Wednesday, February 12, 2025

Tri County Canary

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

Human Trafficking Awareness Month: Strengthening Communities and Preventing Trafficking

January is recognized as Human Trafficking Awareness Month, a crucial time to focus on the pervasive issue of human trafficking, which impacts millions of people worldwide, and also here in our community. This month-long observance is not only about raising awareness but also emphasizes the importance of strengthening communities and preventing trafficking. The theme for Human Trafficking Awareness Month this year invites individuals, organizations, and governments to come together to address the root causes of trafficking and take actionable steps to protect vulnerable populations.

Human Trafficking occurs when one person obtains or holds another person in compelled service, where manipulation and control, coerce someone to provide labor or sex for someone else's benefit. Human Trafficking can happen to anyone.

The U.S. Department of Justice estimates that over 20 million people are victims of human trafficking globally, with tens of thousands trafficked within the U.S. each year. However, many more cases remain unreported, which underscores the importance of education and awareness in tackling this ongoing issue.

Here at Support Within Reach, we are a community resources for sexual exploitation and sex trafficking of youth. We are working to provide resources to youth ages 24 and younger. This is through the statewide Safe Harbor program.

The theme of "Strengthening Communities and Preventing Trafficking" highlights that the most effective way to combat human trafficking is through a collective and preventive approach. By fostering strong, supportive communities, we create environments where trafficking is less likely to thrive. These efforts can include outreach, education, and building robust support networks for at-risk populations, including marginalized communities.

Community-based prevention strategies focus on empowering individuals with the knowledge and tools to not only recognize trafficking activity, but to understand protective and risk factors. In other words, what can we do to prevent human trafficking before it happens. Protective factors for youth include having supportive and healthy relationships with adults, community connection such as spiritual/religious and extracurricular activities.

Risk factors, also known as vulnerabilities, allow traffickers to exploit youth. These vulnerabilities include not having basic needs met, house and food insecurity, alongside a history of abuse. Communities can also work to break down the social stigmas that often surround victims, helping them find the support they need to leave traffickers.

Throughout the month, advocacy organizations encourage people to ask themselves how they can make a difference. Ultimately, the goal of Human Trafficking Awareness Month is to inspire collective action that leads to the dismantling of human trafficking networks and the creation of stronger, safer communities. By addressing the root causes of trafficking, such as poverty, gender inequality, and lack of opportunity, we can begin to prevent it from happening in the first place.

Through a united effort, communities can make lasting change—creating environments where individuals are less susceptible to trafficking and where those who have been victimized can heal and rebuild their lives. Together, we can ensure that trafficking is not just recognized, but actively prevented.

Human Trafficking Awareness Month reminds us all that strengthening communities and preventing trafficking is a shared responsibility. By staying informed, and proactive, we can work toward a future where trafficking no longer has a foothold in our societies and our community.

Sarah Borgen,
North Central Regional Navigator
Support Within Reach

Lily Thronson, a freshman at Lafayette High School in Red Lake Falls, met up with her classmates recently when she attended a Thief River Falls Prowler girls hockey game in St. Paul, Minnesota. Lily, who hasn't seen her classmates in months, has been at the Mayo Clinic since June 2024 waiting for a her transplant which she received in December. The surgery went well and Lily is well on her way to recovery. Lily will have to stay in Rochester so the doctors can monitor her progress but will be able to come home in March. Pictured (l-r) Halle Seeger, Addison Brateng, Lily Thronson, Grace Knutson and Ava Seeger.

Operation LEAD provides admission into BSU nursing program for Northland A.S. graduates

Northland Community and Technical College has teamed up with long-time partner Bemidji State University on a new transfer program that will give Northland nursing students a clear path to continue their education after earning their Associate of Science degree. Operation LEAD continues a rich history of cooperation between the two schools and promises to deliver more highly skilled nurses for northern Minnesota.

Operation LEAD (Learn to lead; Expand your knowledge; Advance your career; Discover new jobs) recognizes the increasing professional demands in the nursing field, as well as the critical need for advanced healthcare providers throughout the region.

The LEAD partnership not only guarantees Northland grads a spot in BSU's nursing program, it offers assistance throughout the transfer process, the ability to begin the bachelor's program prior to passing the NCLEX entrance exam, as well as a customized graduation plan. With flexible start dates, eight-week classes, 100 percent online delivery and the ability to attend full-time or part-time, the program is also designed for the working student who must balance demands both in and out of the classroom.

"This is a tremendous opportunity for our nursing students," said Kari Koenig, Associate Degree (RN) Nursing Program Director at Northland. "I am thrilled to be able to share this news with current students, as well as prospective students who are trying to determine their best path to achieving their education and career goals. All of our credits will seamlessly transfer to Bemidji, making the process simple… encouraging more students to continue building their nursing skills while staying close to home."

To further entice students to make the jump into BSU's program, Operation LEAD also offers scholarship opportunities to Northland transfer students. Ten $1,000 transfer scholarships, as well as ten $2,500 Minnesota Workforce Development Scholarships will be available exclusively for Operation LEAD students enrolling in BSU's RN to BS nursing program.

"We are pleased to have Northland as a partner in Operation LEAD," said Stephanie LeDuc, Dean of Health, Public Services, and Technical Programs at Northland. "Our two institutions share the goal of providing students who are dedicated to a career in nursing with opportunities to unlock their potential and serve their communities. Operation LEAD provides that opportunity with a clear and supported path for nursing students to continue their education while also meeting a critical need for baccalaureate degree-educated nurses throughout Minnesota."

Nordlund Stock Farm 28th Production Sale

The operation was originally started by Kelly and Linda Nordlund in the 1970's with Simmental cattle. Black Angus were introduced in the 80's from Hi-View Angus, ND (Linda's parents). In the 90's Red Angus were used to crossbreed with Simmentals and shortly after the first 1A Red Angus females were purchased. The first production sale was held on the farm in 1997. The Simmental cowherd was dispersed in 2004. In 2008, after Mike and Sam completed college, they purchased the cows from Kelly and Linda. 2020 marked the 45th year of marketing seedstock and was the 23rd production sale.

Nordlund's mission statement states, "our cattle are built on a maternal foundation, blending data and phenotype, to provide you with a more profitable, predictable, and consistent product. We say it every year but I guess that means we're moving in the right direction; we are absolutely thrilled with the quality of this year's offering."

This year's sale has a catalog online where you can check out the 40 page listing for the 28th Annual Production Sale.

The sale will be held on Saturday, February 15th, 2025.

Go to www.nordlundstockfarm.com or www.dvauction.com

Ann Humphrey takes lead for BSU's unique Indigenous sustainability studies program

Bemidji State University's innovative Indigenous sustainability studies program has new leadership. Ann Humphrey, who has been on the staff at BSU's American Indian Resource Center since 2018, has taken over as faculty lead for the program this spring.

BSU launched the program, which offers students a unique opportunity to explore environmental sustainability issues through an Indigenous perspective, with a minor in the fall of 2018. A bachelor of science degree option was added in the fall of 2019.

Supported by a $600,000 grant from the Margaret A. Cargill Foundation, the program has been called Nizhoo-Gwayakochigewin, for an Ojibwe phrase meaning "two ways of doing the right thing in the right way." The program, which has few peers in North America, combines Bemidji State's strengths in environmental education and advocacy with its long history of support for Indigenous communities and ways of knowing and being.

A combination of factors, including a faculty departure and the program's applications for continued grant funding, led Dr. Jeff Bell, dean of BSU's College of Sciences and Health, to assemble a group of faculty to explore how to make the program more student-friendly. The group, which included Humphrey; Dr. Anna Carlson, associate professor of geography; Hillary Baron, assistant professor of biology; and a group of other faculty from BSU's School of Sustainability & Life Sciences began a collaborative effort to redesign the curriculum.

Needing a faculty member to lead the program, Bell approached Humphrey — who said the choice was easy.

"I have a lot of lived experience in sustainability studies and, specifically, Indigenous sustainability studies," Humphrey said. "So it just clicked."

Bell said Humphrey's existing relationships with BSU students and her knowledge of the university and its services through her roles at the American Indian Resource Center made her an obvious choice to lead the program.

"I am excited to watch her weave together her student success focus, passion for traditional ecological knowledge and her understanding of curriculum design," Bell said. "Her connections with the local Ojibwe communities will bring knowledgeable people to our students, and I am excited she wants to help bring more of that to our program."

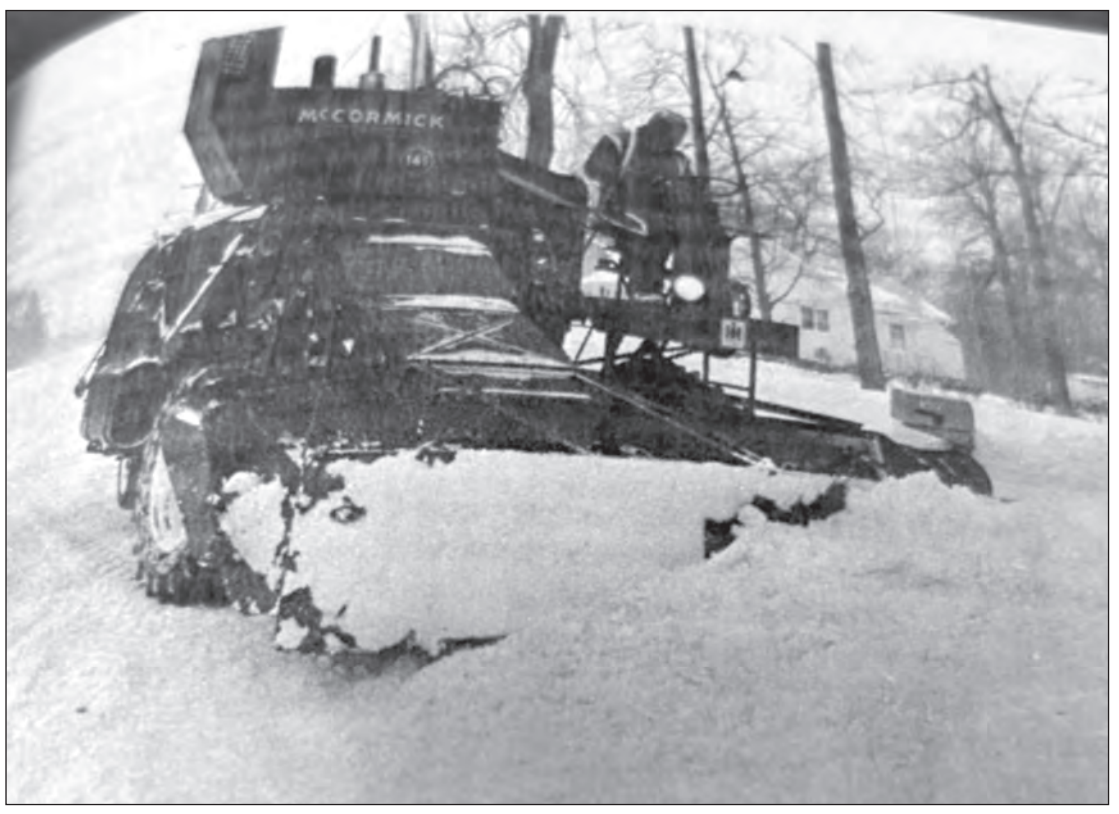
Ann Humphrey, director of Indigenous sustainability studies (left) and Hillary Barron, assistant professor of biology.

