



Tri County Canary

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



From All of Us at Richards Publishing
Leader-Record • Red Lake County Herald
Grygla Eagle • McIntosh Times

Resolve to be a scam spotter in 2025, report scams to Minnesota Department of Commerce

The Minnesota Department of Commerce is encouraging Minnesotans to make a New Year's resolution to be a scam spotter in 2025 and help to identify and prevent scams that harm Minnesota consumers, organizations and communities.

"Across Minnesota and the U.S., we are seeing an alarming increase in scammers who are tricking people into sharing their private financial information and losing money to these scams," said Commerce Assistant Commissioner of Enforcement Jacqueline Olson. "As you set goals for the new year, especially with plans to improve how you manage money, we want to empower you to arm yourself with tools to prevent losing money to fraud. Make a resolution to have conversations with your family, friends, neighbors and co-workers on how to spot and prevent scams."

Commerce advises Minnesotans to learn how to spot scams and take steps to protect themselves from scams. Here are some tips from federal and state consumer protection and enforcement agencies:

- Verify first. Scammers are using technology to look and sound like a person or business you know. Do not respond. Instead, contact the person or business directly to verify whether there is a problem. Among the top imposter scams:

- oScammers use caller ID to make it look like they are calling from an official government or business. They will demand you urgently need to share your account info or pay money.

- oScammers pretend to be a grandchild or other relative who needs emergency financial help.

- oCharity scammers pretend to be from a real or fake charity to try to get you to contribute.

- oTechnology scammers tell you your computer's security is at risk and try to remotely access your device.

- Beware when someone plays on your emotions or claims there's an urgent situation. Slow down and consider that the call or text could be from a scammer trying to trick you into feeling fear and panic. Advances in artificial intelligence make it easier for scammers to clone phone numbers and voices. They may also alter images to look like a person or organization you know. Contact the person yourself to verify the story. Use contact information you know is theirs. If you can't reach them, try to get in touch with them through another trusted person, like a family member or their friends.

- Too good to be true? Ask yourself why someone is trying so hard to give you a "great deal." If it sounds too good to be true, it probably is.

- Never pay up front for fees, taxes or prizes: It's a scam if you are told that you must pay fees or taxes to receive a prize or other financial windfall.

- After hearing a sales pitch, take time to compare prices. Ask for information in writing and read it carefully.

- Watch out for deals that are only "good today" and that pressure you to act quickly. Walk

away from high-pressure sales tactics that don't allow you time to read a contract or get legal advice before signing. Also, don't fall for the sales pitch that says you need to pay immediately, for example by wiring the money, sending it by courier or over a payment app, or by sending cryptocurrency.

- Don't click on links or scan QR codes. These can take you to scammers' malicious websites or give them access to your device.

- Put your number on the National Do Not Call Registry. Go to www.donotcall.gov or call (888) 382-1222.

Minnesota Department of Commerce is Here to Help:

The Minnesota Department of Commerce works to assist and protect consumers, and to ensure a strong, fair marketplace. Minnesota consumers and businesses can contact Commerce's Enforcement Division about concerns or complaints about scams:

- File a complaint online
- Email or call: consumer.protection@state.mn.us
- Verify whether a person or company is licensed to do business in Minnesota: License Lookup.

- Search Commerce Actions and Regulatory Documents to view past enforcement actions.
- Connect with the Minnesota Commerce Department

Get updates and news from the Minnesota Department of Commerce by following Commerce at mn.gov/commerce or @MNCommerce on social media.



These four ladies were part of the Girl Time Getaway LLC that went to New York City from December 15 to 19 to view the Big Apple at Christmas time. They had a full four days with visiting Rockefeller Center, Radio City Christmas Spectacular, featuring the famous Rockettes, Grand Central Terminal and a Broadway Show. They brought their sign to the Today Show and they were able to be on TV. From left to right Sue Gunvalson, Jill Pesch, Marilyn Johnson and Marla Johnson. They are all wearing pink hats that could be spotted all over New York City. - Submitted photo

Northwest Partnership now accepting proposals for community-led sustainability projects

Northwest Minnesota residents with an idea to strengthen their community can now apply for partnership support from the University of Minnesota Extension Northwest Regional Sustainable Development Partnership (Northwest RSDP).

Northwest RSDP supports local innovation by connecting community ideas to University of Minnesota resources. Community members work on diverse project teams that research, design and plan local sustainability projects with University students, faculty and staff.

Northwest RSDP seeks ideas from diverse populations and those who have not previously partnered with the University. In 2025, priorities identified by the Northwest RSDP board and work groups seek projects that foster a resilient food system, address climate change and other ecological impacts, increase opportunities around energy efficiency and renewable en-

ergy, and encourage local community action that welcomes all residents and celebrates the region's rich cultural traditions, natural assets and vibrant local economies.

"Community members know best how to make changes toward stronger social connections, valuing nature and fostering a home-grown economy. We're excited to hear what comes next for your community, and share with you how the RSDP can help," said Northwest RSDP Executive Director Shannon Stassen. "I encourage people to get in touch with me to talk about their ideas for making our communities more sustainable places."

Applications for all funds are being accepted through February 14. Visit the link z.umn.edu/RSDPIdeaBrief to read more about the programs and download application forms. Contact Stassen at [sstassen@umn.edu](mailto:ssstassen@umn.edu) or 218-281-8027 or Crystal Rajamaji, Outreach

Specialist, Northwest Regional Sustainable Development Partnership, craya@umn.edu or 218-236-2009 to discuss their ideas and ask any questions. Successful projects are selected by the Northwest RSDP community-University governing board through a competitive process.

Examples of projects recently supported by the Northwest RSDP include working with rural grocers to improve their energy efficiency, creating new opportunities for youth to experience nature and partnering with city leaders to plan their sustainable future. For more examples of projects supported by the Northwest RSDP, visit z.umn.edu/RSDPProjectExamples.

The Northwest RSDP serves Kittson, Roseau, Lake of the Woods, Marshall, Pennington, Red Lake, Clearwater, Beltrami, Polk, Norman, Mahanomen, Clay, and Wilkin counties and the Red Lake Nation and White Earth Nation.

Klobuchar Statement on the passing of President Jimmy Carter

U.S. Senator Amy Klobuchar (D-MN) released the following statement on the passing of President Jimmy Carter.

"America mourns the loss of President Jimmy Carter — a husband, dad, grandpa, veteran, farmer, and lifelong public servant.

President Carter earned a special place in the hearts of Minnesotans when he invited Senator Walter Mondale to join his presidential ticket. On the wall in the Carter Museum in Atlanta are Vice President Mondale's words uttered shortly after their 1980 defeat, summing up their four years in office: "We told the truth. We obeyed the law. We kept the peace."

Minnesota will always remember the "Grits and Fritz" ticket, but President Carter gave our nation that and more. Even during a period of economic uncertainty, he made key advancements in protecting the environment, expanding access to health care, bolstering Social Security, and strengthening America's leadership on the world stage.

In the years following his presidency, President Carter showed the world that public service transcends public office.

He founded the Carter Center, which to this day is advancing peace, public health, and human rights across the globe. His devotion to serving others continued until the very end — so many of us were moved by the videos of him building homes alongside fellow Habitat for Humanity volunteers in his final years.

I was lucky enough to share several wonderful memories with President Carter in his hometown of Plains, Georgia. We prayed together at Maranatha Baptist Church,

Governor Walz orders flags to fly at half-staff in honor of former President Carter

Governor Tim Walz has ordered all United States and Minnesota flags to fly at half-staff at all state buildings in the State of Minnesota from sunrise on Monday, December 30, until sunset on January 29, 2025, to honor the life and legacy of former President Jimmy Carter.

