataliee Hendrickson had 12 digs. On Monday, September 9th, the RLCC Mustang Volleyball Team faced a tough challenge as they traveled to Blackduck to take on the Drakes. The Drakes claimed the first set 25-14, but the Mustangs fought back, winning the second set 25-23. However, the Drakes proved too strong, winning the remaining sets 25-10 each, and ultimately the match 3-1. Despite the loss, the Mustangs showed their

mettle. Quinn Graves led the team with 12 kills, while Alexa Chervestad contributed 7 kills. Emma Hendrickson had 10 assists and 11 digs, and Shelby Sherman had 10 assists. The Mustangs have more thrilling matches on the horizon. They will travel to East Grand Forks to take on Sacred Heart on Monday, September 16th. The team will also host the Crookston Pirates in Oklee for Homecoming, with Junior Varsity starting at 6:00 pm and Varsity starting at 7:30. Channel 35 will air the game, so be sure to tune in and show your support!



Evelynn Klammm blocks the volley, Quinn Graves prepares for the next play. Emma Hendrickson, Nataliee Hendrickson, and Alexa Chervestad calculate their defense.



Quinn Graves defends Mustang territory with Gracyn Kvsager, and Evelynn Klammm ready at the net. Emma Hendrickson prepares for her next move.

The sweet side of maple syrup

Maple syrup is the sweet nectar of maple trees. Legend has it that maple syrup was first discovered centuries ago by Native Americans during a time when food was scarce. Native Americans, as the legend goes, noticed a squirrel drinking "water" from a maple tree, and that squirrel had a lot of energy. They determined that this substance was the source of the squirrel's good health and began to rely on what would later come to be known as maple syrup.

Maple syrup is no longer categorized as a beverage, but there is much to learn about this popular pancake topping. The following facts can shed a little more light on maple syrup.

Quebec tops production
According to the travel experts at Trafalgar, most of the world's maple syrup comes from Canada, notably the province of Quebec. Quebec is the largest producer of maple syrup, supplying approximately two-thirds of syrup exports worldwide. Vermont, Ontario, New York, and Maine are runners-up in syrup production.

Maple syrup has some nutritional value

Although it may seem like

a sweetener, maple syrup is rich in the mineral manganese, which promotes healthy bones and connective tissue. Maple syrup also contains riboflavin and calcium.

Perhaps healthier than honey

When stacked up against honey, maple syrup may be the superior sweetener. It has fewer calories per serving, fewer carbohydrates, less sugar, more calcium, and a lower glycemic index, according to Maple from Canada. For those concerned about nutrition, maple syrup may be a better option than honey when consumed in moderation.

Maple syrup comes in different colors

There are four grades of color for maple syrup that also are known as classifications: golden, amber, dark, and very dark. The colors develop as the maple harvesting season progresses. Golden syrup is produced from the sap collected at the very beginning of the season. Dark maple syrup is produced later and very dark comes last.

Only three trees give maple sap

While there are many differ-

ent types of maple trees, only the red maple, black maple and the sugar maple trees provide the maple sap (water) that is required for the production of maple syrup. Frigid temperatures followed by springtime conditions help the sap in these trees to flow, says Maple from Canada. Therefore, maple syrup is produced exclusively in places where these trees thrive.

40 to 1 ratio
Trafalgar says it takes 40 gallons of maple sap to make a single gallon of maple syrup. Often it takes three healthy maple trees to produce that gallon. Is it any wonder that maple syrup is so coveted?

Maple syrup stockpile
Because weather plays a key role in maple syrup production, Canada has the Quebec Maple Syrup Producers Strategic Reserve. This reserve stores surplus maple syrup to use when demand exceeds production in the event of a poor harvest.

Maple syrup is a delicious product used in many recipes. It is primarily produced in the northeastern regions of Canada and the United States, and inspires many fairs and festivals in these regions.