Humphrey said the program will introduce students to ways of viewing the three pillars of sustainability — environmental, social and economic — through an Indigenous lens, with strategies for drawing on Indigenous ways of knowing while navigating Western-traditional spaces.

"Overall, this major will continue to be a staple of Indigenous sovereignty, treaty rights policy and how we navigate the Western space," Humphrey said. "So we will look at the three pillars of sustainability on the entry level, and then go deeper and move into more focused projects."

"I'm excited about the courses I'll be teaching," she added. "The courses will have clear intent about the fall season and the spring season, and the activities that Ojibwe people traditionally do during those seasons."

From the past - 1985



The Bakke's in Gonvick created a new invention, a new snow plow. They took a combine and put a blade on the front. Does it ever push the snow! It is strange looking as combine going down the street.....in the winter time!

WE WILL BE CLOSED 2-17-2025
IN OBSERVANCE OF PRESIDENTS DAY

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R48C

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Valentines Day Dinner!
AT LITTLE BOBBY'S
McIntosh, MN

February 14, 2025
16 oz. T-BONE steak, with 2 sides, and dessert!...$26.95
or
Prime Rib of Pork Dinner with dessert!...$12.95

PLEASE RESERVE THE NUMBER OF STEAKS
DON'T FORGET TO MAKE YOUR RESERVATION!
RSVP by TEXTING 218-416-0780 by FEB. 12TH.
LIMITED SPOTS AVAILABLE!

R48C

BINGO every Thursday night starting at 6 P.M. Food and drink available to purchase.

Monthly MCCL Meeting Feb. 20

The monthly meeting of the local Minnesota Citizens Concerned for Life Chapter #45 will be held on Thursday, February 20 at 2 pm at Mt. Carmel Lutheran Church in McIntosh. For more information about the Chapter, contact Mike Brouse at 218-261-0186 or Eileen Hegg at 218-563-3152.

Polk County Sheriff

Property Damage Crash involving Polk County Sheriff's Office

On 2/4/2025 at approximately 05:15 AM, a Polk County Sheriff's Office squad car was involved in a property damage crash. The crash occurred in the city of Crookston at the intersection of 3rd Ave SW and US HWY 75.

Bowende Somde Eudes Ju Sorgho of Grand Forks was southbound on US HWY 75 in a 2016 Nissan Altima when he collided with Deputy Brittney Neil who was driving west through the intersection in a 2021 Chevrolet Tahoe patrol vehicle.

Both parties were wearing their seatbelts at the time of the crash. No airbags were deployed and there were no injuries.

Both vehicles sustained damage, however they were able to be driven from the scene.

The Crookston Police Department is investigating the crash.

No further information will be released at this time.

Grandparents Scam

On 02/07/2025, the Polk County Sheriff's Office received information from law enforcement in the region regarding a scam affecting our area. Scammers are contacting residents and claiming a family member is in legal trouble and they need money. The scammers are primarily targeting elderly residents. This scam has been common in our area; however, reports are indicating the scammers are potentially imitating "bail bondsman", sometimes showing up in person to collect the money and other times requesting it by mail.

If you receive a similar call, or you suspect you are a victim of this scam, you can contact the Polk County Sheriff's Office non-emergency number at 218-281-0431.

Local students earned Fall 2024 Deans' List honors at Bemidji State University

Bemidji, Minn. (February 3, 2025) - Students from your coverage area, listed below, have earned Dean's List honors at Bemidji State University for the Fall 2024 semester.

To be eligible for the Dean's List, BSU students must enroll in at least 12 credits and earn a grade-point average of 3.5 or higher for the semester. A total of 703 students earned Dean's List honors for Fall 2024 at BSU, including some who have received the distinction multiple times.

Bagley - Dylan Bergeson and Makaela LaFerriere

Clearbrook - Nathan Weems and Emily Woods

Gonvick - Haley McCoy

Leonard - Skylar Ballard and Leo Tronnes

Oklee - Erin Jonesand Michael Wojciechowski

ANTIQUES

By John Eggers

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

"I'm sending you this valentine
And hope you will be glad.
For if you do not like it,
It will make me very sad."

When Sarah sent this valentine to Sam in 1908, (pictured at right) she had no intention of marrying Sam. When he asked her to marry him 16 years later, she said, "Yes." That's what valentines do, they evoke the goodness within us and that's why valentines have been collected since they first appeared in the 18th Century. They bring people together and take the sadness away.

The sentiments and pictures on Valentine cards are a reflection of the times. During the Victorian Era, prior to 1900, the cards were usually made in Germany and were very ornate, lacey, delicate and true works off art. Many were pop-up cards or 3 dimensional like the one shown which has a value of $25.

The value of lacey cards is based on uniqueness, size and condition. The fancy larger cards will cost around $20 or more.

In the 1920s there were heavier cards with moveable parts. Also postcard valenties were popular and less expensive. Some were humorous. One valentine riddle postcard reads, "Why did the two skeletons break up? Their hearts just weren't in it." Another postcard showing two volcanos reads, "What did one volcano say to the other volcano?" "I lava you."

Postcard valentines cost about three to five dollars. Moveable cards are worth about seven to ten dollars each. Any valentine that features a notable character like Buster Brown, Howdy Doody or Hopalong Cassidy is worth around $15.

My wife and I recently gave a bunch of 1904 homemade valentines to residents in a care facility. They truly enjoyed them. I am sure the valentines brought back memories when they gave a valentine to a dear friend. It may have read, "Roses are red, Violets are blue, I am not in a bind, if you would be my valentine."

Barb Lewis

Cancer Benefit for Barb Lewis

There will be a Cancer Benefit Barb Lewis at the Solway Town Hall on February 23, 2025 from noon to 4:00 p.m. Barb is battling stage 4 ovarian cancer and has now been diagnosed with liver metastasis.

Free will offering for the pulled pork meal with sides. There will be a raffle with lots of great items along with the auction and bake sale.

There will be gun boards, camping boards and kid's boards.

Contact Marian Vold at 218-766-7462 for more information.

28TH ANNUAL
Production Sale
Sat., Feb. 15, 2025 at 1:00 p.m.
Located on the farm, 44946 151st Avenue, Clearbrook

Selling Black and Red Angus
85 Bulls and 65 Heifers (bred and open)

For info and catalog, call 218-280-3112 or
www.nordlundstockfarm.com or www.dvauction.com

R47-48C

DINING & entertainment

BAR BINGO!
TUESDAY, FEBRUARY 18TH, 2025 • 6:30 PM
62#'s at $1,000 up to $1,000 maximum
SPONSORED BY:
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O48C
Happy Valentine's Day
FEBRUARY 14TH & 15TH, 2025
FOOD SPECIALS
• Broasted Chicken • Steak & Lobster
• BBQ Ribs • Steak & Shrimp
Served with Salad Bar, Potato, Garlic Toast & Dessert
RESERVATIONS NECESSARY!
FEBRUARY 15TH, 2025
Valentine's Dance with the Honky Tonk Troubadours
7:00 to 11:00 p.m.
Breakfast BUFFET EVERY SUNDAY
9:00 a.m. to 1:00 p.m.
POTATO KLUB DINNER WITH SIDE PORK & DESSERT, THURSDAY, FEB. 20TH, 11AM TIL GONE
KITCHEN OPEN UNTIL 9:00 P.M. DAILY

BINGO
Starting at 57#'s
Progressive Blackout 6pm, Saturday, Feb. 15th, 2025
License: #32290-001
WING NIGHT WEDNESDAY
Valentines Special - Friday, Feb. 14th
Prime Rib $26
Grilled Shrimp $20
Prime Rib & Shrimp $36
Prime Rib & Lobster Tail ... $36
All meals come with baked or garlic mashed potatoes, lettuce or macaroni salad & cheesecake.
Saturday, Feb. 15th • Prime Rib
SHORTY'S PLACE, 268-4199
R48C

Valentines Day Dinner!
AT LITTLE BOBBY'S
McIntosh, MN
February 14, 2025
16 oz. T-BONE steak, with 2 sides, and dessert!...$26.95
or
Prime Rib of Pork Dinner with dessert!...$12.95
PLEASE RESERVE THE NUMBER OF STEAKS
DON'T FORGET TO MAKE YOUR RESERVATION!
RSVP by TEXTING 218-416-0780 by FEB. 12TH.
LIMITED SPOTS AVAILABLE!
R48C
BINGO every Thursday night starting at 6 P.M. Food and drink available to purchase.

BENEFIT BEING HELD FOR MAE KNOWLES

February 22, 2025
at Little Bobby's in McIntosh MN
PLEASE NOTE THE CHANGE OF TIME FOR THE AUCTION AND MEAL!

Mae has worked with the postal service for many years and in McIntosh and surrounding areas. We are having a live Auction to help raise money for Mae's medical bills and other expenses. Auction starting at 2:30 pm. So come early to get signed up and get your number! Check out the auction items. Meal will be served after the auction.

If you would like to make a cash donation and/or make a donation for the auction please contact Denise Stark at 563-2121.

I have been on this journey with her a couple of times as some of you have been on with others. Cancer is a tough one to go through. **Please help however you can.**

Auction will be held at 2:30 p.m.
Meal served after the auction.

R48C

NOTICE OF MEETING OF STOCKHOLDERS OF FOSSTON TRI-COOP
Fosston, Minnesota

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Tuesday, March 25th. Meeting will start at 5:00 p.m. with a meal to follow.

The business meeting will include the presentation of the annual report and election of two directors, who will serve a term of three years.

Curtis Bartz
Secretary-Treasurer

R48-49C

Wyatt Vettleson

For more information about Real Solutions...
- Home Loans
- Land Loans
- Equity Loans

Visit with Wyatt Vettleson if you're planning to purchase a new home, land or remodel your home.

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BID IT ON AUCTIONS
Bid-It on Auctions
ONLINE ONLY
Sale starts to Close Feb. 12th at 6:00 p.m.
BID-IT-ON AUCTIONS
R48P

CLASSIFIED ADS

RECEPTIONIST POSITION

The Fosston Eye Clinic is looking for a friendly, outgoing receptionist to join our team. The ideal candidate will greet and welcome customers in a courteous and professional manner, answer phone calls, manage appointment scheduling, ensuring a welcoming atmosphere, providing exceptional customer service and assiting with glasses fittings. Background knowledge of insurance is preferred but not needed. Position is full-time with benefits.

Pay depending on credentials. Send your resume to: fosstoneye@gvtel.com R48-49C

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
R26tfc

HELP WANTED

The City of Goodridge is accepting applications for a **water/wastewater treatment operator**. Applicants must be a strong, mechanically inclined individual able to maintain, repair & replace water/wastewater equipment. Must be licensed with the MN DOH for water treatment.