"President Carter defined what it means to be a servant

I watched him teach Sunday school, and we shared pimento cheese sandwiches. Each time, his profound faith was clearly on display.

As President Carter reunites with his beloved wife Rosalynn, we should recognize his passing for what it is — the culmination of a life well lived. He will be remembered not as a politician, but as an unrelenting force for good.

John's and my prayers are with Jack, Chip, Jeff, Amy, and the entire Carter family at this time."

leader. He fought for our democracy, our climate, humanity, and civil rights around the world," said Governor Walz. "We can find peace today knowing that he is reunited with the love of his life, Rosalynn."

Individuals, businesses, and other organizations are also encouraged to join in lowering their flags.



Diverse projects needed from Northwest Minnesota residents.

Essentia Health-32nd Avenue Clinic welcomes cardiology specialist Naplin

Kimberly Naplin, an advanced practice registered nurse and certified nurse practitioner specializing in cardiology with a focus in heart failure, is excited to join the Essentia Health-32nd Avenue Clinic.

"My first nursing job was within the cardiology department here at Essentia as a registered nurse," said Naplin, who has worked at Essentia's Fargo-Moorhead walk-in clinics for about four years.

Naplin received her education from the University of North Dakota and is certified by

the American Academy of Nurse Practitioners.

"I will be working specifically with congestive heart failure patients to help manage various aspects of their condition in conjunction with our cardiology team," explained Naplin. "I'm excited to be back in cardiology with familiar faces, and am looking forward to building relationships with my patients."

To schedule an appointment with Naplin, please call (701) 364-8900. To see her full profile, visit EssentiaHealth.org and click on "Find a Doctor."



Kimberly Naplin.



Sara Everson and Laura Lindgren at the Santa Day craft show held Dec. 7th, 2024.

Elvis is Back!
Saturday, January 11th, 2025
Performance from 5 p.m. to 7 p.m.
at Little Bobby's in McIntosh
This is open to the public...tell your friends and bring a car load!

Lengby-Fosston KnightRiders Snowmobile Club Christmas Party
Saturday, January 11, 2025
Little Bobby's in McIntosh MN
Dinner will be served to members starting at 4:30 p.m.



Louise Walker from Bagley with her collection of Rada Knives at the Santa Day craft show held Dec. 7th, 2024.



Avery Ramsrud and Gwen Eck at the Santa Day craft show held Dec. 7th, 2024.

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

TEEN-AGE SPECIAL
SUNDAY, JAN. 25, 7:30 to 11:00
KATO BALLROOM, Mankato, Minn.
\$12.50 a person. Parents invited, no charge. Dress right to feel right. - The 5 Great Attractions - in Person -
WINTER DANCE PARTY
BUDDY HOLLY CRICKETS
BIG BOPPER
RITCHIE VALENS
DION BELMONT'S
FRANKIE SARDO

On the way out of the Mankato Kato Ballroom in 1959, my sister-in-law to be, while waiting for her father to pick her up, she took a Buddy Holly poster off of the ballroom wall. After she married my brother, they had the poster framed to admire as well as recall those times in the 50s when teens in bobby socks danced to "Maybe Baby" on their high school gym floor.

As a buyer and seller of antiques I always admired the poster and convinced them to have some copies made, which I felt would be desired by collectors. This was especially true after Holly became a rock and roll icon upon his sudden death in an airplane accident on February 3 in 1959.

I began to sell a few of the copies, which were all marked as a replica of the original. Some buyers wanted to know the whereabouts of the original. I gave them my sister-in-law's number. They were prepared to offer her a substantial amount of dollars.

Initially, she had no desire to sell but after years went by and the offer began to go skyward, she sold the original copy to a collector in California. This happened about twenty years ago. In 2023, the buyer of the Holly poster put it up for sell at a rock and roll poster auction in Texas. It was listed as the Holy Grail of rock and roll posters.

My sister-in-law was interviewed for a Minneapolis television station about how she happened to acquire the poster. It turned out to be a compelling story because the poster sold in auction for \$125,000.00.

What does this tell you about vintage rock and roll posters? The next time you go to a concert featuring rock and roll type music, be sure and come home with a poster.

The copy of the original Buddy Holly poster pictured here has a value of \$50. If you would like a copy, let me know. Happy New Year and thanks for reading. You never know what you are going to find.



Ultima Bank Minnesota wishes you and yours a great 2025!

Our branches will be closed on January 1st.
But with our mobile app we can be with you anytime, anywhere!

Ultima Bank MINNESOTA
R42C
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Winger • Fosston • Plummer • Bemidji • East Grand Forks • Gary

Sons of Norway meeting Jan. 9

The Sons of Norway, Granlund Lodge #240, will hold its monthly meeting on Thursday, January 9th, at 2:00 PM. This is an afternoon meeting. Members are invited to bring their "after-Christmas treats" to share. The meeting includes planning for the 2025 programs and all are encouraged to attend with ideas to help make this year extra special for members and guests. Because the December Christmas party and gift exchange was cancelled, please bring your gifts to exchange at the January meeting. Men, please bring a gift for a man and women bring a gift for a woman.

Mark your calendar for Thursday, January 9th, at 2:00 PM for the Sons of Norway meeting at the Embassy Center in Fosston.

For more information or questions, please contact President Wes Roland at 435-1230.

Polk County Sheriff

Structure Fire

On 12/24/2024 at approximately 12:30 pm the Polk County Sheriff's Office and the Crookston Fire Department were dispatched to a fire at a residence in Lowell Township. The fire was reported to be in a garage attached to the house.

There was one person present at the time of the fire who was uninjured. The fire department was able to contain the fire to the garage, which sustained considerable damage. There was also smoke damage to the attached house.

The fire is believed to have started in the chimney of a wood burning stove that was being used at the time to heat the garage.

Also assisting at the scene was Crookston Area Ambulance.

No further information will be released at this time.



Elim Lutheran Church of Clearbrook with their stand at the Santa Day craft show held Dec. 7th, 2024.

WINTER SPECIAL

10 Year Warranty on Parts & Labor

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CLASSIFIED ADS

Red Lake County Accountant/Administrative Assistant/Safety Clerk

Position is responsible for all accounting and administrative functions of the Highway Department, maintains inventory control, works with computer programs and software, performs Safety Clerk duties and works with the public. Position is full-time with benefits. Wage range is \$24.20 to \$31.48 per hour depending on experience.

Applicants must have a high school diploma or equivalent; 2-4 years of post-secondary education in Accounting, Business, or related field and 2-4 years related experience; or an equivalent combination of education and related experience. Experience using a computer and willing to learn various computer software programs is required.

Applications and more information are available at www.co.red-lake.mn.us/employment. Questions call the HR office at 218-253-2590 or email hr@co.red-lake.mn.us. Applications will be accepted through January 10, 2025.

EOE

O42-43C

THIBERT CHEVROLET is looking for a FULL-TIME OFFICE ASSISTANT

We are willing to be flexible with the right candidate and would consider part-time to start.

As an Office Assistant, you will be responsible for providing professional, courteous, and exceptional service to our loyal clientele.

What you will be doing?

- Greet and assist customers who enter the showroom
- Answer and direct incoming calls and inquiries
- Assist the Parts, Service, Autobody, and Sales Departments with various clerical duties, as needed
- Assist the Office Manager and the General Manager with various clerical duties, as needed
- Daily banking deposits and bookkeeping duties, as needed
- Training to eventually learn all of the Office Manager's duties

Who are we looking for?