Popular board games through the years

Board games remain timeless, despite the popularity of video games and mobile gaming. Ask any person about a favorite game they may have played, and it's likely some traditional board games will be at or near the top of the list.

Some may be interested to find out which games were the most popular the year they were born or garnered their fair share of devotees during their childhood. Here's a look at popular games throughout the seventies, eighties and nineties, courtesy of researchers with Popular Mechanics.

· 1974: Connect Four combined the strategies of Tic Tac Toe and checkers into this strategic game.

· 1975: Pay Day involved getting through a calendar month paying bills and other expenses. It's basically balancing the budget in game form.

· 1976: Whosit? had players trying to guess their opponent's secret identity.

· 1977: Electronic Battleship added noises to the regular game of trying to sink battleships to make play more exciting.

· 1978: Simon required players to improve their pace in this

heart-racing memory game.

· 1979: Guess Who was another game of figuring out a person's identity by asking questions.

· 1980: Can't Stop had players rolling pairs to see how long their luck would last.

· 1981: Trivial Pursuit became the most well-known of trivia games.

· 1982: Sequence combined a card game with a board game and included up to 12 players for big game nights.

· 1983: Topple asked players to stack colored pieces high on the board without having the tower topple.

· 1984: Balderdash was all about having players bluff their way through definitions of words and more.

· 1985: Pictionary required players to channel their inner artists to draw the words on the cards so teammates could guess.

· 1986: Fireball Island involved moving around the board to retrieve a giant ruby from the top of a mountain.

· 1987: Jenga was another stacking game but instead of piling pieces on top, it involved removing pieces without toppling the tower.

· 1988: Mall Madness came

out during the height of the shopping mall boom. Players used a credit card to buy everything on their shopping lists.

· 1989: Taboo forced players to try to describe the word on the card without using the forbidden words listed below.

· 1990: Crocodile Dentist required players try to pull out crocodile teeth without triggering the jaws to snap shut.

· 1991: Atmosfear incorporated an interactive component through use of a VHS tape. The Gatekeeper popped up on screen to keep the game unexpected.

· 1992: Terrace appeared as a prop on "Star Trek: The Next Generation" and then gained popularity in real life.

· 1993: 13 Dead End Drive required players to escape from a booby-trapped house.

· 1994: Pylos involved being the player to place the last marble at the top of the pyramid.

Those wondering about the most popular game in 2023 may want to pick up Hegemony: Lead Your Class to Victory. Hegemony is centered on various "classes" of people and how to make alliances and political maneuvers to advance.

Build your gift list for DIY enthusiasts

Rising prices have pushed people to look for new ways to save money. The do-it-yourself approach to home repairs has long been seen as a potential avenue to save money, and holiday shoppers can consider DIY when shopping for loved ones this year.

A recent survey by the remodeling company Allstar Home reported that 70 percent of Americans have recently engaged in DIY home improvement projects. Similarly, a new Ipsos poll conducted on behalf of the DIY Network found that 73 percent of Canadian homeowners have done a renovation project themselves in the past. With so many homeowners tackling projects around the home on their own, DIY-related products may be just what's needed to hammer down the perfect gift. The following are some



potential home improvement presents for DIY enthusiasts.

· **Magnetic wristband:** Keeping items close at hand takes on new meaning when one utilizes a magnetic wristband. The BinyaTools Magnetic Wristband is just one of the versions of this handy tool that's ideal for wrangling screws, nails, washers, and any other ferrous items. It's also a great option for crafters and jewelry makers.

· **Painting essentials kit:** Painting is an easy and effective way to transform a room. For those DIYers who have yet to compile all of their painting gear, local home improvement retailers often package kits that include a dropcloth, assorted roller sizes, brushes, a paint tray, and even painter's tape to get started on projects.

· **Rolling work bench:** People serious about projects will need a place to store all the tools they have collected. A rolling work bench, such as the Gladiator nine-drawer work bench, has drawers to store tools and a wooden top on which smaller tasks can be tackled. Roll it where needed.