Position requires on-hand training for one year prior to testing for a MN DOH license. Will train the right employee if unlicensed prior. This is a part time position and pay is DOE.

All questions and inquiries can be directed to Shannon Moen at 218-378-4113 or Dale Hanson at 218-378-4144. G47-48C

Polk County Full-Time Employment Opportunities:

Family Based Services Provider – Social Services:
$25.47 – $32.26/hr. Position
Closes on Tuesday, February 18, 2025

Maintenance Worker I – Facilities:
$21.39 - $27.09/hr. Position
Closes on Wednesday, February 26, 2025

Deputy Sheriff Patrol I - II – Sheriff's Office:
$31.55 – $42.36/hr. Position Is Open Until Filled

Landfill Technician – Landfill:
$24.25 – $30.72/hr. Position Is Open Until Filled

Sort Line Operator I - II – Fosston:
$19.22 – $25.56/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
R49tfc

DEADLINE NOON FRIDAYS

Clearwater County Department of Human Services Agency Social Worker Position

Clearwater County Department of Human Service is looking to fill an Agency Social Worker position with a skilled, caring, and empathetic team player whose talents will contribute to and promote the mission, vision, and values of the agency. This position will work with the aging and physical yo and cognitively impaired populations to assess needs and arrange services so individuals can remain safely in their home and community. CCDHS offers a comprehensive benefit package including health, dental, vision, life, long term disability, accident, illness and hospital insurance, medical and day care savings accounts such as Flex, VEBA and HSA as well as paid holidays, vacation and sick leave. Further Information regarding benefits is available by calling Niki Broten at 218-694-1171. The pay scale for this position is $31.10 - $40.41 per hour.

Go to http://agency.governmentjobs.com/mnmeritsystem to review the qualification requirements, position description, and to apply. The application my be submitted by 4:30 P.M. February 28, 2025. For questions about the position contact Jamie Halverson at jamie.halverson@clearwatercountymn.gov or by calling 218-694-6164.

We are an equal opportunity employer. R48-50C

CLEARWATER COUNTY HIGHWAY DEPARTMENT ENGINEERING TECHNICIAN POSITION

Clearwater County Highway Department is seeking a qualified Engineering Technician to join our team. This position will include construction inspection, material testing, surveying, computer aid design, plan preparation, and other Department functions.

Preferred qualifications are for completion of a two-year college or vocational civil engineering curriculum, and over two years' experience related to civil engineering in surveying, inspection and drafting plans, and experience in using computers.

Starting Salary Range: $26.76 to $34.66/hour depending on qualifications. This is a Local 49ers Union position. The union contract salary range for 2026 is $29.40 to $37.93/hour and for 2027 it is $31.96 to $41.09/hour. Clearwater County offers benefits including health, dental, vision, and life insurances, as well as paid holidays, vacation, and sick leave. Further information regarding benefits is available by calling Niki Broten at 218-694-1171.

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 the position is filled.

Clearwater County is an Equal Opportunity Employer. R48-49C

JH MATH TEACHER OPENING

Red Lake County Central High School in Oklee, MN is looking for a JH Math teacher 1.0 FTE for school year 2025-26. RLCC High School is a 1:1 educational environment, coaching and extra-curricular activities will be available with this position. Candidates must have a valid Minnesota teaching license.

Interested candidates should contact Principal Randy Pederson at 218-796-5136 or email rpederson@rlcc.k12.mn.us Applicants will be required to send a letter of application, resume with 3 letters of recommendation, and official transcripts.

ISD 2906 is an equal opportunity provider and employer. O45-48C

Communication Specialist North Country Community Health Services

North Country Community Health Services currently has an opening for a .8 -.9 FTE Communication Specialist. This position will provide communication services across all public health programs for North Country Community Health Services (CHS) of Hubbard, Clearwater and Lake of the Woods counties and Beltrami County CHS. Duties include development and implementation of communications including, health education, prevention and crisis communication to promote health. Applications are available at the Clearwater County Nursing Service office in Bagley at 212 Main Ave N., Bagley or online at https://www.co.clearwater.mn.us/vertical/sites/%7BD1BE6F66-A19E-4CC1-ADD8-8DF38E31F1E3%7D/uploads/County_Employment_Application(2).pdf

Call 694-6581 for more information. Close date 2/28/2025.

Required/minimum qualifications: Baccalaureate Degree in Nursing, Public Health, Health Education, Communication or a related field OR an associate degree and two years' experience in community-based health promotion or communication. Must have a valid driver's license.

We are an Equal Opportunity Employer. R48-49C

R48-49C

Ultima Bank MINNESOTA

Ultima Bank Minnesota is seeking a Customer Service Representative for its Winger location.

Duties include:
· Assisting customers with banking needs
· Opening new accounts.
· Answering inbound calls.
· Cross selling ***UBM*** products and services.
· Additional duties include administrative support and other related duties as assigned.

Individual must be organized, able to multi-task and be proficient in computer skills. Banking experience not required; we're willing to train the right candidate. Full time position with competitive wage package and benefits.

To apply, email resume to: rebecca@ultimabank.com

SUBMIT YOUR EMPLOYMENT ADS to richards@gvtel.com

PEARLS PROGRAM

Often the losses one endures as they age (loss of loved ones, independence, physical health or social isolation) can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness; gone unattended these feelings can lead to depression.

LSS Caregiver Support & Respite services offers PEARLS (Program to Encourage Active Rewarding Lives) skills training for people, age 60 or older, to help manage unpleasant feelings and improve quality of life.

Call 866.787.9802 to learn more. R41-48P

FOR SALE

25 1300-1400 lb hay bales. Clover, alfalfa, orchardgrass. Put up dry in July, net wrapped. 5 miles NE Clearbrook. 218-391-5237. R45-48C

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** M47-21C

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

BROTHERS FURNITURE - New Twin Mattresses $129, Full Size $169, Queen $199, All Sizes Available, Twin XL, KING, Many Mattress Options. Also Bunk Beds, Sofas, Dressers, Tables, Recliners and Much More! Est. 2012, Call 218-766-0064 - Delivery Available, brothersdiscountfurniture.com R47-50C

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 M3tfc-C

ADSIS INTERVENTION AND/OR ANTICIPATED ELEMENTARY TEACHER

Clearbrook-Gonvick School District has an opening for a Grades 4-6 ADSIS Reading Intervention Teacher and/or anticipated open position for an Elementary School Teacher. This is a full-time position and would be available for the 2025-2026 school year. Salary range for this position is $45,927-$74,775 dependent on education and years of experience, with an anticipated salary increase to the teacher scale in 25-26.

Requirements: MN K-6 elementary teaching license is required. Individuals with alternative licenses and those who are interested in extra-curricular or coaching activities are encouraged to apply. Position is open until filled.

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

Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Attn: Melissa Weems, HR
Or email the materials to:
mweems@clearbrook-gonvick.k12.mn.us
R44-48C

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
Assistant Track 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
R44-48C

POSITIONS AVAILABLE FOR CURRENT SCHOOL YEAR

Special Education Para-Educator: Wage range is $16.45-$18.76 per hour, dependent on years of previous experience. Requirements for the position include enjoying working with special education students and having passed or have the ability to pass a para pro exam.

American Indian Education Para-Educator: This position requires the ability to work 1 on 1 or in a small group setting with students in grades 7-12. This is a full-time position with a wage range of $16.45-$18.76, dependent on previous years of experience.

Part-Time Cook: This position is a 4 hour per day position, Monday-Friday. Previous food handling experience is preferred. Wage range is $16.40-$18.70 per hour, dependent on years of previous experience.

Minimum Requirements for all positions: All candidates must have the minimum of a GED and be able to pass a background check.

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

Clearbrook-Gonvick School
16770 Clearwater Lake Rd
Clearbrook, MN 56634
Attn: Melissa Weems, HR
Or email the materials to:
mweems@clearbrook-gonvick.k12.mn.us
R44-48C

REAL ESTATE - RENTALS

Brookfield Apartments

Brookfield Apts in Clearbrook, MN is accepting applications for **February - 1 Bd openings with one unit being 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 @ bemman.wixsite.com/bemidjimanagementinc

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HELP WANTED

MDA HIRING FOREST PEST (SPONGY MOTH) SURVEYORS
The Minnesota Department of Agriculture is hiring temp. intermittent Surveyors (Ag Technicians) for the 2025 Spongy Moth Trapping Survey season. $20.21/hr.+ mileage reimbursement. View job post (Job I.D. 83443) & apply online through February 28th: https://mn.gov/mmb/careers. MDA is an equal opportunity employer & provider. Questions: 651/201-6692 or natasha.northrop@state.mn.us

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Laural Capistran Murphy Scholarship Now Accepting Applications

February 5, 2025 (Bemidji, MN) – The Laural Capistran Murphy Scholarship, a scholarship fund hosted by the Northwest Minnesota Foundation, was established by Laural's friends and family to recognize her commitment to Minnesota's 4-H program and her belief in self-education, co-operative volunteering, and helping others through community involvement.

Through Laural's scholarship, students from Mahnomen, Norman, Polk, and Red Lake counties are encouraged to apply who are pursuing post-secondary education through a college, university, trade school, tech school, or other nonprofit accredited technical or vocational education/training institution or program, especially in fields of study supported by the Minnesota 4-H programs.

Preference will be given to students who have been involved in 4-H, or other worthwhile organizations; those adopted or from a family that adopts; home-schooled students; PSEO students, students attending the University of Minnesota Crookston, and older than average students returning to post-secondary education.

The deadline to submit an application is April 15. Applications are completed online through the NMF website www.nwmf.org; click on "Grants & Scholarships" on the home page.

Governor Walz Announces $6 Million in Child Care Grants

Funding expected to create over 1,400 new child care slots

[ST. PAUL, MN] – Governor Tim Walz today announced $6.1 million in grants to expand access to child care across the state. The Minnesota Department of Employment and Economic Development (DEED) has awarded 25 organizations with Child Care Economic Development Grants, expected to expand child care capacity by 1,400 slots statewide.

"Affordable, reliable child care is essential for a thriving economy – it removes the barriers that prevent parents from entering the workforce, and makes life easier and more affordable for families," said Governor Walz. "These grants are creating opportunities for child care providers, expanding high-quality, affordable childcare, and growing our economy."

"Access to affordable, reliable child care gives families and caregivers options and peace of mind," said Lieutenant Governor Flanagan. "Child care investments benefit businesses, families, and our economy. These new grants are helping us create a state where all families can thrive, and all children are set up for success from day one."

DEED's Child Care Economic Development Grant program provides funding to communities to invest in new or expanding child care businesses, including facility improvements, worker training, attraction, retention and licensing, and other strategies to reduce the child care shortage. The program, administered by DEED's Office of Child Care Community Partnerships, coordinates the efforts of state government, communities, businesses, and non-profit organizations that are working to provide child care.