- A team player who is focused on providing exceptional customer service
- Excellent communication skills, both written and verbal
- Ability to multi-task in a fast-paced work environment
- Previous accounting or bookkeeping skills are a plus, but not required

To apply please contact Gary or Derek Thibert at 218-253-2171, or stop in to Thibert Chevrolet Inc. in Red Lake Falls.

R41-11C

THIBERT CHEVROLET is looking for a LIGHT DUTY TECHNICIAN

whose responsibilities will include detailing new and used vehicles, maintaining buildings and grounds, including the new and used vehicle parking lots, and other various maintenance duties, as needed. This person will work closely with our Service and Sales Teams in assisting our customers and making sure that their experience is a positive one. Applicants should be motivated, self-sufficient, and dependable.

To apply please contact Gary or Derek Thibert at 218-253-2171, or stop in to Thibert Chevrolet Inc. in Red Lake Falls.

R41-11C

DEADLINE NOON FRIDAYS

Polk County Full-Time Employment Opportunities:

Maintenance Worker I – Facilities:

\$21.39 – \$27.09/hr.

Position Closes on Friday, January 3, 2025

Clerk Typist Cashier III – License Center:

\$20.18 – \$25.56/hr.

Position Closes on Wednesday, January 15, 2025

Jury Attendant (Part-Time) – Sheriff's Office:

\$19.22 – \$24.34/hr.

Position Closes on Wednesday, January 15, 2025

Secretary/Bookkeeper – Environmental Services:

\$22.32 – \$28.27/hr.

Position Closes on Wednesday, January 15, 2025

Custodian I – Facilities:

\$20.18 – \$25.56/hr. Position Is Open Until Filled

Deputy Sheriff Patrol I - II – Sheriff's Office:

\$31.55 – \$42.36/hr. Position Is Open Until Filled

Engineering Technician – Highway:

\$26.99 – \$38.06/hr. Position Is Open Until Filled

Environmental Technician – Environmental Services:

\$26.08 – \$34.20/hr. Position Is Open Until Filled

Landfill Technician – Landfill:

\$23.44 – \$29.69/hr. Position Is Open Until Filled

Public Safety Telecommunicator – Sheriff's Office:

\$26.99 – \$34.20/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

R41-11C

CLEARWATER COUNTY ASSESSOR CLERK

Applications are being accepted for an Assessor Clerk position, under the general supervision of the County Assessor. The Assessor Clerk develops and maintains clerical functions, and assists the assessing staff in support and customer service. This position is responsible for record keeping, filing, answering public inquiries as to property tax valuations data entry, work processing and general office support.

Minimum requirements, high school graduate or equivalent. Highly prefer someone with previous land records management experience, excellent computer skills, detail-oriented and great communication skills. Must possess a valid Minnesota Class "D" driver license.

Applications may be obtained from the Clearwater County Assessor's Office located on the 2nd floor of the courthouse or on the county website at www.co.clearwater.mn.us.

This is a full time, 40 hours per week position. Starting Salary range is \$20.61-26.67 with full benefits.

Applications must be submitted to the Clearwater County Assessor's Office no later than January 10, 2024



R42-43C

Clearwater County is an Equal Opportunity Employer

CLEARWATER COUNTY DEPUTY ASSESSOR

Applications are being accepted for a Deputy Assessor position, under the general supervision of the County Assessor. This position performs a variety of property appraisal tasks including: viewing, inspection, valuation, and classification of property for tax purposes, updating department records pertaining to current assessments and property data and responding to information requests regarding property value, classification, and taxes. This position is also responsible for responding to concerns regarding assessments and interpreting regulations and statutes to seek and resolve disagreements and disputes, reviewing and analyzing Clearwater County property sales data as a resource for determine assessments and utilizing maps and other technologies to complete assessment work. Applicant must have a high school diploma or equivalent and minimum of 2 years additional education; be a Certified Minnesota Assessor (CMA) or have a minimum 2 year's assessment, real estate or appraiser experience preferred but not required. Must have a valid driver's license. Experience using a computer and Microsoft Office is required. Must be proficient in computer skills and willing to learn various software applications.

Starting salary is \$26.76-34.66 an hour with full time benefits. Applications must be submitted to Allen Paulson, Clearwater County Auditor-Treasurer no later than January 10, 2024.

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



R42-43C

Clearwater County is an Equal Opportunity Employer

COACHING POSITIONS

The Clearbrook-Gonvick School has the following Extra-Curricular Coaching Positions Available for the 2025 Spring Season:

Head Coach Positions:

Pay for these positions is \$4,320 for the season

- Varsity Head Baseball Coach
- Varsity Head Softball Coach

Assistant Coach Positions:

Pay for these positions is \$2,880 for the season

- Varsity Assistant Baseball Coach
- Varsity Assistant Softball Coach

Junior High Coach Position:

Pay for this position is \$1,800 for the season

- Junior High softball coach

Coaching requirements and expectations for our District include: Teaching young players the fundamentals of the sport you are applying for, being present at all games and practices, and being a positive role model to young student athletes. It is preferred that an applicant have experience coaching or playing in the sport they are applying for. Must be able to pass a background check. Positions are available until filled.

Applicants should submit a letter of interest and resume to:

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



R39-43C

Customer Service Representative

American State Bank- Erskine Location

201 Vance Ave S, Erskine, MN 56535 • 218-687-2865

Full Time – Pay \$16-\$20, based on experience
American State Bank in Erskine, MN will be taking applications for a Customer Service Representative. We will accept a resume and cover letter indicating interest in the position. The position includes but is not limited to providing account services to customers by processing deposits, withdrawals, loan payments, and opening new deposit accounts.

Monday-Friday with shifts ranging from 8:00am-5:00pm. 40 hrs/ wk. This position requires a detail-oriented person, with a professional manner and provides prompt, efficient, and accurate service in accordance with established policies and procedures.

If you want to work for an established, growing organization, this is the place for you. Let American State Bank be your destination workplace. Please contact Kristopher Munter at Kristopher.munter@asbgrygla.com or Jackie Huschle at Jackie.huschle@asbgrygla.com with any questions or interest in the position.



FOR SALE

2005 Challenger 5th Wheel Camper, 34ft, w/3 slide-outs. Needs some TLC. Further details call 218-487-5284. \$3000 OBO. R21fc-nc

MISCELLANEOUS

BUYING AND SELLING silver bars, silver dollars, rare coins, gold jewelry, any gold-silver items, collector coins, currency. I have a \$750,000 line of credit and own 1475 acres of land near Ormsby. Kuehl's Coins, Fairmont, MN 507-235-3886/507-399-9982. R42-44P

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. M31C-C

EARLY CHILDHOOD POSITIONS OPEN



Find your purpose, join a dynamic team that makes a difference in the lives of families every day. Would you like an opportunity to work with our youngest learners and their families? Would you like to work in a family friendly environment? Are you looking for a career with great benefits?

Inter-County Community Council is accepting applications for openings in our Head Start department.

Enrollment & Recruitment Specialist: responsible for managing program applications, documenting eligibility, organizing and conducting recruitment efforts, and assisting with selection and enrollment of program participants.

Health Specialist: supports the health-related services to enrolled children and families, maintains (enters/verifies) health records, works with staff and community partners to organize health events for program participants.

Home Visitor: position works with one-on-one with families of children (ages birth to 5 years), providing in-home education visits on a weekly basis. Current caseload in the Bagley area.

