

Four dead after human smuggling incident

U.S. Border Patrol agents assigned to the Grand Forks Sector stopped a human smuggling attempt Wednesday, Jan. 19 near Humboldt. They rescued five border crossers from treacherous, subzero conditions. During subsequent search and rescue operations, Canadian authorities discovered two children and two adults, who were all deceased. A Florida resident has been arrested in connection with the incident. The five citizens of India experienced severe signs of hypothermia and frostbite due to exposure to the extreme cold and wind chill,

according to the U.S. Border Patrol. Agents immediately rendered aid, called for Emergency Medical Services and began transporting two of the individuals to an area hospital. They were met by the Kittson County Ambulance Service while en route. At the hospital, the injured migrants were provided additional medical attention. One migrant, a woman, was airlifted to a hospital in St. Paul, for advanced care while the other migrant, a man, was treated and released to U.S. Border Patrol custody. A search and rescue operation looking for additional migrants was immediately initiated by agents from the U.S. Border Patrol and Customs and Border Protection Air and Marine Operations. The Royal Canadian Mounted Police were advised of the additional unaccounted members of the group. RCMP discovered



Steve Shand

(Continued on Page 9)



Doug McDonald, an employee of Isight Drone Services, showed one of his employer's drones to some Challenger Elementary School fourth graders Thursday, Jan. 20. Tommy Kenville, a 1983 graduate of Lincoln High School, owns the business. He and his employees talked to the students about drone technology, the industries where drones are used, and the careers available in the field of unmanned aerial systems. The fourth graders were also able to fly small drones in the school's gym. Kenville and the company donated five small drones and an indoor drone-flying cage to the school.

TRF Council considers northwest improvements

by April Scheinoha Reporter

Residents on the northwest side of Thief River Falls may see a lot of construction equipment in their neighborhoods this summer. At its meeting Tuesday, Jan. 18, the Thief River Falls City Council approved the feasibility report for the 2022 Streets and Utilities Improvement Project. It also called for the public hearing on the project. By a vote of 5 to 1, the council approved the report, which proposes the reconstruction of various roadways in that area and the resurfacing of other roadways there. Mayor Brian Holmer voted in opposition. Council members Anthony Bolduc and Rachel Prudhomme were absent from the meeting. Approval of the feasibility report doesn't automatically mean that the entire project or even if portions of the project will move forward. A public hearing will be held

Tuesday, Feb. 15 at 5:30 p.m. for the public to provide its thoughts on the potential improvements. After the public hearing, the council is expected to determine whether to move forward with any or all portions of the proposed project. The proposed project includes:

- Street reconstruction of State Avenue from Third to 10th streets, excluding Sixth Street
- Street reconstruction of Arnold Avenue from Sixth to Ninth streets
- Street reconstruction of Duluth Avenue from Fourth to Ninth streets, excluding Sixth Street
- Street reconstruction of Knight Avenue from Fourth to Sixth streets, and Seventh to Ninth streets
- Pavement resurfacing on Ninth Street from State Avenue to Highway 32/Main Avenue
- Pavement resurfacing of Eighth Street from State to Knight avenues
- Pavement resurfacing

of Seventh Street from State Avenue to Highway 32/Main Avenue

- Pavement resurfacing of Fifth Street from Kinney Avenue to Highway 32/Main Avenue

As part of the proposed street reconstruction, the avenues would be reclaimed and repaved. They were last reconstructed in 1986. Curb and gutter, as well as sidewalks, would be updated where appropriate. Public Works Director Travis Giffen noted that the avenues were chosen since city personnel had to cut into the avenues to work on underground utilities there in the past. The cuts were then patched, and those patched areas have inconsistently compacted in the ensuing years. As part of the proposed pavement resurfacing improvements, two inches of each roadway would be milled and a new two-inch bituminous wearing course would be installed. The entire project is esti-

mated to cost \$1.95 million with \$1.1 million in total general city costs and about \$838,000 in special assessments. No municipal state aid or federal aid would be available. Holmer said he would love to complete construction projects throughout the city. He questioned why city leaders haven't considered other areas, in particular, high traffic areas needing repairs. He said he has been repeatedly asked such questions by the public. Regarding this proposal, Holmer said that these roadways are residential roadways on which motorists should drive slower anyway. He indicated that First Street is a highly-traveled street in which several cuts were made. He further noted that motorists can barely stay on Atlantic Avenue. Holmer also raised concerns about seeking \$1.1 million in bonding money for this project. (Continued on Page 9)

Help sought to clean up river

by April Scheinoha Reporter

The City of Thief River Falls is trying to clean up the Red Lake River, the source of the city's drinking water. At its meeting Tuesday, Jan. 18, the Thief River Falls City Council approved sending a letter seeking federal assistance to improve the river. Mayor Brian Holmer wrote the letter to John Kennelly, the New England District planning division chief of the U.S. Army Corps of Engineers. The Corps is able to "assist in the preparation of comprehensive plans for the development, utilization and conservation of water and related land resources." He asked for a technical assessment of the Red Lake River Reservoir within the

city and North Township. The letter also spoke about signing a possible cost-share agreement with the Corps to address issues with silt in the river. Holmer expected that the cost-share would be 50%. City leaders are considering dredging the Red Lake River. It was last dredged in 1992. They would also like to move the city's drinking water intake pipe. For years, city leaders have wanted to move the city's drinking water intake pipe. It is estimated that it will cost \$15.6 million to move the intake pipe from its current location near the dam to the original water intake site east of Bill LaFave Park. City leaders want to move the water intake pipe since

(Continued on Page 9)



The din of snowmobiles could be heard Saturday, Jan. 22 in St. Hilaire as snowmobiles participated in the St. Hilaire Vintage Snowmobile Show. The event featured a ride to Red Lake Falls as well as auctions and a raffle ticket drawing. Proceeds benefit Trails to Treatments.

Santa letter leads to a bike

Milo Hayes, a student in Mrs. Nelson's second grade class at Challenger Elementary School is the first recipient of the Judy Inglis Memorial "Bikes for Tykes" award. Prior to her passing in 2014, Judy Inglis was a strong advocate for the welfare of children in the community for many years. Judy was a daycare provider for 26 years. She and her husband, Gary, opened their home as foster care parents to many area children. There were so many of her former foster

children attending her funeral that the church was overflowing. She was also greatly involved in supporting families and kids through community organizations and her church work. If there was something going on that focused on helping children, Judy was probably there. Since her passing, Gary and their children, Bryan, Brad and Mandy, have discussed finding a way to continue Judy's legacy of helping kids. Purchasing bikes for kids who

need them was an option they discussed. When Brad read Milo's letter to Santa in The Times, requesting a new bike to replace his broken one, the choice was clear to put their idea in motion. The rest of the Inglis family agreed. (Gary has since passed away. He died Thursday, Jan. 20.) Judy's family enlisted the assistance of Mrs. Nelson and Amber Neadeau to reach out to Milo's family to find out if Santa brought him a bike for Christmas. Milo's family confirmed that he had not received a bike from Santa. They expressed their excitement and gratitude when they were (Continued on Page 9)