· **Hearing protection:** Drills, sanders and other power

tools can be noisy. DIYers will want to protect their hearing, and a set of workshop earmuffs can be a thoughtful gift. Some, like the 3M WorkTunes headphones, even come with Bluetooth technology to offer both hearing protection and the ability to listen to tunes while working.

· **Headlamp:** DIYers need both hands to tackle jobs effectively, which can make holding a flashlight to illuminate the area challenging. Hands-free lighting is possible with an LED headlamp. The light is easily focused where the user is looking.

· **Laser measuring tape:** A smart measuring tape utilizes a laser to increase measuring size, calculate distances and ensure that every home improvement project lines up.

· **Sawhorse:** DIYers working on large projects can benefit from an adjustable saw horse to support materials and ensure safer cuts. The ToughBuilt C700 is an option to consider since it has support pegs that fold out of the legs to allow for greater ease of use.

The list of gifts for DIYers is endless. Tools and additional gear can help people nail holiday shopping this year.

ENJOY YOGA WORD SEARCH



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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ASANA
BANDHA
BODY
BREATH
CENTER
CHAKRA
CHATURANGA
CORE
ENERGY
FUNDAMENTALS
HATHA
MANTRA
MIND
MUDRA
NAMASTE
POSE
POSTURE
PRANA
SACRUM
STRENGTH
STRETCH
STYLE
UJJAYI
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Answers on page 7

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OBITUARIES



Obituary for Gerald Howard

Gerald Howard, 68 of Oklee, MN passed away peacefully on Sunday, September 8, 2024 at Essentia Health in Fargo, ND.

A Memorial Service will be held at 12:00 PM on Saturday, September 21, 2024 at Ebenezer Lutheran Church, north of Oklee, MN, with Reverend Jonathan Dodson officiating. Burial will be held at Ebenezer Lutheran Cemetery.

Visitation will be held on Friday, September 20, 2024 from 5:00 PM to 7:00 PM with a 7:00 PM Prayer Service at Johnson Funeral Service in Thief River Falls, MN. A visitation will also be held one hour prior to the service on Saturday.

Gerald Ray Howard was born on May 12, 1956 in St. Paul, MN to Dale and Millie

(Peterson) Howard. Gerald attended elementary school in St. Paul and graduated from Eden Prairie High School in 1974.

Gerald attended Concordia College in Moorhead, MN obtaining a degree in accounting and graduating in 1978. After college, Gerald worked for a construction company in St. Paul and then Armor Security in Redwing, MN. Gerald enjoyed working at the auctions with his Uncle Marvin and cousins.

After retiring, Gerald moved to rural Oklee, MN, where he lived with his brother.

Gerald enjoyed deer hunting and taking his niece and nephews to Twins and Viking games. He had a love for photography and enjoyed taking pictures at his cousin's weddings.

Gerald is survived by his brother Robert of Oklee, MN; sister, Nancy (Mike) Bickford of Coon Rapids, MN; nephews, Rob Marshall of Champlin, MN, Doug (Deya) Marshall of Blaine, MN; niece, Jennifer (Chris) Marshall-Peters of Coon Rapids, MN; great-nieces and nephews, Skylar, Ella, Braden, Madison, Kaylee, and Hunter; and many cousins, relatives, and friends.

Gerald is preceded in death by his parents, Dale and Millie; brother, Allen; and many loved aunts, uncles and cousins.



Obituary for Annette LaCoursiere

Annette LaCoursiere, 81 of Oklee, MN passed away peacefully on Tuesday, September 10, 2024, at Hillcrest Senior Living in Red Lake Falls, MN.