Substitute Classroom Assistant Teachers: substitute on an on-call, as needed basis. Hours vary significantly. Work with a team to provide care and education to 3-4 year olds in a classroom setting (Thief River Falls or Bagley, MN); primary duties include assisting the teacher in the classroom with group activities, cleaning, assisting children with handwashing/toothbrushing, and meals. Must be able to pass a background check. Position requires Child Development Associate or willingness to obtain within the first year of employment. Experience with children preferred, additional training will be provided.

For much more information on the position duties, qualifications and benefits visit our website at www.intercountyycc.org/careers/

Application is available on the website. Send completed application and resume to Inter-County Community Council, attn.: Human Resources, PO Box 189, Oklee, MN 56742 or hr@inter-countyycc.org. Applications due Thursday, January 2 at 4:30PM. Call 218-796-5144 x1028 for more information about the positions and information on salary.

ICCC is an equal opportunity employer and program provider.

R40-42C

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 Richards Publishing, PO Box 159, Gonvick, MN 56644. Contact Corrine at 218-487-5225 or email richards@gvtel.com for questions.



Red Lake County

HERALD

Serving Oklee - Plummer - Brooks - Red Lake Falls

R40-43C

REAL ESTATE - RENTALS

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **December - 1 Bd opening for HC unit with handicap features.** Accepting appl 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.** Limited access entry. 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.

R40-43C

WANTED

Tillable land for rent.
Chad Dyrda
218-280-1015

R42AWW

FOR SALE

Parts for snowmobiles, motorcycles, 3 & 4 wheelers for sale. Lots of vintage sleds. Also buying parts/ machines.

Call Tom's Recycling
218-686-7515

M20-46C

1x3

Sounds like multiplication?

Guess again. It's newspaper talk for a one-column by 3-inch ad.

Too small to be effective?

You're reading this one!

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Publishing Co., Inc.
Gonvick • 487-5225

MCAN

For more information on MCAN ads call:

218-487-5225

Minnesota Classified Advertising Network



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WANTED:

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Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 855/397-1673

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WE BUY HOUSES

for cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 844/978-0683

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!

GET DISH

satellite TV + internet! Free install, free HD-DVR upgrade, 80,000 on-demand movies, plus limited time up to \$600 in gift cards. Call today! 855/562-4309

SAFE STEP

North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 833/966-3882

MISCELLANEOUS

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

DON'T LET THE STAIRS

LIMIT YOUR MOBILITY!
Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 866/852-5506

SAVE MONEY!

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

Tri County Canary Area
EVENTS & SERVICES

Bipartisan Klobuchar Legislation to Designate the Bald Eagle as the National Bird is Signed into Law

Senators Amy Klobuchar and Tina Smith introduced the legislation in the Senate. Representatives Brad Finstad and Angie Craig led companion legislation in the House of Representatives

WASHINGTON – U.S. Senator Amy Klobuchar announced her legislation to designate the bald eagle as the National Bird of the United States has been signed into law. This legislation was co-sponsored by Tina Smith (D-MN), Cynthia Lummis (R-WY), Markwayne Mullin (R-OK). Representatives Brad Finstad (R-MN) and Angie Craig (D-MN) led companion legislation in the House of Representatives.

"In Minnesota, we know a thing or two about eagles: we are home to one of the largest populations of bald eagles in the country as well as the National

Eagle Center in Wabasha," said Klobuchar. "The bald eagle is a symbol of our country's freedom and strength and with our legislation now signed into law, the bald eagle is officially our national bird."

"This is an exciting day. The Bald Eagle has symbolized American ideals since its placement on the Great Seal in 1782," said Preston Cook, Co-Chair of the National Bird Initiative for the National Eagle Center and author of American Eagle - A Visual History of Our National Emblem. "With this legislation, we honor its historic role and solidify its place as our national

bird and an emblem of our national identity."

The bald eagle has proudly been depicted as the national symbol of the United States since June 20, 1782, when our country's Founding Fathers at the Second Continental Congress approved the Great Seal of the United States. Since that time, the bald eagle design has gone on to appear on official documents, currency, flags, public buildings, sports teams, and other government-related items. Today, the bald eagle is synonymous with American life and this legislation will officially designate it as the National

Bird of the United States.

In the Senate, the legislation was led by Klobuchar and Senators Tina Smith (D-MN), Cynthia Lummis (R-WY), and Markwayne Mullin (R-OK). Companion legislation was introduced in the House of Representatives by Representatives Brad Finstad (R-MN), Angie Craig (D-MN), Dean Phillips (D-MN), Tom Emmer (R-MN), Betty McCollum (D-MN), Ilhan Omar (D-MN), Michelle Fischbach (R-MN), Pete Stauber (R-MN), Dan Newhouse (R-WA), Derrick Van Orden (R-WI), and Don Beyer (D-VA).



NORTH COUNTRY HEALTH NUGGETS

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As the calendar flips to a new year, January beckons as the perfect canvas for a fresh start. It's a time when resolutions are made, and aspirations for a healthier, happier life take center stage. The idea of a January reset goes beyond the clichés; it's an opportunity to recalibrate our habits, redefine our priorities, set realistic goals, and embark on a journey toward becoming the best versions of ourselves.

Embrace a positive mindset for change

Challenge yourself to re-frame every negative situation you encounter, uncovering the hidden opportunities for growth and positivity that await within the folds of change.

Remember to stay hydrated – it has an impact on your overall health

Recognize that proper hydration is a cornerstone of overall health, influencing everything from cognitive function to immune support.

Practice balanced meal planning for sustained energy

By incorporating a mix of whole grains, lean proteins, fruits, and vegetables, you're not just eating; you're cultivating sustained energy.

Create a workout routine that suits your lifestyle

By aligning your workouts with your lifestyle, you transform exercise from a chore into a gratifying habit.

Establish a consistent sleep schedule

Aligning with a regular sleep schedule not only enhances the quality of your rest but also sets the foundation for improved mood and focus. Aim for at least 8 hours of sleep each night.

Prioritize self-care activities for mental health

Whether it's practicing mind-

fulness, journaling, or taking quiet moments for reflection, make time this January for the activities that bring peace and balance to your mind.

Engage in social activities for a sense of community

Infuse your January with a sense of belonging by actively participating in social activities. Whether it's joining a club, attending community events, or simply gathering with friends.

Balance social time with personal space

While connecting with others is vital, carving out moments of solitude allows for self-reflection and rejuvenation. Honor your need for both social interaction and quiet introspection.

Reduce screen time for mental well-being

Give your mind the space to breathe, unplug from digital distractions for some time every day, and rediscover the clarity that comes with moments of tech-free tranquility.

Take time to reflect on progress and celebrate your achievements, no matter how small

During your January reset and throughout the year, pause to appreciate the journey. Reflect on the strides you've made, savor the small victories, and celebrate your achievements, acknowledging that every step, no matter how big, contributes to your health and happiness.

Remember that the path to well-being is a continuous, evolving adventure. Your commitment to well-being is not confined to a single month; it's a lifelong investment. Keep nurturing the positive habits you've cultivated, celebrating your successes, and approaching challenges with resilience. Each day offers a new opportunity to prioritize your health and happiness.

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

**Q u e s -
t i o n :** I see
the sign
boards
along the

highway with different mes-
sages posted. Do they use these
for Amber Alerts? I know I get
the alert on my phone and was
just curious.

Answer: Message and lane-
use signs on some freeways
warn drivers of traffic crashes,
stalled vehicles, or other traffic
conditions ahead.