Judy Inglis



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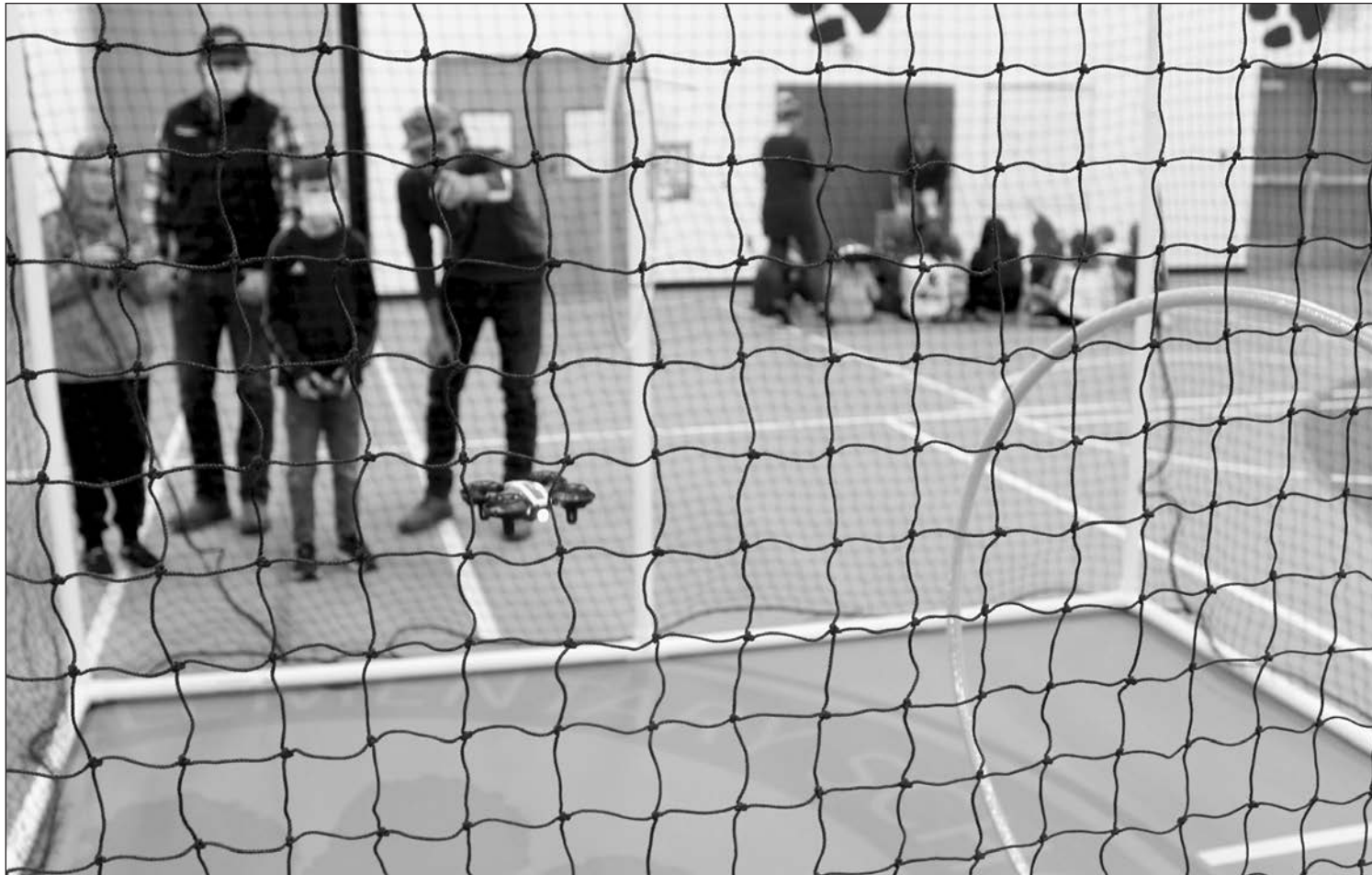
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Challenger Elementary School fourth graders had the opportunity to fly two drones Thursday, Jan. 20 at the school. Tommy Kenville, a 1983 graduate of Lincoln High School, and his employees shared information about drones and the field of unmanned aerial systems to the students. Kenville owns Isight Drone Services, which is based in Grand Forks, N.D.



Tommy Kenville (left) asked Challenger Elementary School fourth graders if they planned to enter a career in which drone technology is used. Kenville, a 1983 graduate of Lincoln High School, owns Isight Drone Services. On Thursday, Jan. 20, Kenville and his employees provided information about drone technology and related careers to the students. Kenville and his company also donated five small drones and a cage to fly the drones to the school. The firm employs 28 and provides drone services globally.



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Hunter Hegel (right), an employee of Isight Drone Services, showed an infrared drone camera to Challenger Elementary School fourth graders Thursday, Jan. 20. They could then see themselves in infrared on a screen located in the center of the table. Hegel's boss, Tommy Kenville, looked on.

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Nate Sharrett, an Isight Drone Services employee, helped Challenger Elementary School fourth grader Summer Eddy as she flew a drone Thursday, Jan. 20 at the school. Sharrett and other Isight employees spoke about drone technology, its uses and unmanned aerial systems careers. The business is owned by Lincoln High School alumnus Tommy Kenville.

Court cases include traffic offenses

Numerous traffic offenses are included in the latest edition of the Pennington County Citation Disposition Bulletin. The Times pays for copies of this public information. If it appears in an online forum other than The Times' website (www.trftimes.com), it has been copied.

Thief River Falls Police Department cases: Jessica Lynn Panek, 31, Goodridge, third degree driving while impaired, \$1,215, one year in jail with 335 days stayed for four years, may serve 30 days on electronic home monitoring at her own expense, report to jail or have electronic home monitoring set up April 1, work release and Sentence to Serve privileges, probation to the court for four years, chemical assessment; Trista Rae Ryba, 36, Thief River Falls, parking in excess of time limit, \$52; Jeri Alana Stone, 49, Thief River Falls, parking in excess of time limit, \$52; Allison Marie Enge, 44, Thief River Falls, parking in excess of time limit, \$52; Caitlin Michelle Flynn, 33, Thief River Falls, five offenses of parking

in excess of time limit, \$52 each. Austin Lee Garceau, 28, Thief River Falls, second degree DWI, \$590, one year in jail with 275 days stayed for six years, may serve last 45 days on electronic home monitoring, he has one month to start the 45 days on electronic home monitoring after the 45 days in jail have been served, work release and STS privileges, chemical assessment, charge of driving after revocation dismissed.

Kole David Jensen, 23, Newfolden, DWI, \$510, 30 days in jail stayed for one year, probation to the court for one year, chemical assessment, charges of expired registration and driver who isn't owner must later produce proof of insurance if required were dismissed; Cody Lee Wendell, 29, Thief River Falls, two offenses of driving after revocation, \$285 each; Brittney Jo Johnson, 25, Crookston, two offenses of parking in excess of time limit, \$52 each; Crystal Gene Moody, 39, Thief River Falls, parking in excess of time limit, \$52; Dylan Paul Bakken, 21, Grand Forks, N.D.,

failure to stop at a railroad stop sign, \$125; Katlin Rose Bennett, 24, Thief River Falls, parking in excess of time limit, \$52; Emilio Alvarez Jr., 43, Thief River Falls, charges of disorderly conduct, public nuisance and fourth degree criminal damage to property were dismissed.

Pennington County Sheriff's Office case: Scott Lee Hemingsen, 40, Goodridge, 90/60, \$285.

Minnesota State Patrol cases: Branigan Leigh Patterson, 31, Ponemah, driving after revocation, \$285, no proof of insurance, \$200; Nicholas Donald Higdon Beeche, 21, Minneapolis, two instruction permit violations, \$135 each; Christopher Bruce Bjerklie, 44, Thief River Falls, 65/60, \$125; Anthony Levias Eley, 52, Thief River Falls, driving after suspension, \$285; Kayla Lynn Knutson, 33, Thief River Falls, 60/55, \$125; Wayne Louis Kruse, 87, St. Hilaire, no seat belt worn, \$110; Joseph John Mayo, 59, Fargo, N.D., 70/60, \$125.

Woman has charges pending for burglary

Burglary: On Jan. 20 at 5:26 a.m., police received a report of a burglary at 201 Sherwood Ave. N. Danielle Marie Weckwerth, 24, Thief River Falls, has charges pending for burglary. She was arrested. Weckwerth was allegedly crawling around in a garage at the home. The report doesn't indicate whether she had stolen anything.

Second degree refusal to submit to a chemical test and gross misdemeanor fifth degree controlled substance crime: On Jan. 16 at 11:12 a.m., police received a report that a vehicle was stuck in a snowbank in the 1300 block of Greenwood St. W. Ryon John Clow, 39, Thief River Falls, has been charged with second degree refusal to submit to a chemical test and gross misdemeanor fifth degree controlled substance crime. He was arrested. According to the complaint, the caller told police that he tried knocking on the window of Clow's car, but Clow didn't respond. The officer allegedly found Clow slumped over and drooling in the idling vehicle, which was still in gear. He was able to awaken Clow. The officer believed Clow was under the influence of a drug. The observable vehicle tracks appeared to be consistent with Clow falling asleep behind the wheel. Some of the tracks were already covered with snow. Inside the vehicle, the officer allegedly observed a straw containing a substance that tested positive for meth. The officer also allegedly found a bottle containing six pills and a clear container containing suspected meth. The pills were three Gabapentin pills and three cyclobenzaprine hydrochloride pills. Clow declined to provide both blood and urine tests. While being booked into jail, Clow was upset. He said the officer was ruining his life and

he couldn't believe that he was being arrested.