Of the funds awarded, 84%, or $5.1 million, will go towards increasing child care availability in Greater Minnesota, creating 1,337 slots.

"Secure child care is a not only important for parents' peace of mind, but is a crucial aspect of maintaining a healthy and thriving economy," said DEED Commissioner Matt Varilek. "As the demand for more child care availability continues to increase, public investments in this sector take on even greater importance. Today's Child Care Economic Development Grants are one of the ways we're working with partners around the state to serve working families."

"Access to workers remains the most difficult challenge facing economic growth in the greater Bemidji region. It's critical we increase workforce participation by reducing barriers to work for our community members - first among them is childcare. This grant will directly increase our economic growth and expansion in both the Bemidji area and the Red Lake Nation," said Dave Hengel, Executive Director of Greater Bemidji, Inc., a grantee that will use funding to support three child care expansions and create a resource center for providers in its region.

"Thanks to DEED's funding support, Latina family childcare providers can help solve the dire shortage of childcare spaces in Minnesota," said Ruby Azurdia-Lee, President and CEO of Comunidades Latinas Unidas En Servicio (CLUES). "CLUES' East Side Childcare Business Incubator and Family Wellness Center will provide training, technical assistance, and classrooms to support Latina childcare providers in launching their own small businesses or expanding high quality care in their own homes. This funding will create up to 56 new childcare slots in a high poverty neighborhood and pilot a model of culturally responsive childcare business development that can be replicated and scaled in urban and rural communities throughout Minnesota, ultimately benefiting thousands of families across the state."

Since the inception of the office in July 2023, DEED has awarded $12 million in grants to 45 organizations to fund child care startups or business expansions, resulting in over 3,500 new child care slots. SmileHub recently ranked Minnesota a top state for children, in part because of the availability and credibility of the state's child care centers.

The following organizations were awarded Child Care Economic Development Grants in this funding round:

- Arrowhead Economic Opportunity Agency – $240,000
- Becker County – $120,000
- Brainerd Family YMCA – $97,5000
- Catholic Charities Twin Cities – $240,000
- City of Hutchinson – $40,000
- City of Wadena – $195,000
- Comunidades Latinas Unidas En Servicio (CLUES) – $300,000
- Cook County PHHS – $385,178
- Duluth Area Family YMCA – $480,000
- God's Treasures Childcare Learning Center – $240,000
- Greater Bemidji, Inc. – $575,000
- Heartland Lakes Development Commission – $100,000
- Hendricks Community Hospital Association – $159,000
- Hmong American Partnership – $240,000
- ISO 482- Little Falls Community Schools – $240,000
- Kandiyohi County and City of Willmar EDC – $178,500
- Lil Chompers Child Care Inc. – $240,000
- Mapleton Economic Development Authority – $175,120
- Nobles County Community Service Agency – $480,000
- Northland Foundation – $240,000
- Northwest Minnesota Foundation – $134,530
- Otter Tail County – $240,000
- Renville County – $345,000
- Warroad Community Childcare Center – $240,000
- WomenVenture – $240,000

A huge round of applause for Jaden! He qualified for his second Scripps National Spelling Bee! What an incredible achievement! He is a student at Sacred Heart in East Grand Forks. The Regional Spelling Bee held February 5 at NCTC in Thief River Falls. Jaden will advance to the National Spelling Bee in Washington DC in May.

Other area participants included Brayden Needham from Clearbrook-Gonvick and Megan McGlynn from Win-E-Mac.

PUBLIC NOTICE

In accordance with Minnesota Statutes 331A.12, the Clearwater County Highway Department will publish transportation project advertisements for bid on the official Clearwater County web site at www.co.clearwater.mn.us, then go to Government, Bids and RFPs and then Current Advertised Projects.

Expected projects to be advertised in 2025 include:

- Pavement Markings.
- Fuel Supply for County Vehicles.
- Bituminous Milling and Surfacing on CSAH 1, CSAH 17, CSAH 22, CSAH 23, CSAH 24, CSAH 26, CSAH 31, CSAH 32, CSAH 47, CSAH 53, CSAH 54 & CSAH 56.

R48-49C

GROUP INSURANCE PROPOSALS

Clearbrook-Gonvick School District, ISD 2311 ("District") requests proposals for group insurance coverage for the health plan year beginning July 1, 2025. Sealed proposals will be accepted in paper form until 5:00 pm central time on March 7th at: Marsh McLennan Agency Attn: Melissa Sampson 505 Broadway N Suite 100 Fargo, ND 58102.

Copies of the complete request for proposal may be requested to Melissa Sampson (melissa.sampson@marshmma.com) and will be sent electronically at no charge.

The District reserves the right to reject any or all bids and to waive informalities. The District reserves the right to select the proposal which it determines to be in the best interest of the District.

O47-48C

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Ask a Trooper

by Sgt. Jesse Grabow Minnesota State Patrol

Question: In your last article you wrote about suspended drivers licenses. I know a person who had theirs revoked. Can you explain how this happens?

Answer: Your driver's license may be revoked if you:

• Refuse to take a test to determine whether you are under the influence of alcohol or a controlled substance, or if you fail the test.

• Are convicted of manslaughter or any other criminal action while driving a motor vehicle.

• Are convicted of driving a motor vehicle while under the influence of drugs or alcohol.

• Are convicted of a felony in which you used a motor vehicle.

• Are convicted of driving in excess of 100 mph.

• Are convicted of fleeing a police officer.

• Are convicted of failing to stop, identify yourself and render aid when involved in a motor vehicle crash, especially one that involves death or personal injury to others.

• Are convicted of lying under oath, signing any legal document that contains false information about legal ownership or operation of a motor vehicle, or making a false statement to DPS about that information.

• Plead guilty or forfeit bail for three violations in a single year of any Minnesota traffic law or ordinance that requires a jail sentence upon conviction.

• Are convicted of an offense in another state that would be grounds for revoking your license if you were convicted in Minnesota.

• Are convicted of a misdemeanor for driving a motor vehicle with prior knowledge that the owner of the vehicle did not have no-fault vehicle insurance.

• Own a vehicle without no-fault insurance and are found to have driven it or allowed others to drive it, with full knowledge that the vehicle was not insured.

• Are convicted of a gross misdemeanor for failing to stop for a school bus with its stop arm extended and its red lights flashing.

• Are convicted of selling or possessing a controlled substance while operating a motor vehicle.

After the period of revocation has ended, your driving privileges may be reinstated if all the reinstatement requirements on your withdrawal notice are met. You must show proper identification when you take the written test or road test. You must apply for a new license after all your testing requirements are met.

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 X @MSP-PIO_NW or reach him at, jesse.grabow@state.mn.us).

Senator Amy Klobuchar

United States Senator

At the Senate Judiciary hearing on the fentanyl epidemic, U.S. Senator Amy Klobuchar (D-MN) highlighted the need for Congress to take action to stop online drug trafficking to save children's lives and give law enforcement what they need to combat the crisis.

Bridgette Norring of Hastings, Minnesota testified about her son's death from illicit fentanyl. Norring's 19-year old son Devin died in April 2020 after buying a pill online for tooth pain that he thought was a painkiller but turned out to be a fentanyl laced counterfeit. Bridgette founded the Devin J. Norring Foundation to raise awareness about the dangers of fentanyl and advocate for stronger drug prevention measures.

"My husband and I are no different than every American parent doing the best we can to protect our kids from the constant threat that social media poses. We did our due diligence in spot-checking our children's accounts when they were minors. We preached constantly about internet safety and etiquette. None of that stopped Snapchat from allowing my children to open multiple new accounts to avoid our scrutiny. It did not stop them from pushing products designed to addict and exploit America's young people. It did not stop them from blaming parents when our kids died. And it is no different than when opioid companies created a product they knew was extremely harmful and addictive, told the public that it was safe, and then blamed the parents when kids died as a result," said Norring at the hearing.

"Social media has been a gateway to drugs for too many kids, and we must meet this threat with the all-hands-on-deck response it requires. We need to crack down on the sale of fentanyl through social media platforms and pass the Cooper Davis and Devin Norring Act. And we need to stop these illicit drugs and fake pills from entering our borders in the first place, by making sure law enforcement has the resources they need, including cutting-edge technology to detect and intercept fentanyl at our borders. Thank you to Bridgette Norring for her bravery in coming forward and sharing her story," said Klobuchar in a statement.

In 2023, nearly 75,000 Americans lost their lives to synthetic opioids like fentanyl, including nearly 950 opioid-related deaths in Minnesota. In Hennepin County, fentanyl kills an average of one resident every day. The number of Minnesotans who died from opioids last year was more than double the total number of people who died from car accidents.

Senator Klobuchar is a leader in the fight to pass the Cooper Davis and Devin Norring Act, which would require social media companies to report to the DEA when they know of the sale or distribution of illicit drugs including fentanyl, methamphetamine, or a counterfeit controlled substance on their platforms.

Theology in the Trenches

By Kathleen Kjolhaug

House on the Hill

It's been a year now since the big move. Up and off the farm we did go after living upon the family homestead for over forty years. We'd never really gone house shopping before, so when this all began, we decided to make a wish list of sorts to sort it all out. At least that would be a starting point. Today, I found that list tucked away in the bottom of my purse and began to check off that which was granted. I was amazed that 100% of the wishes I wished for were granted.

✓ 3 Bedrooms—Didn't think that was too much as we have a pile of kiddos and grands.

✓ Cathedral Ceiling—We liked our old one and thought it would make it feel like home.

✓ Knotty Pine—Cabin cozy is always our trademark.

✓ Lots of Light—Light illuminates and thus, always the Light.

✓ Big Kitchen Island—Didn't have this in the old so we wanted one in the new.

✓ Front porch—Our farm porch made the inside feel more connected to the outside.

✓ Fireplace—It adds warmth to cozy.

✓ Solid Pantry Shelving—We didn't want anything falling through cracks of metal racks.

My hope is in Him, not our stuff. Yet, He goes to prepare a place for us according to John 14:3. "And if I go to prepare a place for you, I will come back and take you with me that you also may be where I am." As I look at our earthly home wish list, I noted some similarities of things I'd like in a heavenly home.

✓ Many rooms for many people.

✓ Cathedral ceiling—placed in a heavenly space where lots of praise and worship will flow.

✓ Lots of Light reflected by the Light of the world.

✓ Front Porch leading to His gates as we enter in.

✓ Pining away with the thought that the precious undoer of all knots in our lives will represent anew what the Almighty did do, will do, and is doing.

✓ Places of warmth all cozy as He goes to prepare a place for us.

And the best part? This new home has already been purchased. "Christ bought us with His blood…because of the price Christ Jesus paid…" (Gal. 3:13-15). It's paid in full!

The room He's gone to prepare as spoken about in John 14:3 is worthy of ponder. Thus, I do—and I wonder. Who will be my neighbor? Will it be the very one I didn't want to get too close to this side of the veil? Maybe my neighbor will be the beggar I passed by on the street as they prayed for me to stop and give a morsel or two in their hour of need.