Visitation will be held from 5:00 PM until 7:00 PM with a 6:30 PM prayer service on Wednesday, September 18, 2024, at St. Francis Xavier Catholic Church. Visitation will begin at 10:00 AM with the Mass of Christian Burial at 11:00 AM on Thursday, September 19, 2024, at St. Francis Xavier Catholic Church in Oklee, MN with Father Bryan Kujawa presiding. Burial will be at St. Francis Xavier Cemetery near Oklee.

Annette Yvonne Asselin was born on January 31, 1943, in Crookston, MN, the daughter of Harvey A. and Madonna Isabelle (Lussier) Asselin. She was baptized and confirmed into the Catholic faith. She attended school in Oklee graduating with the class of 1961.

On January 19, 1963, Annette was united in marriage to William "Bill" Klasen at St. Francis Xavier Catholic Church in Oklee. They made their home near Oklee and to this union four children were born, Janet, DeeAnn, William Jr. "Billy" and Steven. While her children were growing, Annette worked as a homemaker, day care provider, helped on the family farm, and will also be remembered for her egg delivery route. Bill passed away suddenly in October of 1987.

Eventually, Annette went to work as a cook for the Oklee School. She took great pride in providing home cooked meals

for the students and staff, retiring after 16 years of service.

At a dance in Trail, MN, Annette met her future husband, Donald LaCoursiere. The couple married on September 16, 1996, and made their home south of Oklee. They traveled with Donald's Trucking business throughout the lower 48 states and parts of Canada. Memorable trips were to both north and south sides of the Grand Canyon, watching fireworks at the Boston Harbor, and many other sightseeing locations.

She enjoyed lawn mowing, gardening, dancing, cooking, puzzles, playing cards, traveling with her husband, and spending time with her children and grandchildren.

Annette was an active member of St. Francis Xavier Catholic Church in Oklee and participated in the Ladies Guild. Annette along with her family, mowed the St. Francis Xavier Catholic Church, St. Francis Xavier Cemetery and the Lambert Township Cemetery for many years.

Survivors include her husband, Donald of Brooks; children, Janet (Kurt) Halvorson of Oklee, DeeAnn (David) Eskeli of Plummer, MN; grandchildren, Brent (Katie) Halvorson, Michelle (Justin) Skjerven, Courtney (Tony) Nordby, Isaac Eskeli, Brandon Klasen, Alyssa Klasen, Dacian Grove; great-grandchildren, Jordyn, Kinsley, Kennedy, Austin, McCoy, Kitson, Eleanor, Banks; siblings, Rick Asselin, Mark (Jean) Asselin, Bonnie Szubielski; sister-in-law, Barbara Asselin, Madeline Klasen; Donald's sons, Ken, Scott, Brian and Steve and all of their families; and many other relatives and friends.

She is preceded in death by her first husband Bill; sons, William Jr. "Billy" and Steven; parents; and siblings, Veronica (Tom) O'Keefe, Victor (Karen) Asselin, Audrey (Dennis) Lessard, Ronald Asselin, Michael Asselin, Barbara Asselin; sister-in-law, Anna Asselin; Bill's siblings, Leo (Francis) Klasen, Art Klasen, Joe Klasen, Andrew (Josephine) Klasen, and Pete Klasen.

Condolences may be sent at www.johnsonfuneralservice.com

Submit Obituaries & Memorials

to Richards Publishing at

richards@gvtel.com

Death Notice for Danny Bragg

Danny Bragg, 74 of Grygla, MN passed away peacefully on Saturday, September 14, 2024 at his residence with his loving family by his side.

The service to celebrate Danny's life will be held at 10:30 AM on Friday, September 20, 2024 at Grace Lutheran Church in Grygla, MN with Rev. Marilyn Grafstrom officiating. Visitation will be one hour prior to the service. Burial will be at St. Olaf Cemetery near Grygla. Military honors will be provided by

The United States Air Force Honor Guard, VFW Post 2793 and Grygla American Legion Post 162.

The obituary is pending.