Fifth degree assault and disorderly conduct: On Jan. 22 at 7:57 p.m., the sheriff's office received a report of an assault at Falls Cinema. Joseph Theodore Dostal, 39, Badger, has been cited for fifth degree assault and disorderly conduct. Dostal allegedly followed a 13-year-old Thief River Falls male into the lobby, said some words to the boy and slammed the boy's head into some glass since the boy had made some noise in the theater. The boy suffered a bruised lip. He didn't seek medical attention.

Theft: On Jan. 17 at 9:04 a.m., police received a report of a theft outside of 821 LaBree Ave. N. Someone had stolen a car cover.

Theft: On Jan. 20, police received a report of an internal theft at Walmart. Heather Marie Glenn, 23, Thief River Falls, has been cited for theft. She allegedly stole merchandise while employed there.

Theft: On Jan. 23 at 2:34 p.m., police received a report of a theft at East Side Tesoro. Michael Christopher Jelen, 23, Grygla, has been cited for theft. He allegedly drove away without paying for less than \$5 in gasoline.

These reports include names of those charged, arrested or cited with various crimes and offenses. Depending upon the circumstances of a case, charges can be, and sometimes are, changed or dropped by law enforcement or attorneys even before the case reaches court.

Readers should also realize that under the American system of jurisprudence, those charged with crimes are innocent until proven guilty of those crimes in a court of law.



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City's \$600,000 housing grant application moves forward

by April Scheinoha
Reporter

The City of Thief River Falls' housing grant application is in the final home stretch. At its meeting Tuesday, Jan. 18, the Thief River Falls City Council called for a public hearing to discuss a Citizen's Participation Plan related to an application to renovate apartment units in the city.

This step was required as part of the city's final application for a \$600,000 grant through the Minnesota Department of Employment and Economic Development's Small Cities Development Program. The public hearing will be held Tuesday, Feb. 15 at 5:30 p.m. at City Hall.

The city has applied for the grant to renovate about 40 apartment units. In order for a property owner to be considered for the grant, the building must be at least 25 years old and contain four apartment units. City consultant Mark Borseth said there has been enough interest from property owners for this project.

If the city were approved for the \$600,000 grant, the property owners would be

responsible for 30% of the project cost and receive 20% in a low interest loan. The remaining 50% would be provided to the property owners in a grant. The loan and grant for each apartment unit would total \$12,500.

As part of this process, the city is paying \$2,500 of the \$5,000 application fee. The Northwest Minnesota Multi-County Housing and Redevelopment Authority is paying the remainder.

City Council continued to move forward on crafting the city's new strategic plan. It approved an agreement for environmental scanning with gCariveau & Associates.

gCariveau & Associates has a three-phase approach to creating the city's strategic plan. Those phases include environmental scanning, strategic plan development, and the implementation and monitoring phase. The base plan for this three-year process was \$23,750. The city approved moving forward with the base plan in October.

It was up to city leaders as to how gCariveau should handle environmental scan-

ning. gCariveau recommended using three different approaches to accomplish environmental scanning. It recommended stakeholder interviews with the mayor and four department leaders with the city determining which departments should be studied. With this vote Jan. 18, the council decided to move forward with this environmental scanning option at an additional cost of \$12,255.

The Electric Department, Falls Liquor, and Water Systems Department (which includes water and wastewater) will be the first departments to be studied. City Administrator Angie Philipp said face-to-face interviews and Zoom director interviews will be conducted with those departments and selected community members. A targeted survey will be provided to residents as well.

Council member Michele McCraw, who sits on the Administrative Services Committee, said this particular scanning option was the best option in terms of community involvement.

TRF featured on North Dakota Today

Thief River Falls was featured on KVLV's North Dakota Today television show on Friday, Jan. 14. Visit Thief River Falls sponsored the episode that featured eight segments promoting a variety of topics that would attract a visitor to Thief River Falls. They included a Thief River Falls overview, Thief River Falls attractions, Arctic Cat, snowmobiling, arts and culture, snow sports, ice sports and the Ralph Engelstad Arena.

All eight segments have been uploaded to the Visit

Thief River Falls YouTube channel and can be viewed by searching "Visit Thief River Falls" on YouTube or typing this link into your internet browser: www.youtube.com/user/VisitTRF.

Visit Thief River Falls is the Convention and Visitors Bureau for the Thief River Falls area and is funded by the 3% lodging tax that is paid by overnight visitors and collected at all seven hotels and the city campground. Its mission is to attract overnight visitors through tourism marketing.

VFW Auxiliary holds meeting

The regular monthly meeting of the Thief River Falls Veterans of Foreign Wars Post 2793 Auxiliary was held Monday, Jan. 10 with 16 members present.

President Jan R. opened the meeting, and two officers were absent. Renee G. and Sharron J. read the opening prayers. Secretary's and treasurer's reports were read and

approved. Bills were submitted for payment. General Orders and committee reports were read.

Midwinter Conference will be held in Minneapolis Jan. 20-23. The Uniform/Sweetheart Dinner for Post 2793 will be Tuesday, Feb. 15. Social Hour is at 5 p.m. and dinner at 6 p.m. The attendance drawing was won by

Candace N. and the door prize by Brianna S.

Closing prayers were read by Renee and a moment of silence was held for those who are missing in action or prisoners of war. Jan closed the meeting.

The next monthly meeting will be held Monday, Feb. 14 at 7 p.m. at VFW Post 2793.

Income tax filing season kicks off

Minnesota taxpayers can begin filing their state and federal income tax returns. Taxpayers have until Monday, April 18 to file and pay their state and federal income taxes.

The Minnesota Department of Revenue offers tips to income tax filers as they prepare to file their taxes:

- See if you qualify for free tax preparation. If your Adjusted Gross Income is \$73,000 or less, you may qualify to file electronically for free. Use the links on the department's website (www.revenue.state.mn.us) to see if you qualify for free state and federal income tax filing.

- Filers may also qualify for free tax preparation for their returns. There are free tax preparation sites available across Minnesota through the Volunteer Income Tax Assistance and AARP Tax-Aide programs. Some sites offer in-person options while others offer virtual services. Visit the department's website to find free tax preparation sites near you.

- File electronically and choose direct deposit. Electronically filing your return and choosing direct deposit for your refund is the most secure and conven-

ient way to file your taxes and get your refund. Learn more about your electronic filing options and the benefits of choosing direct deposit.

- Save your receipts and other tax-related documents. If you claimed certain deductions or credits, be sure to include all required documentation when filing and save copies in case you need to reference them in the future.

- Check for accuracy. Enter your name, and any dependent's names, exactly as they appear on Social Security cards, Individual Taxpayer Identification Number cards or letters. Double-check bank routing and account numbers used on tax forms for direct deposit. Incorrect information on tax forms can result in refund delays.

- Military members can electronically submit Form M99, Credit for Military Service in a Combat Zone. Created based on feedback from military service members, the electronic submission of this form is an easy way for service members to claim this credit.

- File your return by the April 18 due date even if you owe more than you can pay. Pay as much as you can by the due date and contact

us as soon as possible to set up a payment agreement for the remaining balance. You can include your banking information on your electronically filed return to make the payment or pay electronically with the department's e-Services Payment System. You can specify when the payment will be taken from your checking or savings account in advance or on the due date.

- Do not spend your refund until you see the money in your bank account. Returns may take longer to process because of the increase in attempted refund fraud due to scams, stolen personal information, and identity theft. The department will take the time necessary to review returns to make sure it's keeping your money out of the hands of criminals.

- Contact the department if you move after filing

whether you need to take any action to allow us to complete the processing of your refund. You will see the date your refund was issued when it has finished processing.

- Do not spend your refund until you see the money in your bank account. Returns may take longer to process because of the increase in attempted refund fraud due to scams, stolen personal information, and identity theft. The department will take the time necessary to review returns to make sure it's keeping your money out of the hands of criminals.

- Contact the department if you move after filing

your return. That way, anything sent to you will reach you, such as refund checks or requests for more information. You should do this even when requesting a direct deposit. Call the department at 1-800-652-9094 (toll-free) to change your address.