And because we confess that we do indeed fall short—He goes to prepare a place with things not even written on our wish list. The mystery surpasses all understanding. His grace and mercy abound as I confess ways I have fallen. And it's precisely while I was yet a sinner that He died for me says Romans 5:8. Last I heard, only sinners get in—those who confess they are. I qualify. And as we grow into the knowledge of how He demonstrates His love for each of us—may we, like He, begin to lavish it upon others as He continues to prepare a place just for us. Amen.

Senate Democrats vote lockstep to end historic power-sharing agreement minutes after regaining their slim, one-vote majority

ST. PAUL, Minn – Yesterday, minutes after swearing in newly elected Democrat Sen. Doron Clark (Minneapolis), Senate Democrats introduced a resolution to end the Senate power-sharing agreement that guided the first three weeks of session.

Senate Republican Minority Leader Mark Johnson (East Grand Forks) released the following statement:

"The bipartisan leadership agreement in the Minnesota Senate provided a chance for this body to put Minnesotans first and ensure every voice is heard. It is disappointing, but not surprising, to see this agreement end with the vote of every Democrat today, just minutes after they had the 34th vote.

"Even before the agreement, eight Democrats created the 'Blue Dog Caucus,' which claims its members will 'pursue a practical, bipartisan path forward.' Today they demonstrated they will always get in line with their political party – acting more like 'lap dogs' than 'guard dogs.'

"Republican members were proud to have taken this time to listen to Minnesotans and ask tough questions of Walz administration officials during the power-sharing agreement. We will do everything we can to continue our work to put Minnesotans first."

Here is an example of a styled 1939 B John Deere that my wife and I acquired from her Uncle Russel Follmann from Sioux City, Iowa.

Unstyled and Styled

By Auctioneer Eric W. Mickelson

When I was growing up we farmed with a 1942 B John Deere, 1952 A John Deere, and we had at different times a couple of G John Deeres. All of these were what are called "styled" tractors. In the late 30s most tractor companies including John Deere "styled" their tractors. This meant some of the older "unstyled" tractors got a face life. Open exposed radiators and steering gears were neatly covered up with sheet metal and streamlined grills covered the front of the tractor. Tractor companies were copying the sleek look the automobile manufacturers were doing with their cars and trucks.

Like I said, all the tractors we had were styled machines. I always wanted to own one of the older unstyled John Deeres. Finally in 1987, at the Walker Brothers Auction, my dad bought me an unstyled tractor- a 1937 A John Deere. I still have the A and hope to have it up and running again this summer! I rebuilt the carburetor and did a couple other repairs it needed! Hopefully I will be putting around the field soon!

Last week we were in Reno, NV, visiting our son, daughter-in-law, and grandson. One of our excursions took us to Virginia City, NV. If you ever watched the TV show Bonanza you probably heard Little Joe or Hoss saying they were heading from the Ponderosa Ranch to Virginia City. Virginia City was a booming "silver mining" town over 100 years ago. Now it is a small town using its mining history to draw tourists to town. I love history like that so it was a GREAT stop for me! As we were walking down the street we walked by a small house and yard fenced in with a chain link fence. In the corner of the yard under a tree was a styled B john Deere with a single front wheel! Of course I had to take a picture, another fun site in Virginia City.

I wish I was an ace mechanic, but I am not! Hopefully this summer and beyond I will get a few more of these old John Deeres in running order. Some people say with these old tractors you need two things: spark and fuel!! I know if I have any trouble with either of these things I will surely give a call to Sand Hill Carbs and Magneto Service! Check out the new website at www.sandhillcarbs.com! Have fun with those old tractors! I know I will!! If you have a great "old" tractor story give me a call or email me at mickelsonauctions@gmail.com, I would love to here about it!

How about a little tractor trivia!!

1. What year were the John Deere models A and B styled?
A) 1937 B) 1938 C) 1939 D) 1940

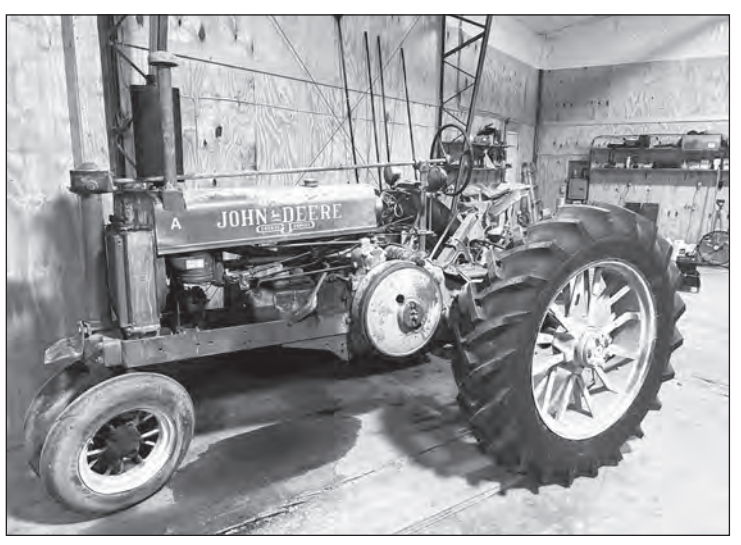
2. The Farmall F20 was replaced by the model H, the H was Farmall's styled model. What year did the H come out?
A) 1937 B) 1938 C) 1939 D) 1940

3. The model G John Deere remained unstyled longer than the A or B. In 1942 the G was modernized and to meet government wartime restrictions it was renamed the model ?

4. The standard tread model AR was styled in what year?
A) 1940 B) 1945 C) 1947 D) 1949

5.When was the model BR styled?

Answers: 1. C-1939 2. C.-1939 3. The name was changed to the GM 4. D-1949 5. Never



Here is an example of an unstyled 1938 A John Deere owned by Larry Follmann, a cousin of my wife's, in Massena, Iowa.'

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

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

WORDS

ADORE
AFFECTION
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE
CUPID
DATE
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
KISS
LOVE
MOVIE
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

Answers on page 8

Home Cook Inspired by Love at World Food Championships

Love had everything to do with winning a perfect score for her innovative and delicious chowder and cornbread recipes – both featuring wild rice – at World Food Championships last fall, says Lisa Keys, Kennett Square, PA. Keys won an entry ticket to the prestigious international cooking competition through the Minnesota Cultivated Wild Rice Council's "Get Wild with Wild Rice" recipe contest.

With her husband, Bill, as her sous chef, Keys competed with 19 other cooks in the soup category. Their Round One mission: to turn a main meal into a soup. "For example, you could take chicken cordon bleu and make it into a soup," Keys says.

"But I got inspired by the idea of a Southern theme. Although we grew up in the same New Jersey town, Bill and I met in graduate school in North Carolina and fell in love," she said. Because of their fond memories and love of seafood, she came up with a spin on a low-country shrimp boil. "Basically, it's a steamed pot filled with shrimp with Andouille sausage and potatoes and corn on the cob. Everything is thrown on the table and people eat it communally. But I turned it into a soup, and it was really delicious."

"It's like a creamy corn lobster bisque base with my own barbeque seasoning and all the standards – potatoes, shrimp, corn and the Andouille sausage. I used wild rice as a thickener. Wild rice is such a versatile ingredient; it's almost like a blank canvas and adds a nutty flavor to everything. I love it."

Contestants were narrowed down from 20 to seven. Five won through highest scores based on execution, appearance and taste; two others were chosen by master judges based on cooking process, technique or creativity, as determined by the judges.

"The master judges were very interested in my recipes and very appreciative of the ingredients and my cooking style and cleanliness. They later came back because they wanted to see what the cornbread was like. So, I thought, maybe I'm going to get one of the two master judge places because they were seeing things they hadn't seen before."

Low Country Shrimp Boil Chowder With Wild Rice.

Instead, she earned a perfect score for her "Low Country Shrimp Boil Chowder with Wild Rice" and "Popped Wild Rice Cornbread" recipes. "I was in shock when I got the perfect score. It was the thrill of a lifetime. It was pretty neat for the two of us – inspired by our love story and then we did the competition together."

Round two of the international competition didn't go as well; the judges said her recipe was delicious, but because part of it was too large to eat with a spoon, they didn't consider it a soup and the recipe placed seventh.

"But like I said to my husband, nothing could top the thrill of the first round," the home cook added.

Keys' love of cooking and entering contests started more than 30 years ago. But her hobby has also become a mission after her son, William, died nearly 14 years ago. Keys mourned but slowly realized that blogging about living with grief while sharing her mouthwatering recipes helped her cope with her loss. The blog, called "Good Grief Cook," has helped others – and Keys – know they aren't alone in their grief journeys. (Visit www.goodgriefcook.com.)

Low Country Shrimp Boil Chowder With Wild Rice

1 bag (16 oz) frozen sweet corn, thawed
2 cups half & half
2 tbsp lobster base
1 cup water
1/2 cup cooked wild rice
2 tbsp unsalted butter
2 (3 oz each) Andouille sausage links, sliced in bite-sized, half-moon pieces
1 cup chopped onion
1 cup diced red bell pepper
1-1/2 teaspoons kosher salt
1 tsp dried thyme
1 bay leaf
1-1/2 tsp BBQ seasoning, store-bought or homemade (see Notes)
2 medium-sized red potatoes, diced
1/2 lb (31-40 count) fresh shrimp, peeled, deveined, brined (see Notes), cut into bite-sized pieces
1 fresh ear of corn, kernels sliced off cob

Garnish:

4 extra-large, tail-on shrimp, brined and cooked (see Notes, Shrimp brine and Extra-large shrimp)
fresh herbs (optional)

In a high-speed blender, puree corn, half and half, lobster base, water, and wild rice until smooth; strain and set aside. In a Dutch Oven, melt butter over medium-low heat. Sauté Andouille, onion, and bell pepper 4-6 minutes or until onion softens. Stir in salt, thyme, bay leaf, and BBQ seasoning. Add the puree and potatoes; bring to a simmer. Reduce heat and cook, stirring often, 10-15 minutes or until potatoes are just tender. Add shrimp and fresh corn. Cover and turn off heat. Shrimp will be cooked in 5 minutes. Ladle chowder into serving bowls. Garnish with large shrimp, tail up in center (see Notes), and fresh herbs. Serve with cornbread.

NOTES:

Homemade BBQ seasoning, mix:

3 tbsp smoked paprika
2 1/2 tbsp each: kosher salt and ground coriander
2 tbsp each: ground celery seed and brown sugar
1 1/2 tbsp each: ancho chili powder and ground cumin
1 tbsp chipotle powder
Store unused in glass container.
Shrimp brine, mix:
1/2 tsp baking soda
2 tsp salt

Sprinkle evenly over all shrimp, including garnish. Brine 15 minutes, rinse, paper-towel dry.

Extra-large shrimp:

1 tablespoon each: melted butter and lemon-infused olive oil

Slightly butterfly and skewer to straighten tails. In butter and oil, cook 2-3 minutes or until just cooked through. Remove skewers before plating.