Message signs may also be
activated when the state issues
an AMBER Alert in response
to a child abduction. The signs
will provide information such
as a vehicle description. Driv-
ers who see a vehicle fitting the
description, or who have other
information about the missing
child, will be asked to notify law
enforcement. The best number



to call is "911."

A portion of state statutes
were used with permission from
the Office of the Revisor of Stat-
utes. If you have any questions
concerning traffic related laws
or issues in Minnesota, send

your questions to Trp. Jesse
Grabow – Minnesota State Pa-
trol at 1000 Highway 10 West,
Detroit Lakes, MN 56501-2205.
(You can follow him on X @MSP-
PIO_NW or reach him at, jesse.
grabow@state.mn.us).



Theology in the Trenches

By Kathleen Kjolhaug

Christmas 2024

"A n d
it came to
pass" is a

phrase often mentioned within
scripture. Hundreds of times it
acts as a bridge connecting two
ideas. Some sources say it's used
over seven hundred times while
others go as high as twelve
hundred. This phrase can be
likened to—"and it happened,"
or "it was so," or simply used
instead of the word "and." This
phrase is telling us this or that
happened at a certain time. In
other words, something was go-
ing down, or up for that matter.

That phrase rings true with-
in the cadence of life. We might
say, "And it came to pass that
I didn't pass my test." Or per-
haps, "It came to pass that my
fudge is runny as I put too much
butter in it. Lots of things come
to pass such as birthdays, gradu-
ations, or holiday celebrations.

Soon, it will come to pass that
2024 will come to an end as we
shake the dust off our sandals
and keep moving to the thrum
of what we are to be marching
to the beat of. Fun thing is,
the marching orders have not
changed since it came to pass

that there were shepherds in
the field by night—watching
over their flocks.

When it came to pass that
the Babe came down, He passed
on instructions as He grew.
Those instructions remain the
same as life passes. No mat-
ter the ages and stages of all
who have come to pass, the call
remains the same as our stabili-
ty comes from that stable. He
never wavers from the greatest
commandment or the second
greatest for that matter—no
matter what comes to pass.

"Love the Lord your God
with all your heart with all
your soul and with all your
mind. That was the greatest
and to "love your neighbor as
yourself" would be the second
greatest. (Matthew 22:37-39).
Whatever comes to pass, these
are our marching orders. They
protect and will remain as we
pass through milestones etch-
ing that which passes into the
record books. And it came to
pass alright that one day, we
too shall pass, and that which
we leave behind must be the
remnants of what He calls for
all to do this side of the veil.

Loving well doesn't mean
giving everyone everything
they want. We'd have a pile of
grumpy two-year-olds rolling
into adulthood if that were the
case. And it came to pass that
we eventually have to deny
ourselves, take up our cross
and follow Him. And it came to
pass that even the Father, our
Father, relinquished His only
begotten Son as He came down
for each of us.

And it came to pass that after
His only begotten Son passed,
He left us plenty of comfort to
place within the manger of our
hearts. And it came to pass that
the Comforter He sent was not
only available to all back then,
but is still available to all today.
ALL.

"The steadfast love of the
Lord never ceases; his mercies
never come to an end; they are
new every morning, great is His
faithfulness" (Lamentations
3:22-23).

May 2025 usher in a time
of peace that passes all un-
derstanding as we rest in Him
who was and is and is to come.
Amen.



Did you know?

According to the Zillow Home
Value Index, the median value
of homes in the United States
increased dramatically between
2019 and 2024. Data from the
online real estate listing service
indicates the median value of a
home in the U.S. in August 2019
was \$243,386. Just half a de-
cade later, that value had risen
to \$361,282, marking a 67 per-
cent increase in median home
value over that time. Housing
prices have experienced an even
greater uptick in Canada, where
data from the Canadian Real
Estate Association indicates
that the average selling price
of homes sold in August 2024
was \$717,800 CAD (\$529,427.75
USD), a roughly 73 percent
increase since August 2019,
when the average homes sold
in Canada went for \$522,700
(\$385,527.84 USD). The spike
in housing costs has greatly
outpaced inflation. In fact, ac-
cording to a 2024 report from
the real estate data firm Clever,
if home prices had increased
at the same rate as inflation
since 1963, the median price
of a home in the U.S. would be
\$177,511, which is less than half
the median value reported by
Zillow in August 2024.

Senator Steve Green Minnesota Senate District 2



As I'm sure many
have heard, Demo-
crats have formed a
"Blue Dog" caucus
comprised of the fol-
lowing 8 Democrat
senators: Senator
Matt Klein (DFL-
Mendota Heights),
Senator Nick Frentz
(DFL – North Manka-

to), Senator Judy Seeberger
(DFL – Afton), Senator Grant
Hauschild (DFL – Herman-
town), Senator Ann Rest (DFL –
New Hope), Senator Rob Kupec
(DFL – Moorhead), Senator Aric
Putnam (DFL – St. Cloud), and
Senator John Hoffman (DFL –
Champlin).

They are doing this so they
can pretend they are listen-
ing to their districts. I want
to remind everyone that every
single one of these Senators
voted for extreme things such
as abortion up until birth, \$10
billion in new taxes and fees,
marijuana legalization, over 60
new and unfunded mandates

on schools, increased
spending in every area,
and more. They also
voted for expanding
rights to illegal im-
migrants, like giving
them driver's licenses,
free college, and access
to MinnCare. Let's also
not forget about the
1400+ page bill they
forced through in the final min-
utes of session, which Sen. Rest
was the author of.

They claim the Senate is too
partisan, but at any point in the
last 2 years, one of them could
have spoken up on a bill to stop
it. All it would have taken was
one vote to flip the balance. Yet
they did nothing. They blindly
voted with their caucus – every
single time. This is nothing but
a political stunt. Their actions
speak louder than this mean-
ingless attempt at virtue signal-
ing. Do not let them fool you.

Sincerely,
Steve Green
Minnesota Senate, District 2

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Bailor Motor Cultivator

By Auctioneer Eric W. Mickelson



Example of a Bailor Motor Cultivator.

Happy Tractor New Year! I
loved to hear the stories of my
grandfather, Ames Mickelson,
back in the day. He was good
with horses. Often in the winter
he was off to the woods with
his team to spend the winter
logging at some logging camp.
Once again as I reflect back
on the farmers, ranchers, and
loggers from back in the day, I
think about the hard work put
into everything that was done.

When some tractors were
coming out the manufactur-
ers were very concerned about
these "old timers" that didn't
really want to get rid of their
horses that they were so at-
tached to. The

"Samson Iron Horse" was
actually steered from behind
with reigns.

Silas Bailor started his
manufacturing career making
one and two row horse drawn
cultivators. His business was
successful. He built a quarter
million dollars worth of machin-

ery in 1915. But he had even
bigger ideas than cultivators.
He called it a "Motor Cultiva-
tor". He hoped it would help
farmers replace that team of
horses used for cultivating. At
the time tractor manufacturers
were popping up all the time.
In 1919 the company came out
with its two row cultivating
machine and a year later a one
row model was introduced. Ad-
vertising stated that the Bailor
Motor Cultivators were simply
one and two row horse cultiva-
tors with the horses "unhitched."

Although the tractors were
not successful Silas continued
work on implements such as
planters and cultivators. Bailor
Motor Cultivators.....another
tractor company.....if you keep
digging and reading you can
learn something new everyday!
Happy New Year!! My resolu-
tion in the New Year is to learn
more about old tractors and the
people who love them!!