Property tax refunds

Wait to track your property tax refund. Many taxpayers file their property tax returns at the same time as their income tax returns. By law, the department cannot begin processing property tax refunds before July 1. Check back later this year for updates on current year property tax refunds.

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The *Thief River Falls Times* is published in conjunction with the *Northern Watch*, which is published weekly every Saturday.

The *Thief River Falls Times* is the official newspaper for: Pennington County, Cities of Thief River Falls, Goodridge and St. Hilaire; School Districts of Thief River Falls 564, Newfolden 441, and Goodridge 561.

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PUBLIC NOTICE

The Thief River Falls Housing and Redevelopment Authority (HRA) has prepared an Annual Statement of Projected Capital Funds Plan for 2022 as required by the Quality Housing and Work Responsibility Act of 1998. This plan is available to the public for review and comment. The plan can be reviewed at the Thief River Falls Housing and Redevelopment Authority (HRA). Offices are located at 415 Arnold Avenue South in Thief River Falls, MN. Office hours are 8:00 a.m. to 1:00 p.m.

A public hearing will take place on the plan at the Thief River Falls HRA Board of Commissioners Meeting, which will be held on **February 14, 2022** at 12:00 Noon at the Thief River Falls HRA in Thief River Falls, MN.



Thank you for all of the love and support shown to us throughout the last few months. Thank you to all who came out to the benefit on Saturday, Jan. 15th to support us. It is greatly appreciated and so overwhelming the amount of care and love shown. Thank you to those that planned the benefit and volunteered to work in all those areas. Your time and effort is appreciated more than you know.

Thank You.
Love Pam & Tim Underberg

Caucus Call

Pennington County Republican Precinct Caucuses are hereby called to meet on **February 1, 2022 at 7:00 PM**
Registration opens at 6:00 PM

Franklin Middle School Cafeteria
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The caucuses are to be held for the purpose of electing Delegates and Alternates to the Pennington County Convention, the election of Precinct Officers and to discuss and recommend resolutions and additions, deletions or changes to the Republican Party of Minnesota Platform.

This call is hereby issued this 10th day of January 2021 by the Pennington County Executive Committee

Patrick McCoy, Chair

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THURSDAY, JANUARY 27

HAPPY HOUR 4 - 6 p.m. • BINGO 5 p.m.

FRIDAY, JANUARY 28

HAPPY HOUR 4 - 6 p.m.
BINGO 5 p.m. FREE JUKEBOX 8:30 p.m - 12:00 a.m.

SATURDAY, JANUARY 29

BINGO 5 p.m.

MONDAY, JANUARY 31

HAPPY HOUR 4 - 6 p.m.

TUESDAY, FEBRUARY 1

HAPPY HOUR 4 - 6 p.m.

VFW
POST #2793
THIEF RIVER FALLS
Monday - Saturday
9:30 a.m. - 1:00 a.m.
Gaming License #A-00404-001
(218) 681-1211



VFW
CAFÉ
Breakfast
7 - 11 a.m. Mon. - Fri.
6 - 11 a.m. Sat.
Karen Specials
Every Day

Heritage Center to hold dance

Senior dancers may attend a dance Thursday, Feb. 3, from 2 to 5 p.m., at the Heritage Center in Thief River Falls. Cathy Erickson Band will perform. A light lunch will be served.

MDA to host Hemp Production Forum

The Minnesota Department of Agriculture is hosting its 2022 Industrial Hemp Production Forum on Wednesday, Feb. 9 from 9 a.m. to 12 p.m. The half-day virtual event is designed for anyone interested in hemp and hemp production. It is free to attend.

Forum topics include updates on the MDA's hemp licensing requirements, the new inspection requirements for those processing raw hemp from the field, and opportunities in fiber production.

2022 will be the second year Minnesota will operate under a federally approved state plan that governs hemp production and regulation. The state previously worked under a hemp pilot program from 2016 to 2020.

For more information on the 2022 Industrial Hemp Production Forum and to register, visit www.mda.state.mn.us/hempforum2022.

Area students among UMC graduates

The Office of the Registrar at the University of Minnesota Crookston recently announced its list of fall semester 2021 graduates. Students completed their degree requirements during the fall semester 2021.

Area students among the fall 2021 graduates include: Newfolden - Steven Boyd Grove, bachelor of manufacturing management in manufacturing management;

Plummer - Lisa Ann Kolseth, bachelor of science in agricultural business, with distinction;

Warren - Seth Alan McGregor, bachelor of science in agricultural systems management.



Steve Lillestol, owner of Thief River Ford, has been named one of the 47 nominees nationwide for Time Dealer of the Year. Time Magazine, in partnership with Ally Financial, sponsors the award. The winner will be announced Friday, March 11 in Las Vegas. Since Lillestol was chosen as a nominee for the award, Ally Financial donated \$1,000 to a charity of his choice. Lillestol chose the Roger and Ardy Tunberg

Endowment, which is a part of the Thief River Falls Education Foundation. Ardy and the late Roger Tunberg owned Tunberg Motors, which Lillestol purchased and renamed the business Thief River Ford. Pictured are (from left) Ardy Tunberg, Natasha Reiersen with the Thief River Falls Education Foundation, Lillestol and Ivan Mahanic, an Ally Financial representative based in Detroit.

Kasprick, Melby named Student Rotarians

Brady Kasprick and Katheryn Melby have been named Student Rotarians for December and January. They are both seniors at Lincoln High School. The Student Rotarians are invited to Thief River Falls Rotary Club and Thief River Falls Lions Club meetings during their time as Student Rotarians.

Honor Society and the WEvolve group. He enjoys traveling, camping, wrestling, spending time with friends and family, and doing graphic design work.

Kasprick plans to attend Concordia College to obtain a degree in business and wrestle.

His favorite part of LHS and being a Prowler are the supportive teachers, classmates and community.

Kasprick's volunteer activities include serving as a youth wrestling coach, serving as an altar server, and participating in various NHS service opportunities.



Brady Kasprick
Brady Kasprick is the son of Brian and Brenda Kasprick. He has two siblings: Brittany and Brandon.

Kasprick's school and non-school activities include wrestling, National



Katheryn Melby
Katheryn Melby is the daughter of Mark and Erica

Melby. Her sister is Hannah.

Melby's school activities include Student Council, tennis and Jazz Choir. She also works at Valley Animal Hospital. She enjoys the outdoors, animals and decorating.

Melby has been accepted to attend Vermilion Community College in Ely. She plans to work toward a veterinary technician degree.

Her favorite part of LHS and being a Prowler is how lively the student body can get for pep fests, sports and Student Council. She also enjoys that the student body tries to attend as many games as possible.

Melby's volunteer activities include helping other school clubs with some of their activities, such as providing assistance with prom since freshman year.

Melby's volunteer activities include helping other school clubs with some of their activities, such as providing assistance with prom since freshman year.

Ose reappointed to BWSR

LeRoy Ose of Thief River Falls has been reappointed to the Minnesota Board of Water and Soil Resources as a watershed district representative. Ose's term began Monday, Jan. 24 and expires Jan. 5, 2026.

8th Annual Small Scale Sustainable Sheep Farming event is Feb. 19

The Eighth Annual Small Scale Sustainable Sheep Farming event will be from 9:30 a.m. to 2 p.m. on Saturday, Feb. 19, at Lammers Town Hall, in Solway.

There is a cost for this event. Pre-register by Feb. 12 for meal planning at sustainable-sheep@gmail.com or by calling 218-657-2502. For more information, log onto www.sheepcommunity.com/sheep-event-2022.html

Sheep farming is more than just sheep. The Sustainable Sheep Farming event is focusing on diversity on the farm with speakers that include Celia Norgaard-Thompson of Gully, who works with her

husband on a certified organic 140-acre family farm transitioning into a regenerative system focusing on livestock and small grains. Karla Chandler of Chandler Farms near Nielsville, who sustainably raises grassfed livestock and their products for her own family and community, will take attendees on a virtual tour of her farm and the adventures that sustainable farming entails.