Obituary for Perry Grundyson

Perry Dale Grundyson, age 58, died peacefully surrounded by his family on September 12, 2024, at Perham Living-Transitions (rehab) after a courageous battle with cancer.

Perry was born on August 30, 1966, in Fosston, Minnesota, to Melford and Delores (Rud) Grundyson. He graduated from McIntosh-Winger Public School in 1985. After high school, Perry briefly attended school in Bemidji, MN. Perry spent many years living in McIntosh, working various jobs. He also was an extra pair of hands assisting his father with the care for his mother as she battled MS.

Perry met Renee Sonnenberg on April 18, 2013, on a dating app. After some time, Perry moved to Vergas to be with Renee. They lived in Vergas until Perry became ill, at which time, he moved to the Perham Living Center. The two were married on July 27, 2024, in Perham, Minnesota. While living in Vergas, Perry worked at the Vergas 66 Gas

& Convenience Store.

Perry was an avid bowler and was on bowling leagues in Crookston, Bagley, and Detroit Lakes with his friends. He also enjoyed watching football. His favorite team was the Detroit Lions. Perry also enjoyed going to county fairs, demolition derbies, watching professional wrestling and even attended a few live events.

Perry is survived by his wife, Renee; sister, Melanie (Mark) Olinger; his father, Melford Grundyson; niece, Melissa (Jon) Skaalerud; great niece, Scarlett Skaalerud and great nephew, Stellan Skaalerud; mother-in-law, Irma Sonnenberg; brothers-in-laws: Bucky (Julie) Sonnenberg and Brandon (Kayla) Sonnenberg; niece, Braylen Sonnenberg and nephew, Caleb Sonnenberg; uncle, Erwin Rud; cousins and friends.

Perry was preceded in death by his mother, Delores Grundyson; his grandparents: Edwin & Rebecca Rud and Olaf & Amalia Grundyson; uncle, Orvin Grundyson; aunts: Adeline Grundyson and Harriet Hudrik; and father-in-law, Harvey Sonnenberg.

Celebration of Perry's life will be held on September 21, 2024, at the United Methodist Church, 200 West Main Street, Vergas, Minnesota, at 11:00 a.m. with visitation starting at 10:00 a.m.

In lieu of flowers, Perry's family would appreciate donations be made to Hospice of the Red River Valley or the Roger Maris Cancer Center, Fargo, ND.

Arrangements are with the Furey Funeral Home of Frazee. www.FureyFH.com

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Information sought on potential supportive housing projects in Northwest Minnesota

The Northwest Minnesota Continuum of Care is seeking letters of intent from non-profits, local and tribal governments, and others about potential supportive housing projects to inform an application for funding through the U.S. Department of Housing and Urban Development's recently announced CoCBuilds program.

HUD has announced that \$175 million is available through first-of-its-kind funding for new construction, acquisition, or rehabilitation to increase the number of permanent supportive housing units through one-time awards to recipients utilizing the continuums of care (CoC) programs as the collaborative applicant.

The Northwest Minnesota CoC (NWCoC) is eligible to apply for up to \$7 million in grant funding through this program. Barbara Johnson, the NWCoC coordinator, is requesting that any nonprofit, local or tribal government, tribally designated housing entity, and public housing agencies that intends to seek funding under this program write a letter of intent and send it via email to barbaraj@nwmf.org by Aug. 28. Submission of a letter of intent does not bind a potential applicant but informs the NWCoC as to the degree of interest.

Funding details

The funding is intended will enable communities to develop new units of rental housing with supportive services for

people experiencing homelessness.

Permanent supportive housing is non-time-limited rental housing in which supportive services are available to assist individuals or households in which at least one member has a disability and who are experiencing homelessness. Supportive housing addresses both the immediate need for housing and the underlying factors contributing to homelessness, leading to better outcomes for individuals and communities alike.