How about a little tractor trivia

1. The Bailor Two Row Mo-
tor Cultivator was called the
model _____.
A) A B) B C) W D) Z
2. The Bailor One Row Motor
Cultivator was called the model
_____.
A) A B) B C) W D) Z
3. The Two row model sold
for _____ dollars.
4. The One row model sold
for _____ dollars.
5. The Bailor Motor Cul-
tivator was manufactured in
_____.
A) Beatrice, Nebraska B) Tarkio, Missouri C) Atchinson, Kansas D) South Bend, Indiana

Answers: 1. A. Model A 2.
C. Model W 3. \$850 4. \$675
5. C. Atchinson, Kansas

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

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COMP
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Answers on page 7

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A Visit to Tri River Pioneers Museum

Eric Mickelson

Six first grade classes from Challenger Elementary came and toured the Tri River Pioneers Museum. Several members of the club volunteered to supervise tours on 3 different dates. Everyone had a very good time!



Miss Verbout's class was one of the Thief River Falls first grade classes to visit the Tri River Pioneers Museum in December.



Mrs. Petschi's class also toured the museum. They are pictured here shaking cream into butter!



Leslie Hofstad showing some first graders the "Old Schoolhouse!"



Eric Mickelson explaining some displays in the "blacksmith shop."



Kyle Qualley in the hardware store with the Thief River Falls first graders.

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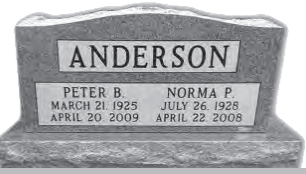


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Registration for 2024-2025 SowBridge Program is Now Open

Willmar, MN. (12/27/2024)— SowBridge, the webinar series for those who work with sows, boars, and piglets, begins its next program year in early February 2025. Registration is now underway. The series is provided online through the Zoom platform and each session is recorded for later viewing.

Sarah Schieck Boelke, University of Minnesota Extension swine educator said, “Sow-Bridge provides all participants with the opportunity to hear directly from experts, and to contact those experts following the individual sessions.”

Sessions are generally scheduled for the first Wednesday of the month from 11:15 a.m. to 12:15 p.m. Central Time. One exception this year: the fifth session is moved up one week to May 28 to avoid conflicts with World Pork Expo.

During each session, participants can ask questions of the industry expert presenter from the comfort of their home, office or swine unit. Each registration provides access to one Zoom connection per session and all program materials provided by presenters.

The cost for the series is \$200 for the first registration from a farm entity and half the amount for each subsequent registration from the same farm entity.

Registration information for SowBridge can be found on the University of Minnesota Extension webpage under courses and events at z.umn.edu/SowBridgeRegistration. Registration is due January 20 to ensure materials are received for the first session. Registration after that time will be accepted too.

SowBridge 2025 session

dates and topics are as follows:

- Feb. 5 – H5N1 as it relates to pigs
- March 5 – Feeding frequency pre-farrowing: impact on farrowing duration
- April 2 – Your farm broke with PRRS/PED: Now what?
- May 7 – Overcoming barriers and understanding the psychological impact of pig euthanasia
- May 28 - Iron status of sows: impacts on farrowing duration
- July 2 – How to manage gilts not cycling
- Aug. 6 – Diagnostic testing: essentials and interpretation
- Sept 3 - Depopulation preparedness
- Oct. 1 – Where’s the draft coming from?
- Nov. 5 – Farrowing stall environment management
- Dec. 3 – Heat synchronization protocols
- Jan. 7, 2026 – Treating sows according to farm SOP

For more information on the sessions or registration, contact Sarah Schieck Boelke by phone at 320-235-0726 ext. 2004 or email schi0466@umn.edu.

SowBridge is provided by a group of 15 universities with Sarah Schieck Boelke and Lee Johnston of the University of Minnesota Extension serving as program coordinators. Iowa Pork Industry Center coordinates all registration and subscriber mailings.

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

Clear Waters Life Center Holiday Showcase!



The Abello Acoustics Band "Figuring It Out" performed at the Clear Waters Life Center on Friday, December 13th during the Scandinavian Dinner event. Below you see the SOLD OUT crowd that attended. Submitted photos.



Bipartisan Klobuchar Legislation to Combat Hazing on College Campuses Signed into Law

WASHINGTON - U.S. Senators Amy Klobuchar (D-MN) and Bill Cassidy, M.D. (R-LA) announced their Stop Campus Hazing Act to improve the reporting and prevention of hazing on college campuses has been signed into law by President Biden. This bipartisan legislation requires colleges to include hazing incidents in their annual campus safety report and establish a campus-wide, research-based program to educate students about the dangers of hazing. In addition, the bill will increase transparency and accountability by providing parents and students with better information about a student organization’s history of hazing incidents. The bill was championed by Representatives Lucy McBath (D-GA) and Jeff Duncan (R-SC) in the House of Representatives.

“When parents send their kids away to college, they expect they will get a good education and make new friends. They don’t expect them to be harassed and hazed. Unfortunately, hazing is a dangerous—and at times deadly—reality that students are confronted with,” said Sen. Klobuchar. “After years of effort from parents, students, advocates and lawmakers, our bipartisan legislation to improve hazing prevention efforts on college campuses has now been signed into law, and I’ll keep working to stop this abuse and keep students safe.”

“As the parents of Danny Santulli, my wife and I are ecstatic for the Stop Campus Hazing Act. This bill will save lives. If my wife or I had known of the many sanctions that were against the fraternity that Danny was pledging, we would have never allowed him to pledge that fraternity. Parents and incoming students have the right to know the background of any organization they are going to join. Thank you Senator Klobuchar and all the parents of children that lost their child to hazing for all of their hard work for making this happen,” said Tom and Mary Pat Santulli, parents of Danny Santulli and Minnesota residents.

“Minnesota State appreciates Senator Klobuchar’s work to pass the bi partisan Stop Campus Hazing Act, which focuses on safety, well-being, and dignity of students on college

campuses across the country. Hazing, in any form, is harmful and unacceptable. This legislation sends the strong message that hazing has no place in our campus communities,” said Chancellor Scott Olson, Minnesota State.

“I am pleased the Stop Campus Hazing Act has passed and support this effort to promote a safe environment where all UMN students may participate in campus activities and student organizations free of hazing. The bill will provide greater transparency and awareness around incidents of hazing and be an important tool in helping to support healthy student engagement and involvement. I appreciate Senator Klobuchar’s leadership and advocacy on this important campus issue,” said Calvin Phillips, Vice President for Student Affairs, University of Minnesota.

This Stop Campus Hazing Act was cosponsored by Senators Dick Durbin (D-IL), Lindsey Graham (R-SC), Bob Casey (D-PA), Thom Tillis (R-NC), Tim Kaine (D-VA), Susan Collins (R-ME), Mark Kelly (D-AZ), James Lankford (R-OK), Steve Daines (R-MT), Jon Ossoff (D-GA), Angus King (I-ME), and Shelley Moore Capito (R-WV), Sherrod Brown (D-OH), Alex Padilla (D-CA), Cory Booker (D-NJ), Richard Blumenthal (D-CT), Tina Smith (D-MN), Chris Coons (D-DE), and Mark Warner (D-VA).

The National Study of Student Hazing found that more than half of college students involved in extracurricular clubs, athletic teams, and organizations experience hazing. Since 2000, there have been more than 50 hazing-related deaths.

The Stop Campus Hazing Act will:

- **Improve hazing** reporting by requiring colleges to include hazing incidents in their Annual Security Report;
- **Prevent hazing** by establishing campus-wide, research-based hazing education and prevention programs; and
- **Help students** and their parents make informed decisions about joining organizations on campus by requiring colleges to publish on their websites the institution’s hazing prevention policies and the organizations that have violated them.