Most sheep breeds produce wool and sheep farmers are always looking for more and better ways to process that wool. Theresa Bentz of Get Bentz Farm and Fiber Mill might be the new kid on the block when it comes to fiber mills but

she's bringing age-old, sustainable and environmentally-sound processing techniques to Minnesota. She also, in conjunction with Three Rivers Fibershed and University of Minnesota Regional Sustainable Development Partnerships, is surveying the sheep and wool producers in the state to better understand where the fiber is being grown and what the producers need in order to support their efforts. Bentz will talk about her Icelandic sheep farm and fiber mill and give more details about the wool survey project.

The non-profit Sustainable Farming Association (SFA, not to be confused with the SSFC)

has a new director, Lucinda Winter. Winter will be explaining what the Sustainable Farming Association is and how one of its success stories, the Garlic Directory, could be a model for wool and sheep production in the state. She will also be answering any questions attendees might have about the SFA and the programs it offers to farmers wanting to transition to more sustainable farming.

Registration starts at 9:30 a.m. The included lunch is catered by Asian Market of Solway.

The SSFC has their annual meeting and nominations for board of directors will be accepted.



Snowmobiles, snowmobiles and more snowmobiles left Broadway Station in St. Hilaire to journey to Red Lake Falls on Saturday, Jan. 22. These snowmobilers

were participating in the St. Hilaire Vintage Snowmobile Show. The event featured the show itself as well as auctions and a raffle drawing.

Local care you need. Trusted providers you deserve.

Altru Clinic in Thief River Falls offers comprehensive care, including:

- » Primary Care
- » Express Care
- » Therapy Services
- » Specialty services including neurology, cardiology, OB/GYN and more

Direct scheduling available for all appointments. Schedule your appointment today with MyChart.

218.681.7280
altru.org/trf



Ferguson named to NDSCS president's honor list

Tristyn Ferguson of Plummer has been named to the North Dakota State College of Science's fall semester 2021 president's honor list.

Ferguson was among 413 students named to the honor list. The honor list recognizes students who have achieved grade point averages of 3.5 or higher while taking at least 12 credits with letter grades.

Radon in Minnesota homes is a common and preventable cancer risk

Of all the unwelcome house guests you may ever host, few are as nasty as radon.

The colorless, odorless gas occurs naturally in Minnesota soils and is found at elevated levels in nearly 40 percent of all homes in the state. It also is the leading cause of lung cancer among non-smokers. In fact, each year this unwelcome house guest kills more than 21,000 people across the country. While there are cheap and easy ways to test for radon, many people are unaware of the risks and may not be getting the help they need to be safe.

Fortunately, the radon risk is largely preventable through testing homes and eliminating radon problems through improved ventilation and other measures. With more people working from home, it's more important than ever to test homes

for radon because testing is the only way to know if a home has radon levels at or above the level that presents a health risk.

During January, Radon Action Month, the Minnesota Department of Health (MDH) is making a special push to urge everyone to test their home for radon.

"Unfortunately, many people are still exposed to high levels of radioactive radon without being aware of it and this puts them at increased risk for lung cancer," said Dan Tranter, supervisor of the MDH Indoor Air Program. "We've heard a lot of common misunderstandings that discourage people from testing their home for radon."

For example, many people think their home does not need to be tested, or that if they test once they don't need to test again, or if their neighbor's radon level

is low, they don't need to test.

Testing should be conducted in all homes, regardless of foundation type, soil type, age, presence of an air exchanger, or insulation, Tranter said. Even if the initial test shows the radon level is low, it's a good idea to retest at least every five years because levels may change. Homes with mitigation systems should also be re-tested. The monitors on mitigation systems do not show the radon level, so it's important to re-test at least every two years. New homes are built with radon resistant features, but they can still have elevated radon and should be tested.

MDH is partnering with local public health departments and other organizations to make test kits available to all Minnesotans at low or no cost. Participating agencies and vendors can be found on

MDH's Radon Testing website. Hardware stores may also stock test kits. Licensed professionals can also conduct testing.

To help residents get a more accurate picture of radon levels in Minnesota, MDH developed a series of maps showing information about Radon in Minnesota. Some of the key findings were:

- The average radon level in Minnesota homes is about 4.5 pCi/L compared to 1.3 pCi/L nationwide.

- Only about 1% to 2% of homes in Minnesota are tested annually; health officials recommend that at least 20% be tested annually.

- Testing and mitigation are less frequent in communities with lower incomes and more renters.

Health professionals recommending testing for radon during real-estate transactions. Sellers must disclose

any prior radon testing and provide a two-page publication to buyers under state law. Radon tests should be incorporated into a home inspection. MDH licenses home inspectors and other professionals who test for radon. A list of currently licensed radon measurement professionals can be found on the Find a Radon Measurement Professional page on the MDH site.

Tests should be done in the lowest level of the home that is frequently occupied. Test devices are usually placed in the home for two to five days. The best time to test is during the heating season, but testing can be done year-round.

In homes with high radon levels, radon reduction typically involves installing a venting pipe and fan to pull the gas from under the home to the outside. Professionals conducting radon mitigation must

be licensed by MDH, follow standards, and affix an MDH tag to the system. A list of licensed radon mitigation professionals can be found on the Find a Radon Mitigation Professional page on the MDH website.

MDH conducts free inspections of radon mitigation systems installed after June 1, 2020. The inspections ensure systems were installed correctly, to make sure they meet minimum requirements. Contact the MDH Indoor Air Unit to request an inspection at health.indoorair@state.mn.us.

More information about radon in Minnesota is available on the MDH website at Radon in Homes or by calling the MDH Indoor Air Unit at 651-201-4601 or 1-800-798-9050.

Worship With Us

ALMA FREE LUTHERAN CHURCH
Dennis Gray, Pastor
28098 300th Street NW, Argyle
Phone: (218) 874-2101.
Web: www.almaafrc.org
Sunday sermons recorded on www.facebook.com/almaafrc.
In case of a need, call Pastor Dennis Gray at 218-874-2101.
Sunday, January 30: Worship at 10:45 a.m. – Coffee fellowship followed by Sunday school.

ABUNDANT LIFE LUTHERAN CHURCH
LeRoy Flickinger, Pastor
1602 Pennington Ave.,
P.O. Box 522, Thief River Falls
Phone: (218) 681-2300
Web: abundantlifefrc.com
Sundays: Service at 9:30 a.m.;
Coffee & Fellowship at 10:30 a.m.;
Sunday School at 10:45 a.m.

BETHLEHEM AND NAZARETH LUTHERAN PARISH – ELCA
202 Marshall Avenue, Holt
Box 39, Newfolds
Bethlehem Office: (218) 874-7115
Nazareth Office: (218) 449-3856
Office Hours: Bethlehem – 10 a.m. to 12 p.m. Wednesdays; Nazareth 10 a.m. to 11:30 a.m. Thursdays
web: https://www.bethlehem-nazareth.org
www.facebook.com/BethlehemNazareth-Lutheran-Churches-194233180617551
YouTube: Bethlehem and Nazareth Lutheran Church

Wednesday, January 26: - Bible Study - Bethlehem at 10:30 a.m.
Sunday, January 30: Worship Services - Bethlehem at 9 a.m. and Nazareth at 11 a.m.; Sunday School: 10 a.m. at Bethlehem and 9:45 a.m. at Nazareth; Annual Meeting following services at Nazareth

BLACK RIVER LUTHERAN CHURCH
Frank Ehling, Pastor
Sheila Michaels, Pastor
15952 110th Street SW, Red Lake Falls
Sundays: Worship at 8:30 a.m.

CALVARY LUTHERAN CHURCH – ELCA
Frank Ehling, Pastor
Sheila Michaels, Pastor
PO Box 8
405 Water Street, St. Hilare
Phone: (218) 964-5750
Sundays: Worship at 10:30 a.m. under current precautions.

CATHOLIC COMMUNITIES OF BLESSED SACRAMENT, ST. EDWARD, ST. JOSEPH
Father George Noel, Pastor
Phone: (218) 289-1735
Email: gnoel@gmail.com
Blessed Sacrament: Mass on Tuesdays at 5:30 p.m., Saturdays at 5 p.m., Sundays at 8 a.m. and live streamed.
St. Joseph's: Mass on Thursdays at 5:30 p.m., Sunday Mass at 9:45 a.m.
St. Edward's: Mass on Fridays at 5:30 p.m., Sunday Mass at 11:30 a.m.