Popped Wild Rice Cornbread

nonstick baking spray with flour
1-1/2 cups all-purpose flour
1/2 cup sugar
1/2 cup cornmeal
1 tbsp baking powder
1/2 tsp salt
1-1/4 cups milk
2 eggs, slightly beaten
1/3 cup vegetable oil
3 tbsp butter, melted, plus additional for toasting
1/4 cup popped wild rice (see Notes)

Preheat oven to 350°F. Spray biscotti baking pan or 9-inch square pan. In a medium bowl, combine flour, sugar, cornmeal, baking powder, and salt. In a small bowl, combine milk, eggs, oil, and butter; mix well. Add to flour mixture; stir until just blended. Pour into prepared pan. Sprinkle top with popped wild rice. Bake 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pan. Turn out on cooling rack. Cool. Slice into ½-inch slices. Toast, if desired: brush each side with melted butter, place on baking sheet; toast both sides in oven at 350°F.

Notes:

Popped wild rice:

In a small deep pot, heat grapeseed or canola oil to 425°F. Add ¼ cup uncooked wild rice. As it pops (within seconds), it rises to the top. Skim off popped rice and transfer to paper towel. Immediately sprinkle with pinch of salt.

NORTH COUNTRY HEALTH NUGGETS

(Clearwater, Hubbard and Lake of the Woods Counties)

February is American Heart Month

In the United States:

• Heart disease is the leading cause of death for men and women.

• One person dies every 33 seconds from cardiovascular disease.

• In 2022, 702,880 people died from heart disease. That's the equivalent of 1 in every 5 deaths.

The good news is that you can help reduce your risk and improve your heart health by following the ABCS!

• What are the ABCS of heart health?

• A: Take aspirin as directed by your health care professional.

o Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

• B: Control your blood pressure.

o Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension).

o High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

• C: Manage your cholesterol.

o Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease.

o There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

• S: Don't smoke.

o Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Visit smokefree.gov or call 1-800-QUIT-NOW today.

For more information on Diet and Lifestyle recommendations visit the American Heart Association website and click on Healthy Living.

What can you do for your community?

Join the Nation of Lifesavers Learn CPR. Save a Life.

• You could be the difference between life and death for someone experiencing a cardiac event. Be ready to act by learning CPR.

• CPR classes are offered by various healthcare facilities, community education and other organizations.

Senator Steve Green
Minnesota Senate District 2

Getting Things Back on Track

By Senator Steve Green

As I'm sure many have already heard, the Governor's bonding and budget proposals have been released. In a previous column, I discussed at length what made them so troubling. To review: overspending, lack of accountability, and using our most vulnerable as scapegoats. To remind everyone, the budget proposal included tax "cuts" coupled with increased fees, and managed everything in a way that passes costs on to counties. That means higher taxes for everyone. The bonding proposal was very close to what was proposed last year. We have a $5.1 billion deficit ready to hit our state – it's not the time to spend, spend, spend like Governor Walz has done in the past. We have to rein it in. That means getting our economy moving again.

One of the top ways we can do this is by eliminating mandates. The top area that comes to mind is education – the 60+ mandates Democrats placed on our schools over the past two years were crippling. During power-sharing, Republicans co-chaired committees, including our Education committees. We took that opportunity to invite schools in to speak about the mandates. Every single hearing amounted to 2+ hours of schools begging for help. Democrats didn't listen to schools' concerns before these mandates, and they certainly aren't listening now. Instead, they are passing the blame onto the federal government. Dozens of schools have made their concerns clear. If they don't get relief, there will either be cuts to staff and budgets, or the costs will be incurred at the local level. Our kids don't deserve that.

It's more than just the schools. We need mandate relief in ALL areas, too – county governments, private citizens, etc. They are all burdensome. Something has to be done. Government has grown too much. It's unsustainable.

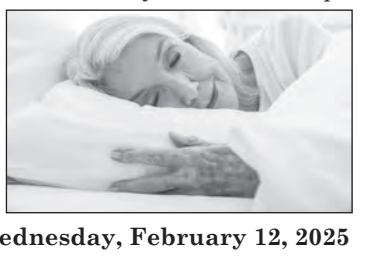
We also need to address permitting reform issues. Minnesota is far behind other states in this issue area. In fact, it's made us lose business to other states like North and South Dakota. We are months behind other states when it comes to permitting reforms. We already have the resources and workforce, but our government is impeding progress. This is not an issue area Democrats are interested in touching, and I find that very disappointing. We should be doing all we can to grow the job market and make Minnesota a desirable place to do business in. It surely isn't now.

Again, we have a $5 billion deficit on the horizon. We went from a historic surplus to a massive deficit in just a few short years. We need to get serious about getting our economy back on track and it needs to happen now.

If you are concerned with these issues, I'm asking you to reach out to legislators to voice your opinions. Democrats have not listened to Republicans' concerns, but they deserve to know what folks in our state are thinking.

Do sleep needs change as adults grow older?

Adults know much about their health changes as they grow older, but health experts note that sleep requirements generally remain the same throughout adulthood. According to the National Institute on Aging, older adults need roughly the same amount of sleep as all adults. The Centers for Disease Control and Prevention notes that the recommended amount of sleep for adults is at least seven hours each day, and various organizations recommend adults get between seven and nine hours of sleep per night. Those recommendations can promote optimal health into one's golden years, but that advice is not being heeded by a significant portion of the adult population. The CDC Behavioral Risk Factor Surveillance System (BRFSS) tracked the sleeping habits of men and women between 2013 and 2022 and ultimately found that 37.5 percent of men and 36 percent of women were not getting enough sleep during that time period. The percentage of individuals not getting enough sleep was particularly high among adults between the ages of 39 and 64, among whom nearly four in 10 were falling short of the recommended daily amount of sleep.



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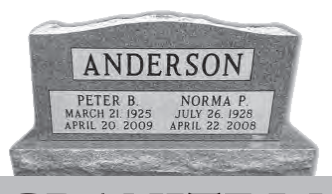

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OBITUARIES

Obituary for Barbara Swanberg

Barbara "Bonnie" Jean Swanberg, 95, of Bagley, Minnesota, died on Monday, January 27, 2025, at Cornerstone Senior Living in Bagley, Minnesota.

A visitation was held on Saturday, February 8, from 10 a.m. – noon at the Cease Family Funeral Home Chapel in Bagley, Minnesota. Interment was held at Bagley City Cemetery.

Bonnie was born on June 1, 1929, at Ironwood, Michigan. She was the daughter of Leonard and Saima (Johnson) Bloomquist. Bonnie went to Luther L. Wright School in Ironwood, Michigan, graduating in 1947. She furthered her education at Nurses Training School in Minneapolis and became an LPN. On June 3, 1950, Bonnie married Reverend Harvey Swanberg. Together they had two sons; Daniel and David and three daughters; Kirsten, Karen and Kathryn. Bonnie and Harvey ministered at many churches in Minnesota, Wisconsin, Montana, Nebraska and Alaska until his death in 2002. Bonnie loved being a minister's wife. She served in many areas of the churches, such as Sunday School, Women's Ministries and singing in the choirs. Bonnie loved music and sang all the time. She enjoyed reading and knitting and gardening. She planted roses wherever she was living. Bonnie was devoted to her family, especially her husband and children. She enjoyed being a homemaker and creating beauty wherever she lived.

Bonnie is survived by her daughter – Kirsten (Rick) Benson of Proctor, Minnesota; Son – Daniel (Joni) Swanberg of El Paso, Texas; Son – David (Janet) Swanberg of Kennewick, Washington; Daughter – Karen Edevold of Bagley, Minnesota; Daughter – Kathryn (Tim) Brost of Menomonie, Wisconsin; Sister – Janis Currell of White Bear Lake, Minnesota; Brother – Jack (Luetta) Bloomquist of Syracuse, New York; Granddaughters – Kathryn, Denise, and Nadia; Grandsons – Bryan, Eric, Jonathan, David, Matthew and Alexander. Many nieces and nephews.

Bonnie was preceded in death by her husband – Harvey Swanberg; Brother – David Bloomquist; mother - Saima Bloomquist and father – Leonard Bloomquist.

Messages of condolence may be sent to ceasefuneralhome.com

Obituary for Kathleen Stinar

Kathleen "Kathy" Elaine Stinar, 92, of Bagley, Minnesota died on Sunday, February 2, 2025, at the Cornerstone Nursing and Rehab in Bagley, Minnesota.

Funeral Services were held on Saturday, February 8, 2025, at 2:00 p.m. at the Cease Family Funeral Home Chapel in Bagley, Minnesota with a visitation one hour prior to the services at the funeral home. Interment was at the Bagley City Cemetery, Minnesota.

Kathleen "Kathy" Elaine (Danks) Stinar was born on May 8, 1932, in northern Clearwater County to Margaret (Robideau) and Bert Danks. She grew up helping with the farm chores, including milking by hand morning and evening.

Kathy attended a one room country school, District 73, through 8th grade. She graduated from Clearbrook High School in 1950. She began working at the old hospital in downtown Bagley, the morning after graduation until it closed. She then worked at the Clearwater Memorial Hospital for 2 years as a nurse's aide.

She worked in Bemidji as a waitress for a short time where she met Leonard Stinar. They were married October 25, 1952, in Junction City, Kansas where Leonard was stationed at Fort Riley.

With his transfer in November of 1952, they lived on base at Camp Atterbury, Indiana until his discharge in February of 1954. They purchased a small Farm southwest of Bagley doing farming and logging.

In 1962, they started what was to become a very successful business, "Stinar's Shady Oak Nursery."

During those years in business, they took annual trips to the West Coast and other places with the family. After retirement in 1994, they bought a motor home and took trips to Alaska, Quebec, Texas and various states.

Leonard and Kathleen were founding members of the Sand Hill Lake Bible Camp.

Kathy enjoyed her small orchard at the nursery, especially grapes. She loved canning season and picking blueberries. They traveled to Michigan and Washington picking peaches and bringing them home to can.

She earned her "Certified Nurseryman's Certificate" in the 1980's from the "Minnesota Nurseryman's Association." She attended several schools for horticulture judging and earned her "Certified Judge's Certificate" from the Minnesota Horticulture Society in 1995. She judged at county fairs and horticulture shows. She was a Master Gardener for 15+ years, and won many blue and Grand Champion ribbons with her floral designs and specimens.

Kathy loved bicycle camping trips at RAGBRAI in Iowa different years. Successfully completing the 500 miles in one week one time and other times, she lasted quite a few days before the weather won. Her last long ride was from Iowa to Canada at the age of 67.

She is survived by a daughter – Ruth Stinar of Bagley, Minnesota; Four sons- Mark (Betty) Stinar, Daniel Stinar, Ethan Stinar and Michael (Angie) Stinar, all of Bagley, Minnesota. Daughter in law – Linda Stinar of Walker, Minnesota; Son-in-law – Jeffrey (Deena) Carlson of Perham, Minnesota.