This bipartisan, evidence-informed legislation was driven by the advocacy of hazing prevention champions Julie and Gary DeVercelly, whose son Gary DeVercelly Jr. was tragically killed by hazing in 2007, and other families of hazing victims like Tom and Mary Pat Santulli of Eden Prairie, the parents of Danny Santulli who suffered severe, life-altering brain injuries from hazing. The bill was supported by more than 50 organizations: Clery Center; StopHazing; Anti-Hazing Coalition including the Hazing Prevention Network, Association of Fraternal Leadership & Values, Association of Fraternity/Sorority Advisors, National Panhellenic Conference and its member fraternities; National Pan-Hellenic Council, Inc.; Association of Big Ten Students; College Safety Coalition; SAFE Campuses, LLC; International Association of Campus Law Enforcement Administrators; National Association of Clery Compliance Officers and Professionals; University of Minnesota, Minnesota State Colleges and Universities, and the parents of hazing victims.

“This law won’t eliminate hazing overnight nor bring our son, Gary Jr. back. It will, however expose this harmful practice, hold institutions responsible, and empower students to speak out against it. It is a critical step towards fostering a culture where students can pursue their aspirations without fear of harm or coercion. Things that should have been in place before our son went away to college. With the passage of the Stop Campus Hazing Act, we honor Gary Jr. and his memory by making campuses safer; where hazing will no longer remain hidden,” said Gary and Julie DeVercelly, parents of Gary DeVercelly, Jr.

“The Stop Campus Hazing Act ensures greater transparency and accountability, giving families and students the tools to prevent tragedies like Tucker’s. This law honors his memory and brings hope for a safer future on college campuses,” said Cindy and Gary Hipps, parents of Tucker Hipps.

“We are so grateful that Congress passed the Stop Cam-

pus Hazing Act – a bipartisan bill that will protect students by increasing awareness and accountability. This is a huge milestone towards ending hazing once and for all. Thank you to all the families, advocates, and partners, especially the lead sponsors of the bill, who worked to make this legislation possible,” said Steve and RaeAnn Gruver, parents of Max Gruver.

“Clery Center is honored to have played a leading role in the historic passage of the Stop Campus Hazing Act. Inspired by our founder, Connie Clery, and the many families who have transformed their tragedies into a force for change, we knew that with unwavering dedication and resolve, our collective advocacy would result in meaningful change,” said Jessica Mertz, Executive Director, Clery Center.

“This lifesaving legislation, years in the making, will be a game changer for hazing prevention in higher education. By increasing transparency and tracking of hazing incidents, students and their families will have greater access to information, and the requirement of campus-wide education and awareness will help to shift the culture and support group environments free from the abuses of hazing,” said Dr. Elizabeth J. Allan, Professor of Higher Education at the University of Maine and Principal at Stop-Hazing.

“The National Association of Clery Compliance Officers and Professionals (NACCOP) applauds Congress, and the President, on the enactment of the Stop Campus Hazing Act. We fervently believe the introduction of new hazing prevention and disclosure requirements will advance the Clery Act’s consumer education and protection goals. NACCOP appreciates the opportunity to have helped shape the final legislative language, and we stand ready to help our members, and other Clery practitioners across the country, in implementing these new requirements,” said Dolores Stafford, Executive Director, NACCOP.

“In 34 years of working on federal campus safety legislation I’ve never seen a broader coalition of stakeholders and Congressional leaders come together than they did for the

Stop Campus Hazing Act. This resulted in a very powerful and carefully crafted bill that has the needed backing to become an effective law,” said S. Daniel Carter, President of SAFE Campuses, LLC. “The Stop Campus Hazing Act completes the Clery Act’s comprehensive campus safety framework by adding the last major criminal threat to student safety. This will help practitioners and those of us who aid them better keep campuses safe.”

“We applaud the passage of the Stop Campus Hazing Act in both chambers of Congress. The Act will bring more transparency to the issue of hazing, allowing students and parents to make educated decisions when choosing to join a group. We appreciate the efforts of our champions in Congress, including Senators Amy Klobuchar and Bill Cassidy and other lead sponsors of the Act in their respective chambers,” said Todd Shelton, Executive Director of Hazing Prevention Network.

“The National Panhellenic Conference (NPC) thanks President Biden for signing the Stop Campus Hazing Act into law, marking a significant step toward protecting college students and eliminating hazing from college campuses. Our sincere appreciation goes to Sen. Amy Klobuchar, Sen. Bill Cassidy, Rep. Lucy McBath and Rep. Jeff Duncan, and their staffs, for their leadership in championing this bipartisan legislation. We are also grateful for the collegiate and alumnae members of our organizations who put thousands of hours

into advocating for this bill on Capitol Hill, and similar bills in several states, to protect college students and make college campuses a safe, healthy environment,” said Dani Weatherford, CEO of the National Panhellenic Conference.

“The Stop Campus Hazing Act will bring transparency to make a lasting cultural change in student organizations and on university campuses. Our member fraternities firmly believe that hazing has no place in the fraternity experience and every student has the right to learn and thrive in a safe and healthy campus environment,” said Judson Horras, President and CEO of the North American Interfraternity Conference.

Klobuchar has been a leader in the fight to end hazing.

Klobuchar, Senators Bill Cassidy (R-LA), Sherrod Brown (D-OH), and Bob Casey (D-PA) previously led the Report & Educate About Campus Hazing (REACH) Act, the first federal legislation introduced in the Senate aimed at preventing hazing on college campuses. In 2023, Klobuchar and Cassidy introduced the bipartisan Stop Campus Hazing Act which incorporates provisions from the REACH Act and the END ALL Hazing Act to create a comprehensive approach to preventing and reporting hazing incidents.

Last year, Klobuchar and Cassidy introduced the bipartisan Stop Campus Hazing Act and the first ever congressional resolution designating “National Hazing Awareness Week.”

Word Search Answers for this week

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



Celebrating the Epiphany

The holiday season is full of faith and celebration. Even though people may believe this important time begins at the start of December, for millions of the Christians, the Twelve Days of Christmas begin with the birth of Baby Jesus on December 25 and continue through the Epiphany on January 6.

The Epiphany, also known as Three Kings Day, is a Christian feast day that "celebrates the revelation of God in His Son as human in Jesus Christ," says The National Shrine of Saint Jude. The Epiphany is celebrated on January 6 each year and gets its name from the Greek word meaning "to reveal, or manifestation," a nod to the idea that this was the day Jesus was revealed to the world.

On the Epiphany, three Magi visited the Christ child to pay homage. These wise men were the first to greet Jesus after his parents. The Magi followed a star to Bethlehem, having faith that the Child's location would be accurate. The unlikely royal visitors bestowed gifts of gold, frankincense and myrrh. These herbs are typically used in burial ceremonies, and their offering may have potentially foreshadowed Jesus' destiny.

According to Father Hezekias Carnazzo, a Melkite Catholic priest and founding executive director of the Virginia-based Institute of Catholic Culture, the Feast of the Epiphany

is one of the earliest feasts and actually predates the celebration of Christmas.

Although the Epiphany is an important date for Christians and many celebrate it, celebrants in Spain and Latin America consider it as important as Christmas Day. Within these nations Día de los Reyes (Three Kings Day) is a time for serving Rosca de Reyes, an oval-shaped treat that has a small doll inside to represent Baby Jesus. The figurine symbolizes the hiding of the infant Jesus from King Herod's troops. Children also receive the majority of their gifts on Three Kings Day. It is customary for kids to place their old shoes with a wish list on them for the Three Kings. On the morning of January 6, the shoes are filled with toys and gifts.