COMMUNITY CHURCH INTERNATIONAL
Pastors: Curtis Jacobson, Tom and Jennifer Ramsey
Highway 1 East, Thief River Falls
Phone: (218) 681-2285
Saturdays: Men's Prayer Breakfast 7:30 a.m.
Sundays: Worship at 10 a.m.; Sunday School at 10 a.m.
Fellowship dinner 2nd Sunday of each month.

CLEARWATER LUTHERAN PARISH MT. OLIVE, NAZARETH, OAK PARK, ST. PETRI
Jeff Merseth, Pastor
Rt. 1, Box 156C, Oklee
Phone: (218) 796-5130
http://clparish.com

Services and sermons can be found at: www.facebook.com/clearwaterlutheranparish/
Wednesday, January 26: Wednesday School 5-7 p.m.
Saturday, January 29: Mt. Olive Worship at 9 a.m.
Sunday, January 30: Oak Park: Worship at 8 a.m., Sunday School at 9:15 a.m.; Nazareth: Worship at 9:15 a.m., Sunday School at 8:30 a.m.; St. Petri: Worship at 11 a.m., Sunday School at 9:45 a.m.; Meal and Voter's Meeting

CORNERSTONE BAPTIST CHURCH
Nathan Satchwill, Pastor
PO Box 816, Thief River Falls
using the facilities of
Faith Lutheran Brethren Church at
601 Dewey Avenue N, Thief River Falls
Phone: (218) 689-2937
www.cornerstonetrif.org
facebook.com/cornerstonetrif
Sundays: Sunday school/Bible study at 3 p.m., meeting at 4 p.m.

EAGLE'S VIEW CHURCH, OUTREACH CENTER
Roger Schmitz, Pastor
111 Fourth Street East, Thief River Falls
Phone: (218) 686-5962
Sundays: Worship service 10 a.m.

EPIPHANY STATION
Matty Towse, Lead Pastor
Mary Sieckert, Interim Worship Leader
Pete Lee, Discipleship Pastor
403 Main Avenue North, Thief River Falls
Web: www.epiphanystation.com
E-Mail: admin@epiphanystation.com
Wednesdays: Prayer works at 6:30 a.m.
Sundays: Worship at 9:30 a.m. and 11 a.m., Evening at 6 p.m.
Mondays: Prayer works 6:30 a.m.
Tuesdays: Celebrate recovery from 6 to 8 p.m.

EVANGELICAL COVENANT CHURCH
Bryan Dickson, Interim Pastor
1425 Third Street East, Thief River Falls
Phone: (218) 681-4449
Web: www.trfcovchurch.org
www.facebook.com/trfcovchurch
Office E-Mail: nikki@trfcovchurch.org
Sundays: Worship at 9:30 a.m.

EVANGELICAL FREE CHURCH
Lead Pastor Kevin MacLean,
Associate Pastor Kent Hudson
211 Arnold Ave. N., Thief River Falls
Phone: (218) 681-3855
Web: www.trfrc.org
Sundays: Sunday School at 9:15 a.m., Worship Service at 10:30 a.m.

FAITH LUTHERAN BRETHERN CHURCH
Tim Carlson, Interim Lay Pastor
601 Dewey Ave. N., Thief River Falls
Sundays: Worship at 10:30 a.m.

FIRST LUTHERAN CHURCH
Kevin Hackney, Pastor
First Lutheran Church
210 Park Ave., Middle River
Gustav Adolph Lutheran Church
Strathcona, MN
Phone: (218) 222-3622
Sundays: Sunday school at 10 a.m.,
Worship service at 11 a.m. on even months, 9 a.m. on odd months.
Service is broadcast on KTRF at 6 p.m.

FIRST PRESBYTERIAN CHURCH
Red Lake Falls, MN
Sundays: Worship service at 9:45 a.m., Communion on the first Sunday of each month.

GOODRIDGE AREA LUTHERAN PARISH - ELCA FAITH, EKELUND, BETHANY
Kristin Ostercamp, Pastor
P.O. Box 157, Goodridge
Phone: (218) 378-4191
glparish@gvtel.com
Sunday School Times: Ekelund at 9 a.m.; Bethany at 10 a.m.; Faith at 10:30 a.m.

Wednesday, January 26: 7 p.m. Confirmation at Faith
Sunday, January 30: Psalm readers All; Worship Services: Ekelund at 8 a.m., SS sings, Faith at 9:30 a.m., Bethany at 11 a.m.; Ekelund Annual Meeting at 8:45 a.m.; Bethany Annual Meeting at 11:45 a.m.
Monday, January 31: Faith Quilting 9 a.m. to Noon

IMMANUEL AND EBENEZER LUTHERAN PARISH – ELCA
Jonathan Dodson, Pastor
P.O. Box 98, Plummer
Phone: (218) 465-4525
Sunday, January 30: 9 a.m. Worship at Ebenezer; 9:15 a.m. Sunday School at Immanuel; 10:30 a.m. Worship at Immanuel; Immanuel Annual Meeting

IMMANUEL LUTHERAN CHURCH - MISSOURI SYNOD
Rev. Chris Rosebrough, Pastor
Radium
Phone: (218) 681-9992 or 745-5604
Sundays: Worship at 1 p.m., Bible Study at 2:15 p.m.

NEWFOLDEN EVANGELICAL FREE CHURCH
Gary Barrett, Pastor
P.O. Box 86, Newfolds
Phone: (218) 874-8785
Web: newfoldenefrc.com
E-mail: nefc@wiktel.com

Wednesday, January 26: DETOUR (7th-12th) at 6:15 p.m.; AWANA (4yrs-6th) at 6:30 p.m.; No Adult Bible Study
Saturday, January 29: Men's Prayer at 7 a.m.
Sunday, January 30: Mission Sunday
Sunday School at 9:15 a.m.; Worship at 10:30 a.m.; 2022 Annual Congregational Meet-n-Eat at 11:45 a.m.
Sunday services continue to be live on YouTube - Newfolds Evangelical Free Church channel.

NEXUS CHURCH
Luke Stavos, Pastor
246 Kendall Ave. N., Thief River Falls
Phone: (218) 681-4716
Sundays: Services at 10:30 a.m. at the church and online at www.nexuschurchmn.com/messages

NEWFOLDEN NEW HOPE LUTHERAN CHURCH - AALC
Ollie Urdahl, Pastor
157 West Iowa Ave., Newfolds
P.O. Box 185, Newfolds
Phone: (218) 874-6611
Sundays: Worship at 9:30 a.m., Sunday school at 10:30 a.m.

OAK RIDGE LUTHERAN CHURCH
Thief River Falls
Phone: (218) 681-1824
Sundays: Worship at 9 a.m.

OPEN ARMS CHRISTIAN FELLOWSHIP
A Ministry of the Seventh-Day Adventist Church
David Jahn, Pastor
218-416-0178
401 St. Paul Ave. S., Thief River Falls
Church Phone: (218) 681-2790
openarmschristianfellowship@gmail.com
Saturdays: Bible study at 10:20 a.m., Worship at 11:30 a.m.

OUR SAVIOUR'S LUTHERAN CHURCH – AFLC
Alex Amiot, Pastor
2075 Hwy. 59 SE, Thief River Falls
Phone: (218) 681-4643
Wednesdays: Confirmation at 5:30 p.m., FLY at 6:30 p.m., adult Bible study at 7 p.m.
Sundays: KTRF Radio broadcast at 8 a.m., Worship at 9:30 a.m., Sunday school at 10:30 a.m.
Tuesdays: Women's Bible study at 9 a.m.

REINER LUTHERAN FREE CHURCH – AFLC
Highway 1, 7 miles east of Goodridge
(218) 681-4643
Watch video sermons any time at oursavioursaflc.com or on Facebook at [facebook.com/oursavioursaflc](https://www.facebook.com/oursavioursaflc). To request sermon manuscripts to be mailed to you, call 681-4643, email oursavioursaflc@mncable.net, or send a letter to P.O. Box 269 in Thief River Falls.
Sundays: Worship at 11:30 a.m.