10 grandchildren, 12 great grandchildren and 3 step grandchildren

Kathy was preceded in death by her parents, her husband, Leonard on January 1, 2021; Son – Stephen; Daughter – Deborah and infant son – David; her in-laws – Andrew and Edna Stinar; 5 brothers and 3 sisters.

Messages of condolence may be sent to ceasefuneralhome.com

Obituary for Rachel Carlson

Rachel Carlson, age 61, of McIntosh, MN, passed away on Friday, February 7th, at Essentia Hospital in Fargo, ND with her twin sister by her side. Funeral services will be held at 11:00 a.m. on Friday, February 14th, at Our Savior's Lutheran Church in McIntosh with the Rev. Rene Mehlberg officiating. Interment will be in Our Savior's Cemetery in the spring. Visitation will be held for one hour prior to the service on Friday at the church. Arrangements are with Carlin Family Funeral Service of McIntosh and messages of condolence may be shared at www.carlinfuneral.com.

Rachel Lisabeth Carlson was born on March 12, 1963, in Fosston, MN, along with her twin sister, Rebecca, to parents Clarence & Marion (Ous) Carlson. She grew up in McIntosh, MN and attended McIntosh-Winger school graduating in 1981. Rachel was baptized and confirmed at Our Savior's Lutheran Church. After high school, Rachel attended Thief River Falls Vo-Tech School for general secretary.

Throughout her years, she had employment at the Hartz grocery store in McIntosh, Hugo's in Thief River Falls, a temp job at the Farm Service Agency in McIntosh and nanny jobs that took her to Boca Raton, FL, Denver, CO, and Martha's Vineyard. Her last employment was with First Care Home Health for 31 years.

Rachel met the love of her life, Rick Grove, in 1990 and together they had a son, Justin, whom she loved with all her heart. They made their home in McIntosh where they loved to entertain their family and friends.

Rachel is survived by her son, Justin, her partner of 34 years, Rick, of McIntosh; sisters, Sandra (David) Molstre of Temecula, CA, Bonnie (Jim) Klein of Plymouth, MN, Sharon (Rick) Carlson of Plymouth, MN, and Rebecca Schommer of McIntosh; brothers, Bruce (Char) Carlson of Anton, TX, Steve (Devra) Carlson of McIntosh, and Rick (Dorothy) Carlson of Cincinnati, OH; two aunts, Carolyn Ous Brodigan of Red Wing, MN and Sherry Ous of Gildford, MT; as well as several nieces, nephews and cousins.

Also surviving are family on Rick's side, Vickie (Danny) Grove, Scott (Becky) Grove, Ralph Kimbro, Darin (Penny) Grove, and Tammy (Joey) Bendickson.

Rachel was preceded in death by her parents; grandparents; brother-in-law, Gary Schommer; several aunts and uncles; and Sherlyn & Evangeline Grove, and Renee Kimbro.

Submit Obituaries & Memorials
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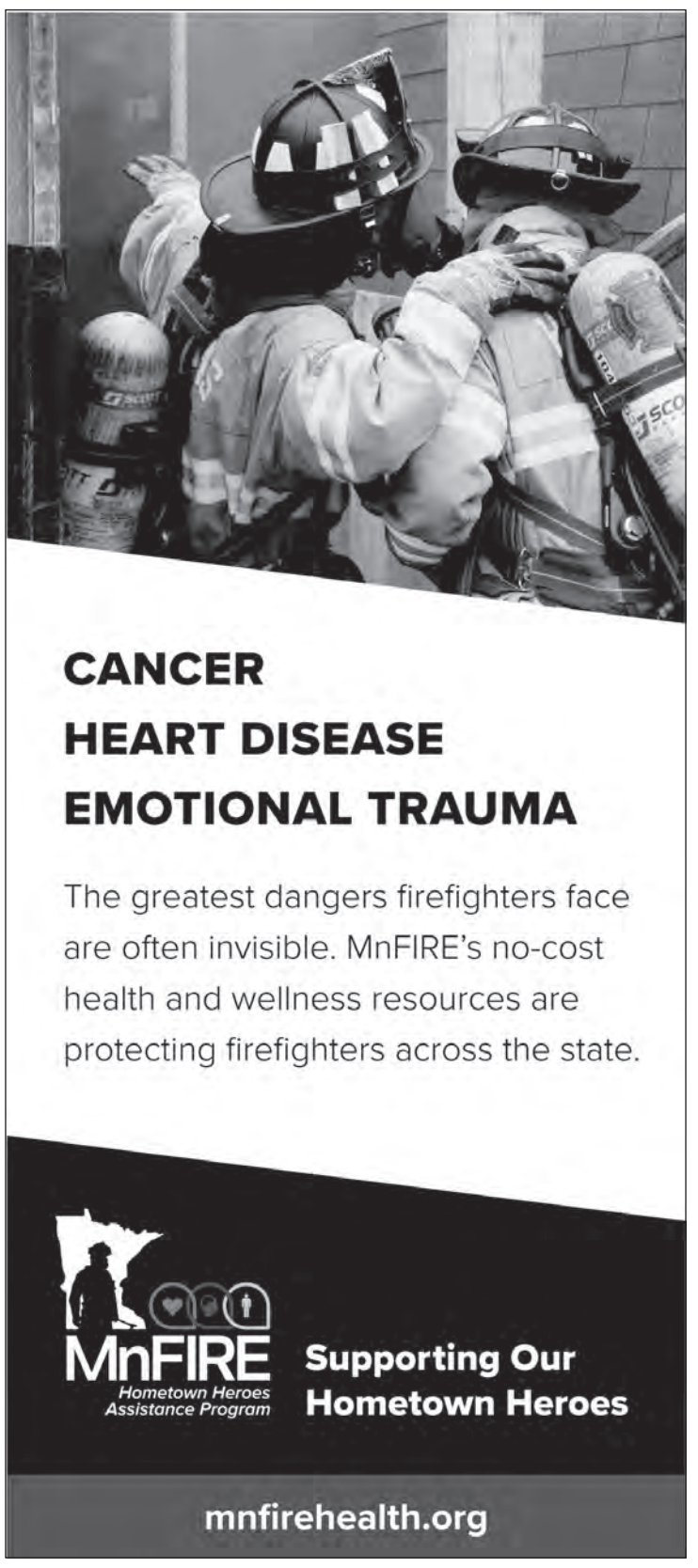
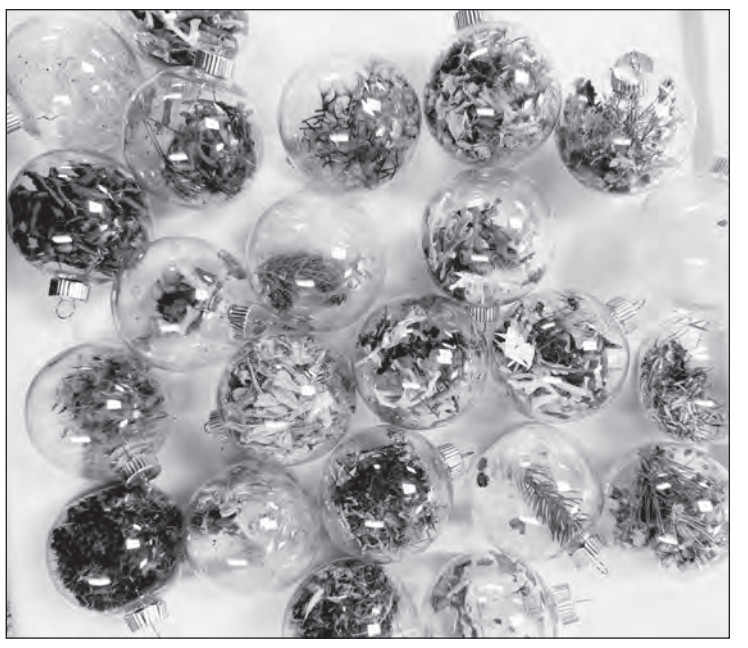
richards@gvtel.com





Christmas ornaments filled with dried nature.

Shevlin Garden Club Meets Regardless of Frigid Temps

By Pamela French

The Shevlin Garden Club held their January meeting on Saturday January 18, despite indications attendance might be low due to the frigid temperatures. As the start time of 1pm neared, the meeting room of the Clearwater Co History Center was over flowing with 18 members and one guest. Several member said they were tired of being cooped up in the cold and wanted a break!

Attendees were treated to a potluck smorgasbord of finger foods and pot full of Creamy Tomato Basil Tortellini Soup.

The program scheduled for the meeting was "Christmas Tree Ornaments Filled w/ Nature." Each attendee was able to take a clear ornament or two, then fill it with the myriad of dried plants and vegetation that was made available. The creativity was amazing.

The ornaments will be used on the Shevlin Garden Clubs Christmas Tree during the Clearwater County Festival of Trees 2025. It's never too early to plan one's organizations tree decorations.

Upcoming events for the Shevlin Garden Club include the annual Spring Wake-Up Workshop that will be held on Saturday, March 15 2025 from 1pm - 4pm at the Bagley American Legion. There will be a Q&A session, door prizes, refreshments. Seed swap. Programs include: Joe Bergeson from Bergeson's nursery will present on Hydrangeas. Master Gardeners Dan Sherman and Linda Gulbranson will present Zone 3 Gardening.

February 2025's Shevlin Garden Club meeting will be Saturday February 15 at the Clearbrook Senior Center at 1pm. The program will be Tree Pruning with Jeff Ness.

If you are interested in learning more about the Shevlin Garden Club, like us on fb Shevlin Garden Club. Come be our guest at an upcoming meeting, attend the Spring Wake up Workshop. Everyone, regardless of experience or skill level is welcome to attend.

For additional information please contact Connie Nunemaker a cnnature@outlook.com. You may also contact me 218-401-1651.

Beltrami County Sheriff's Office

Grandparent Scammers Actively Targeting Beltrami County

February 7, 2025

The Beltrami County Sheriff's Office and area law enforcement have had a significant increase in reports of scam activity in the area. The most common scam being reported is known as the "Grandparent Scam". This isn't a new scam, but the tactics of the scammers have changed and are very convincing. There have been several community members that have fallen victim to this elaborate scam.

Please talk to your elderly family members, loved ones and neighbors to inform them that this is actively taking place in our community.

These scammers are contacting residents and providing information that their grandchild was involved in a crash or other incident and requires bail money. They indicate that a bail bondsman will respond to their residence or arrange for a meet to collect the bail. In some cases, the callers have information on the people they're calling. This information is likely gathered from public databases and records as well as researching personal information on social media platforms. It is believed there are people working remotely and contacting local phone numbers arranging for the meets.

Cases like these can be very difficult to investigate. If you receive a call of this nature, verify with family members or law enforcement at legitimate published phone numbers. Do not call numbers provided by the callers. Do not provide personal information and do not meet or invite someone to your home to collect bail. Just in the last two days, several victims have given tens of thousands of dollars to these scammers. There may be additional victims who have not reported this due to embarrassment. If you have been a victim of this scam, contact your local law enforcement agency.