The Epiphany is celebrated in various ways around the world. In the Czech Republic, people swim in the freezing cold Vltava River and men dress up as the Magi before riding camels through Prague's city center. Three Kings Bread, similar to the Rosca de Reyes and called Dreikönigskuchen, is prepared and consumed in Germany and Switzerland.

Christmas fanfare does not cease when the calendar turns from December 25 to 26. The Epiphany on January 6 also is an important day of celebration.



Fast facts about slow cooking

Slow cooking is a popular way to prepare meals. From barbecue to simmering to braising, the methods of slow cooking vary considerably.

Many people may not realize that slow cooking can be a healthy and beneficial way to prepare food. The following are some advantages to cooking low and slow.

- **Save money:** Cooking foods slowly helps to tenderize them, which bodes well when utilizing more fibrous or dense cuts of meat. Consumers looking for ways to save more on their monthly food bills can lean on slow cooking to produce delicious results with cheaper cuts.
- **Reduce the number of dishes:** Those who do the majority of their cooking in a slow cooker can mix ingredients that are typically prepared separately. Putting them together in the crock saves time and energy cleaning up.
- **Convenience:** Slow cooking allows cooks to step away from the kitchen and engage in other activities. Most slowly

cooked foods only require sporadic check-ins while cooking.

- **Nutrient-dense meals:** The United Kingdom-based supplement firm Wild Nutrition® notes that because of the low temperatures utilized when slow cooking, the nutrients within foods cooked slowly remain more stable than they do when employing other methods of cooking. This means slow cooking may deliver more beneficial vitamins and minerals than other methods of preparing meals.
 - **Soften ingredients while cooking:** Slow cooking at a low temperature for several hours will soften up tough root vegetables.
 - **Intensify flavor:** Cooking over a long period of time can increase flavor, enabling cooks to use less sugar, salt or other ingredients that are often relied on to add more taste.
- Slow cooking is a convenient and beneficial way to prepare healthy, nutritious and flavorful meals.

100 Years Ago This Month: Historical events from January 1925

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1925.

- Christiania, the capital city of Norway, is renamed "Oslo" on January 1.
- Violence plagues Italy on January 2 as part of the fallout of Benito Mussolini's crack-down on opposition newspapers. Though King Victor Emmanuel III refuses to grant Mussolini the dictatorial powers the latter requested, he grants the Prime Minister tacit permission to respond to the violence how he sees fit.
- Nellie Tayloe Ross is inaugurated as the Governor of Wyoming on January 5, becoming the first woman elected to a gubernatorial office in United States history.
- Bhanupratap Deo is proclaimed as the new Raja of the princely state of Kanker within British India on January 8. The 3-year-old would rule until 1947, when the princely states are abolished as India gains its

independence.

- The British submarine HMS L24 sinks in the English channel on January 10. The submarine had collided with the Royal Navy battleship HMS Resolution, killing all 43 men aboard the L24.
- Al Capone survives an assassination attempt made by the North Side Gang on January 12 in Chicago. Capone was conducting business inside a State Street restaurant when the rival gang riddled his car with bullets, prompting the mobster to order a bulletproof Cadillac.
- Joseph Stalin fires Leon Trotsky as Commissar for Military and Navy Affairs on January 15. A prominent critic of Stalin, Trotsky is eventually murdered at his home in Mexico City by a Stalinist agent in 1940.
- Huddie Ledbetter, better known as "Lead Belly," is granted a full pardon by Texas governor Pat Morris Neff on January 16. The blues musician had served seven years of his prison sentence after being

found guilty of killing a relative over a fight for a woman.

- "The Gentleman Bandit" Gerald Chapman is arrested in Muncie, Indiana on January 18. Chapman is apprehended thanks in part to informant Ben Hance, who is murdered in August in a killing that is believed to have been performed as retaliation for Chapman's incarceration.
- Roy Olmstead, a lieutenant in the Seattle Police Department, is indicted by a federal grand jury on January 19. Olmstead is accused of smuggling alcohol into the country from Canada in violation of the Volstead Act.
- Curtis Welch, the only doctor in Nome, Alaska, sends an urgent message via radio telegram on January 22. The message alerts all major Alaskan towns of an impending outbreak of diphtheria, while a second message sent to the U.S. Public Health Service in Washington, D.C. highlights the desperate need for antitoxin. Roughly 300,000 units of antitoxin are discovered in Anchor-

age on January 26, temporarily containing the epidemic.

- Paul Newman is born in Shaker Heights, Ohio, on January 26. The son of Theresa Garth and sporting goods store owner Arthur Sigmund Newman, Sr., the younger Newman would grow up to become one of the world's most recognizable movie stars and a devoted philanthropist.
- A riot breaks out in Berlin on January 27. Numerous injuries are reported as monarchists, communists and republicans clash during demonstrations held on the birthday of ex-kaiser Wilhelm II.
- On January 28, nominee to the U.S. Supreme Court Harlan Fiske Stone testifies before the U.S. Senate Judiciary Committee. Stone is eventually confirmed by a vote of 71 to 6.
- After nearly a year of fighting and 14,000 deaths, the Khost rebellion against King Amanullah Khan is ended in Afghanistan on January 30. The rebellion is ultimately unsuccessful, but many of the king's reforms are delayed until 1928.

How to keep a bathroom from making you sick

Homes are often characterized as sanctuaries for their inhabitants. When a home is warm and welcoming, it can be the perfect place to relax and get away from the hustle and bustle of everyday life.

Though no one wants to imagine danger lurking in their homes, certain areas of a home, including the bathroom, can pose health risks if they are not properly maintained. In addition, issues that can affect residents' health may not always be so visible, which underscores how important it can be to learn about the various ways to keep a bathroom clean so it does not make anyone sick.

- **Routinely inspect tiles and caulk.** Mold is one of the biggest potential health risks that can develop in a bathroom. Damage to tiles and caulk can foster mold growth. When caulk cracks or separates from tile or any other surface where it's applied, moisture can get in and lead to conditions that promote the growth of mold. The same process can unfold with cracked tiles, so it's imperative that damaged caulk is removed and



areas are recaulked. Cracked or damaged tiles also should be replaced to reduce the risk of mold infestation, which can trigger allergic reactions and exacerbate issues like asthma.

- **Replace a malfunctioning bathroom fan.** Bathroom fans that are not working at peak capacity can lead to moisture issues and adversely affect indoor air quality. A bathroom fan that vents into the attic can lead to mold growth in that area of the home. In addition,

malfunctioning bathroom fans can contribute to moisture issues that result in mold growth. Bathroom fans that direct air outside of the house as opposed to an area like an attic can lead to healthier air and help to reduce the risk of moisture problems in the bathroom.

- **Clean sink fixtures.** The world was reminded of the benefits of handwashing during the recent COVID-19 pandemic, when public health officials noted how easily viruses can

What to know about seasonal affective disorder (SAD)

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

What is SAD?
Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

Is SAD exclusive to winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of

daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

What are the symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

- A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities
- Loss of energy or feelings of fatigue. Some also feel as if they have slowed down.
- Difficulty concentrating, remembering or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment



- Suicidal thoughts or attempts or thoughts about death

It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of winter-pattern SAD include:

- Hypersomnia, or oversleeping
- Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.
- Social withdrawal

How is SAD treated?

People who suspect they have SAD are urged to speak with their physicians. Various

treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

Can I prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help.

Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at www.nimh.nih.gov.

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