REDEEMER LUTHERAN CHURCH – ELCA
Darrel Cory, Pastor
1300 Nora Street East, Thief River Falls
Phone: (218) 681-3390
E-mail: redemer@mncable.net
Live streaming our worship services, people can go to our website at redemertrif.org, click the link to be directed to our YouTube channel (Sundays at 9:30 a.m.). Bulletins are also available on our website.
Wednesdays: In person worship at 6:30 p.m. (not live streamed); 5:45-6:30 p.m. BLAST and 6th & 7th grade Confirmation; 7:30-8:30 p.m. 8th grade Confirmation
Sundays: In person worship at 9:30 a.m.

RINDAL LUTHERAN CHURCH, NALC
Rev. Timothy Lundeen, Pastor
23511 110th Ave. NW, Newfolds
Phone: (218) 689-0042 • (218) 378-4499
E-mail: prtm@gvtel.com
Sundays: In-person services at 10:30 a.m.

RIVER OF LIFE CHURCH
Timothy Self, Pastor
1563 Highway 59 SE (Next to McDonalds)
Thief River Falls
Phone: (218) 681-1469
www.riveroffliferfrc.org
Sundays: Worship Service at 10 a.m.

SEVENTH-DAY ADVENTIST CHURCH
David Jahn, Pastor
1024 Tindolph Ave. South, Thief River Falls
Phone: (218) 416-0178
Saturdays: Services at 10 a.m.

SILVER CREEK LUTHERAN CHURCH
Mark Helgeland, Interim Pastor
22479 170th Ave. NE, Thief River Falls
Phone: (218) 681-7079
Sundays: Worship at 10:30 a.m.

SILVERTON LUTHERAN CHURCH
17982 180th St. NE, Thief River Falls
[facebook.com/silvertonlutheranchurch](https://www.facebook.com/silvertonlutheranchurch)
No Worship services until further notice.

ST. JOSEPH'S CATHOLIC CHURCH
Fr. Bob Schreiner, Priest
112 Edward Ave. N., Red Lake Falls
Phone: (218) 253-2685
305 Minnesota Ave., Brooks, MN
Phone: (218) 698-4477
Red Lake Falls: Saturdays at 5:30 p.m., Sundays at 10 a.m. and Noon.
Brooks: Sundays at 8 a.m.

ST. BERNARD'S CATHOLIC CHURCH
Father Rick Lambert, Pastor
105 Knight Avenue N., Thief River Falls
Phone: (218) 681-3571
www.stbernardscoc.org
Saturdays: Worship services 5 p.m.
Sundays: Worship at 8:30 a.m. and 10:30 a.m.

ST. JOHN LUTHERAN CHURCH
Missouri Synod
Pastor: Thomas L. Puffe
101 Pine Ave. S., Thief River Falls
Phone: (218) 681-4488
Fridays: Bible study at 2 p.m.
Sundays: Worship at 10:45 a.m.

ST. PAULI LUTHERAN CHURCH ELCA
Carl Hansen, Pastor
P.O. Box 944, County Road 20 S.
Thief River Falls
Web: <http://historictstpauli.org>
Wednesday, January 26: Quilting at 10 a.m.; WELCA Meeting at 4 p.m.; Confirmation Class at 3:30 p.m.
Sunday, January 30: Sunday School at 9:15 a.m.; 10:30 a.m. Worship Services; Following Worship: Congregational Annual Meeting and St. Pauli Cemetery Assoc. Annual Meeting; potluck lunch following meetings
Tuesday, February 1: 7 p.m. Needle Night

THRIVING LIFE CHURCH
Jim Binder, Pastor
22722 350th St. South, Erskine
218-556-1545
www.thrivinglifefrc.org
Sundays: Worship service at 10 a.m.

TRINITY LUTHERAN CHURCH – ELCA
Eric G. Miller, Pastor
pastoreric@trinitylutherantrif.org
Linda Kaushagen, Lay Visitation and Senior Outreach
325 Horace Ave. N., Thief River Falls
Phone: (218) 681-1310
www.trinitylutherantrif.org

Sundays: Worship service at 8:30 a.m., 9:25 a.m. Sunday School; 9:30 a.m. coffee and fellowship; 10:30 a.m. Worship service.
The 8:30 a.m. Worship Service is broadcasted on Garden Valley Channel 37. The 10:30 a.m. Worship Service is broadcasted on both KTRF Radio, Channel 3 Cable TV and YouTube Live each Sunday.

UNITED LUTHERAN, GATZKE OUR SAVIOR'S, THIEF LAKE
Tim Lundeen, Pastor
(218) 425-7878
Our Savior's, Thief Lake
Phone: (218) 222-3711
United Lutheran, Gatzke
(218) 459-3351
Sundays: (KTRF 1230) Morning devotional hour at 8 a.m., Worship service at 8:30 a.m.

UNITED METHODIST CHURCH
Justin Dietel, Pastor
116 Horace Ave. N., Thief River Falls
Phone: (218) 681-4388
Web: www.umctrif.org
Email: trfucm@gmail.com
Facebook: Thief River Falls United Methodist Church
Sundays: Worship services at 9 a.m. (only 50% capacity allowed), service is recorded and posted on Facebook.

VIKING COVENANT CHURCH
Clark Hjelle, Pastor
P.O. Box 96, 111 Third Ave. W.,
Viking, MN
Cell: (218) 202-1056
Sundays: Worship services at 10 a.m.; Sunday School at 11:15 a.m.
Special events as announced.

VIKING LUTHERAN PARISH ZION LUTHERAN CHURCH
Pulpit Supply: Barb Price, Cindy Ellingson
218-523-4995
P.O. Box 37, Viking
Sundays: Worship at 10:15 a.m.

WESTAKER FREE LUTHERAN CHURCH AFLC
Kevin Hall, Pastor
321 Minnesota Ave. E., Newfolds
Phone: (218) 874-7925
Web: westakerfree.lutheran.360unite.com
Facebook: Westaker Free Lutheran Church
Email: westakerfrc@wiktel.com
Wednesdays: 6:30 p.m. - Kids' Club, Youth and Colossians Bible Study
Sundays: Sunday School at 9:15 a.m.; Worship at 10:30 a.m.; Trumpet of Truth at 7 p.m. on KTRF.

ZION LUTHERAN CHURCH – ELCA
Mark Helgeland, Interim Pastor
505 Main Ave. N., Thief River Falls
Phone: (218) 681-3296
Web: www.ziontrif.org

Staff available for phone calls only - 9 a.m. - 3 p.m. weekdays, (9 a.m. - 12 p.m. on Saturday) Zion office - 681-3296 Appointments with pastor made by phone or email only.

Wednesday, January 26: Confirmation supper at 5:15 p.m.; Confirmation at 6 p.m.; God's Joy Choir at 6 p.m.; Senior Choir at 7 p.m.
Thursday, January 27: 9 a.m. SAIL Exercise; 12-4 p.m. LSS Respite Care in Lounge
Sunday, January 30: Worship at 9 a.m.; Annual Meeting immediately following service; Education Hour at 10 a.m.; Food and Fellowship Breakfast at 10 a.m.
Monday, January 31: 9 a.m. SAIL Exercise
Worship broadcasts: Cable channel 3/KTRF at 9 a.m.; 12 p.m. - Zion broadcast on cable channel 37

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Positive Thoughts ...

You are worthy and awesome



by Dan Bartsch

Well, if you are a reader of my columns, you know that the month of January is pretty tough for me.

At the end of every January, I talk about the tough day I had in 1999 when I thought that I was worthless and decided to call it quits. Now, I have another anniversary; it is the month that my mom was called home. She has been gone for two years now.

Needless to say, January is not a shiny, happy month; but, I am proud of myself in that I now believe I am a worthy person. I enjoy being a writer, and I know that I have an angel in my mom and my grandparents. They are standing alongside me and watching over me every day. And that is what I want to emphasize in this column today.

Minnesota, in the month of January, is known to have "balmy days" of wind chill warnings, and winter weather advisories that suddenly turn into blizzard warnings. The white stuff piles up in feet, and the first day of spring seems so much further away. It can easily

trigger anxiety and depression for some people who are home by themselves. It can even have that affect on individuals who have families, and are just trying to keep ahead of the snow. And, yes, for me, it is not just January, but other days, and months of the year that have the same affect. I have had a lot of rehab and help, which allows me to know that every day, every week, every month and every year, I am a worthy person and am loved. I was also able to find a voice for myself in these columns, and I appreciate every kind word I get from all of you when I am out and about town.