We continue investigating these crimes but request your assistance to mitigate the opportunity for these crimes to occur.

ATTENTION: SNOWBIRDS

Please call our office with change of address. Notifying the Post Office does not include newspapers, they WILL NOT forward them and then they get returned to us with a .62 cent fee. Thank you.

(218) 487-5225

Leader-Record - Grygla Eagle
Red Lake County Herald - McIntosh Times

Word Search Answers for this week

D	V	L	O	A	V	B	L	V	P	U	M	C	A	Y	V	O	Y	F	Y
E	C	O	H	U	E	G	V	F	V	B	E	V	Y	G	P	S	H	C	H
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Local Players Off to Bemidji State University

Broden Benson is planning on attending Bemidji State University in the fall for a career in Sports Medicine. Broden has committed to the BSU Football team. He will graduate from Clearbrook-Gonvick High School in the spring.

Ryan Kangas, from Erskine, is also on the Bemidji State University football team. He wears Number 82 at 6-4, 186 pounds. He graduated from Win-E-Mac High School.

DNR Fish and Wildlife Almanac

Apply for turkey permits in 'A' season for Carlos Avery or Whitewater WMAs by Feb. 21

Contact: Nate Huck, resident game bird specialist, 218-203-4311.

Turkey hunters have through Friday, Feb. 21, to apply for turkey hunting permits for the A spring hunting season in Carlos Avery or Whitewater wildlife management areas. There will be 30 permits available for Carlos Avery WMA and 150 permits for Whitewater WMA.

In addition to a turkey license, a permit is required for those hoping to bag a tom turkey with a firearm in either of these WMAs during the A season. Turkey firearm permits for these WMAs are distributed via a lottery system for the A season. While a license is required for all seasons, hunters do not need a permit to hunt Carlos Avery or Whitewater WMAs during the B, C, D, E or F seasons. In addition, this year a permit will no longer be required for firearms hunters during any season to hunt Mille Lacs WMA, but a license is still required.

Turkey licenses will go on sale March 1 for several hunting seasons from mid-April to the end of May, with the A season kicking off on Wednesday, April 16. Crossbows will be allowed by all hunters with an archery turkey license. Turkey hunting season dates and details for 2025 are available on the Minnesota DNR website (mndnr.gov/hunting/turkey).

Minnesota DNR webinars focus on the American chestnut, birds people love to hate

Contact: Benji Kohn, volunteer mentor program coordinator, 651-259-5178.

The Minnesota Department of Natural Resources invites people interested in wildlife and outdoor skills to check out the winter program schedule for the Minnesota Outdoor Skills and Stewardship webinar series.

On Wednesday, Feb. 12, David Stein, DNR conservation partners legacy grant program coordinator, will discuss the status of the American chestnut tree in Minnesota. Stein has been researching American chestnut trees after taking an interest in this species, which has been present in Minnesota for more than 150 years. Stein will discuss the history, distribution, and ecology of the American chestnut in Minnesota, as well as current conservation and restoration efforts being used to ensure the survival of this iconic American tree species.

Then, on Wednesday, Feb. 19, Amy Simso Dean, an expert Minnesota birder, will talk about birds such as cowbirds, vultures and grackles — birds that are much-maligned but have plenty of beauty and intrigue when people stop and take a closer look. Simso Dean will explore the life histories and behaviors of common species with a bad rap, and maybe help the audience gain a new appreciation for some of the birds that people love to hate.

The Minnesota Outdoor Skills and Stewardship Series webinars are free and offered year-round, though registration is required. Visit the Outdoor Skills and Stewardship webpage of the Minnesota DNR website (mndnr.gov/discover) for the registration portal, more information about upcoming webinars and recordings of past webinars.

Minnesota DNR fisheries rulemaking proposals open for public comment

Contact: Bethany Bethke, fisheries rules and regulations coordinator, 651-259-5266.

The Minnesota Department of Natural Resources is asking for the public to comment on proposed rules about fishing methods that, if adopted, would go into effect in March 2026.

The rules propose increasing the maximum allowed distance between hooks in tackle configurations with multiple hooks from 9 to 18 inches. The rulemaking also allows for the use of certain automatic hook-setting devices for ice fishing that currently are not allowed and includes clarification of the definition of "hook." These changes would allow anglers to use a wider range of commercially available products and be more practical for bait commonly used. The changes are anticipated to reduce the number of swallowed hooks and deep hook sets, thereby decreasing hooking mortality without posing a threat to conservation.

Comments can be submitted through Thursday, March 20, by email to bethany.bethke@state.mn.us or mail to Bethany Bethke, Fisheries Rules and Regulations Coordinator, Fish and Wildlife Division, Minnesota DNR, 500 Lafayette Road, St. Paul, MN 55155.

Tax season donations benefit Minnesota's at-risk wildlife
State tax forms include Nongame Wildlife Fund checkoff

Contact: Elizabeth Nault-Maurer, communications specialist, 651-259-5136; Jessica Ruthenberg, wildlife engagement supervisor, 651-470-4656.

Those filling out their taxes can support the Minnesota Department of Natural Resources' Nongame Wildlife Program by checking the box to donate to the Nongame Wildlife Fund.

Minnesota tax filer donations to the Nongame Wildlife Fund provide essential support to at-risk wildlife. The DNR Nongame Wildlife Program relies on these donations for its critical wildlife conservation work.

Donations via the Nongame Wildlife Fund tax checkoff support wildlife field research, habitat enhancement projects and educational programs, including popular wildlife cameras like the DNR EagleCam and FalconCam. All donations are tripled with matching funds from the Reinvest in Minnesota critical habitat license plates.

"Minnesotans value and support wildlife diversity and natural resources, and the Nongame Wildlife Fund tax checkoff is a great way to do that," Nongame Wildlife Program Supervisor Kristin Hall said. "Together, we can work to ensure a future for at-risk wildlife."

The Nongame Wildlife Fund tax checkoff can be found on Form M1 Individual Income Tax and on Form M1PR Homestead Credit Refund. If filing on paper, simply look for the loon to invest in the future of Minnesota's at-risk wildlife. Donations can also be made at any time online (mndnr.gov/donate).

More information about the Nongame Wildlife Program is available on the DNR website (mndnr.gov/nongame).

Twins Announce 2025 Spring Training Invites

MINNEAPOLIS-ST. PAUL, MN – The Minnesota Twins announced today that 16 players on minor league contracts have been invited to major league spring training in 2025.

Joining the Twins in Fort Myers, Florida will be nine pitchers: right-handers Scott Blewett, Randy Dobnak, Ryan Jensen, Cory Lewis, Darren McCaughan, Andrew Morris, Alex Speas and Huascar Ynoa; and left-hander Anthony Misiewicz; two catchers: Alex Isola and Pat Winkel; four infielders: Armando Alvarez, Mike Ford, Luke Keaschall and Yunior Severino; and one utility player: Jeferson Morales.

Of the 16 players invited to camp, eight have major league service time: Armando Alvarez (Oakland), Scott Blewett (Kansas City and Minnesota), Randy Dobnak (Minnesota), Mike Ford (New York-AL, San Francisco, Seattle, Atlanta, Los Angeles-AL and Cincinnati), Darren McCaughan (Seattle, Miami and Cleveland), Anthony Misiewicz (Seattle, Kansas City, Arizona, Detroit and New York-AL), Alex Speas (Texas and Houston) and Huascar Ynoa (Atlanta).

--Twins Spring Training reporting and workout dates below--

Pitchers and catchers report: Thursday, February 13

Full squad first workout: Monday, February 17

Pacesetter Northwest Region Youth Basketball Playoffs in Bemidji Feb. 22-23

Youth basketball teams in grades 4-7 will play off Saturday and Sunday, February 22-23, in the Pacesetter Northwest Region Playoffs in Bemidji.

Teams have registered so far from 17 schools: Bemidji, Cass Lake-Bena, Clearbrook-Gonvick, Stephen-Argyle, Blackduck, Ada-Borup, Warroad, Red Lake, Mahnomen, Warren-Alvarado, Cromwell-Wright, Roseau, East Grand Forks, Chisholm, Staples-Motley, Hawley and Henning. Teams may register through Saturday, Feb. 15, at www.pacesettersports.net.

Five Minnesota region champions and three wild card teams in each age group will be invited to play in the 33rd Annual Pacesetter Minnesota State Championships in St. Cloud on Sunday, March 30.

The Minnesota state champion and runner-up for each group will be invited to play in the Pacesetter Great Five-State Championships at the Target Center in Minneapolis on a Minnesota Lynx home weekend. Teams from Wisconsin, Iowa, North Dakota and South Dakota will join each 8-team bracket.

Pacesetter Sports has been providing basketball and volleyball camps and tournaments for Midwest youth since 1980.

Spring planting pointers

Many people view spring as a season of rejuvenation. That renewal may be somewhat metaphorical for human beings, but it's literal for lawns and gardens that begin to grow anew as temperatures rise and hours of daylight increase in spring.

Each spring presents an opportunity for homeowners to get back outside and tend to their gardens. As the temperatures rise, homeowners can consider these spring planning pointers to ensure their landscapes look lush and full in the months ahead.

· **Start with the soil.** Soil can serve as the starting point each spring. Winter can take its toll on a garden and even overwhelm the area with debris over the colder months. Clear rocks and other debris from the area before loosening the soil. The Farmer's Almanac recommends loosening soil to a depth of at least eight inches if planting a new garden. An existing garden may only need to be loosened to a depth of around six inches, after which homeowners can mix compost into the soil in early spring. Compost is organic matter that provides nutrients and helps to build strong plant roots.

· **Consider a raised garden in colder climates.** The Farmer's Almanac notes raised gardens can help homeowners in colder climates dry out and warm up wet, cold soils more quickly. Homeowners in such regions also can cover their beds with black plastic or cardboard prior to planting. Doing so can protect the beds from late-season snow and spring rains and also helps to overcome erosion.

· **Take soil temperatures.** Unpredictable weather is among the noticeable effects of climate change in recent years. That lack of predictability can make spring planting a little more tricky than it once was. Experts note that soil temperatures around 50 F are best for cool-season crops, while soil should be 60 F or warmer when planting warm-weather plants such as tomatoes.

· **Work with a garden center to identify what to plant.** The right plants for one region may not be ideal for another, so homeowners are urged to work with a local landscaper or garden center before planting. Such a consultation can be especially useful for homeowners planting a new garden. Landscapers and garden center professionals will know which plants work in the local climate.

· **Consider planting vegetables in the spring.** Various garden experts note that spring is an ideal time to plant a vegetable garden. If planted at the right time, a vegetable garden can save homeowners money on their grocery bills and provide a season's worth of fresh veggies. Lettuce and spinach are sun- and shade-friendly vegetables, which can make them good options for a spring garden. Cool-season root vegetables, which include beets, carrots and swiss chard, are some other notable veggies that can thrive in early spring.

Spring is a season of rejuvenation for gardens. That's even more true when homeowners consider some conventional planting wisdom in early spring.

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