Through the CoCBuilds initiative, CoCs are encouraged to leverage awarded funds for construction, acquisition, or rehabilitation of new supportive housing units with other funding sources, maximizing the amount of housing available to meet the needs of individuals and families experiencing homelessness. In addition to funding the creation of new units, up to 20 percent of each award may be used for other eligible CoC program activities associated with supportive housing projects, including supportive services and operating costs (which are renewable).

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NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

Suicide Prevention Awareness Month September 2024

Talking about mental health and suicide on a community-level can help raise awareness and support of suicide prevention efforts and encourage those who need extra support to connect to services.

Surrounding people and families with supportive neighborhoods, businesses, faith communities, schools, services is a critical way to support every person. Communities that work together in an intentional and proactive way is vital to changing the narrative about mental health and suicide.

Building a narrative of hope and resilience helps create stories or narratives about mental health promotion and suicide prevention. This hopeful narrative can influence how people think, feel, and act and allows for us to send a clear message that there is hope, there is help, and suicide is preventable. No single message alone creates a narrative, but every message adds to it. By including positive messages of suicide prevention, we can help shape our neighbors and friends' views and response.

Those who have mental health issues and that are at risk of suicide, or those who are close to a person who died

by suicide, can be particularly affected by the language that we use. In the end, our goal is to reduce stigma so that individuals reach out for the help that they need. The heart of what we say should be respectful and place emphasis on care and concern. What we want is a positive narrative.

Ideas for action include:

Focus on normalizing mental health by promoting stigma reduction.

Promote seeking and sharing support services and resources for those in need

•Emphasize that suicide is preventable and there are actions individuals can take if they are having thoughts of suicide or know others who are or might be.

•Resources such as: the 988 Lifeline and through established local service providers and crisis centers.

•Know the warning signs as well as risk, and equally important, know what is effective to protect individuals.

MDH-Sept-2024

Submitted by: North Country Community Health Services- www.ncchb.org or find us on Facebook-North Country Community Health Services

(Clearwater, Hubbard and Lake of the Woods Public Health)

Essentia Health to no longer accept Medicare Advantage insurance plans administered by UnitedHealthcare and Humana

Essentia Health has started to inform patients that, due to excessive prior authorization requirements and denial of care, we no longer will serve as an in-network provider for Medicare Advantage plans administered by UnitedHealthcare (UHC) and Humana, effective Jan. 1, 2025.

UHC and Humana delay and deny approval of care for our patients at more than twice the rate of other Medicare Advantage plans. This can cause unnecessary hardships for many Essentia patients.

"Like many other health systems, we have been re-evaluating our participation in Medicare Advantage plans that place added strain on our patients by too often denying or delaying their care," said Dr. Cathy Cantor, Essentia's chief medical officer for population health.

Those with a UHC or Humana Medicare Advantage plan can choose an alternative option during Medicare open enrollment, which goes from Oct. 15 through Dec. 7. Patients are encouraged to verify that any new plan is in-network with Essentia to prevent gaps in care. Alternative in-network Medi-

care plan options include Medica, UCare, EssentiaCare, Blue Cross Blue Shield of Minnesota and North Dakota, HealthPartners, Security Health, traditional Medicare and Medicare supplemental plans.

"This was not a decision we made lightly," Dr. Cantor said. "The frequent denials and associated delays negatively impact our ability to provide the timely and appropriate care our patients deserve. This is the right thing to do for the people we are honored to serve."

Essentia is notifying all patients affected by this change and will work with them to ensure continuity of care. If they have questions, patients can speak with an Essentia representative by calling (800) 985-4675 between 8 a.m. and 5 p.m. Monday through Thursday or 9 a.m. and 4:30 p.m. on Fridays.

Patients can learn more about this situation and become familiar with Medicare plans available through Essentia at one of the following web pages:

• UHC patients: essentia-health.org/UnitedHealthcare

• Humana patients: essentiahealth.org/Humana

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Wednesday, September 18, 2024

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