So, I just want to say that if you are feeling low and alone in the world, you are a wonderful person. You are awesome and just as worthy as I am. Please take time to appreciate the things and people around you. And if you need someone to talk to, try talking to a good friend, teacher, counselor, minister, or anyone who can lend an ear. Trust me, they will find time to talk with you. And if you just want to talk or text on the phone, just call 800-282-5005, or text MN to 741741.

Well, I hope you have a good week, and again, you are worthy and awesome. Mom, I miss you every day. I love you, and God bless.

Speaking of ...

2022 is an opportunity for changes



by Kush Patel

On the Other Hand is written by students attending Lincoln High School in Thief River Falls.

The year 2022 is finally here, leaving the terrible year of 2021 behind. In the beginning of 2021, I was a sophomore and when this thing called COVID-19 really became an issue, we had to do hybrid learning and, soon after, distance learning. I didn't really hate working online, but I definitely didn't like it. I would never want to go through a lockdown again though, and when I came back to school as a junior, I was glad that school went back to normal. COVID is something I really hope goes away this year because I am so sick and tired of dealing with it.

I am currently halfway through my junior year, and soon I will be a senior. This year, I want to get prepared for college. The thing I have to do is get a high score on the ACT, which really stresses me out due to the school I want to attend. The College of Biological Sciences and the College of Science and Engineering at the University of Minnesota require an ACT score of 30 or above, which means I have to be in the 90th per-

centile. Also, I will soon have to register for my senior high school classes, so I want to take some classes that will prepare me for my future career. I don't really know what I want to be, which makes me anxious, but I am certain my future will involve something in the medical field or engineering. I really want to get a good score on my ACT this year, but if not, I will have to study very hard in the summer for the next time I take it.

I also have some things that I want to change in this year, like my physical appearance. I have been working out and lifting weights for about 1.5 years and have put on a lot of size and weight. From my freshman year to right now, I have

gained about 35 pounds. I really want to lose enough weight to be at a low enough body fat percentage to see visible abs. This is going to take me a good amount of time and a lot of discipline to not eat that sugary piece of cake and that huge piece of fried chicken. By the end of this year, I know that I will achieve this goal.

By the end of this year, I hope that these changes happen, but time will tell. I am going to work hard this year. No matter what, I know I'm going to accomplish two of the things that I want because the last thing is out of my control. I will look back on this column at the end of the year and see if I really did make some changes.

Turning Back The Times ...

School district considers buying building

1922 - One Hundred Years Ago

Patrons of the Thief River Falls Cooperative Creamery were paid a total average of \$600 a day in 1921, Secretary Peder Engelstad reports.

The City Council is considering a change from direct to alternating current in the municipal power plant.

E.O. Erickson has been appointed to serve his third year as chief of police.

1972 - Fifty Years Ago

The local United Fund organization has allocated \$28,415 to 15 agencies.

A record 8,648 people boarded North Central planes in Thief River Falls last year.

The school district is considering purchasing the Arctic Enterprises downtown plant.

1982 - Forty Years Ago

Keith Grochow of Thief River Falls has been offered an appointment to the United States Naval Academy in Annapolis, Md.

A total of 124,759 meals were served by the congregated meals program for senior citizens in Thief River Falls during 1981.

The Thief River Falls Sno-Drifters snowmobile club will conduct a race on the Red Lake River on Feb. 7.

1992 - Thirty Years Ago

Andrew and Leonard Skaar have been given the Honored Valley Family Award for Pennington County.

The Times and Northern Watch announce that they are now both being printed on recycled newsprint.

A Sno-Safari consisting of 190 snowmobiles was held recently at Brooks.

2002 - Twenty Years Ago

Aaron Swanson and Miranda Rominski, sophomores at Goodridge High School, were named SnoFest king and queen last week in Goodridge.

Paul Spielman of Thief River Falls received his 10 Gallon Award after donating blood for the 80th time last week.

Phyllis Dalager has been presented with a special plaque in appreciation for her many years of service to the Thief River Falls Public Library.

2012 - Ten Years Ago

A six-foot, six-inch Prowler Cat sculpture has been designed and built by Lincoln High School Magnet Arts students Kara Iliff, Cassie Nymann, Luke Peterson, Evelyn Jesme and KoKo Pesch.

The Thief River Falls Fire Department is planning to add to its fleet with the \$300,000 purchase of a new pumper truck.

At its Jan. 24 meeting, the Pennington County Board unanimously approved the establishment of a DWI (Driving While Impaired) Court; the court will be geared toward repeat offenders with a non-violent crime history.

Times for Toddlers...

Anger: A fact of life for everyone

Anger is a fact of life. As a continuation of last week's column, here are some ways to calm an angry child:

- Hold a small child tightly, rock, and sing.
- Whisper in his or her ear. Screaming will usually stop and if you can think of something really good to whisper, a child's mood may change.
- Tell your child there is a smile inside and if it's not let out, it will turn into a giggle. Often it will. (This is, of course, ignoring the anger, so when it's over, talk about what caused the feeling with your child.)

Helping a child vent anger:

- Encourage your child to vent anger physically by running around outdoors, punching a big batch of play dough or hitting a pillow.
- Teach your child to count to five in a loud, angry voice, to play an angry song on a musical instrument, or to dance an angry dance.
- Shout something loud with your child, let your voices drop ... drop ... drop until there is silence.
- Ask an angry child to draw a picture showing how he or she feels, a creative way to relieve feelings.

(Contributed by the Early Childhood Family Education department of School District 564.)

ACTIVITIES
Peanut Butter Kisses

- 1 cup peanut butter
- 2 cups nonfat dry milk
- 1 cup jam or honey

Combine the ingredients. (You may use a blender.) Shape mixture into a long, thin roll. Cut the roll into bite-size pieces. The mixture can be stored in the refrigerator in a tightly sealed container for up to four months. Additional nonfat dry milk may be added to make the candy less sweet and more firm.

SCAVENGER HUNT
For next week's Activities feature, you will need blue construction paper, white glue, large and small marshmallows, toothpicks, markers, and construction paper scraps.

(Contributed by Discovery Place Early Learning Center.)

JOKE OF THE WEEK
Q: What happened when the two kids tried to kiss in the fog?

A: They mist.
BOOK OF THE WEEK
There are thousands of books written for young children every year and many are available for you to borrow from a public library or can be purchased from a

bookstore or online. Here are a classic children's book or two that your family might enjoy:

O'Keefe, Susan. Love Me, Love You. A mother rabbit and her baby express their love for each other in various ways throughout the day.

Hanson, Mary. The Difference Between Babies and Cookies. A child's mother compares babies to such things as cookies, puppies, bread, tiger cubs, and sunshine.

VIDEO VARIETY

In addition to the books that are available for your family, there are also many movies and documentaries that may make you laugh and inspire you, as well. Here is one classic choice:

Corduroy and More Stories about Caring. Corduroy longs for someone to take him home, but he searches for his missing button around the department store first. When the zookeeper leaves the door open, the happy lion decides to walk through town to visit his friends. Big diesel engines threaten to run Mike Mulligan and his old steam shovel, Mary Anne, out of business. A mother's love and a baby's smile bond the two together. Silly Auntie will try anything to get Baby to smile. Two owls discover

the secret to peace and happiness. A baby goose feels like an outcast until she discovers that she can fly.

WONDERS OF THE WEB
The internet has long been available to supplement your parenting knowledge and skills. This is one web location that your family might enjoy:

Ten activities designed to teach children about love.

www.momentsaday.com/activities-to-teach-children-about-love

Remember that you can also visit the website of your local public library to find out more about local library services. Libraries in much of northwest Minnesota are listed on the Northwest Regional Library website:

www.nwrlib.org

(With assistance from the Thief River Falls Public Library.)

SOMETHING TO TALK ABOUT

Talk with your child about what he/she can do when he/she is angry.

(Contributed by the Early Childhood Family Education department of School District 564.)

Prowler Pride ...

Winter reminders for riding a school bus

by Ronnie Skallet
Director of Transportation
S.D. 564

Over the past few weeks, the temperatures have been dropping pretty quickly, and stepping outside in the morning can be a brisk shock! These plummeting temperatures also make waiting at the bus stop a bit more unpleasant for school kids and a bit more dangerous as well. Keep reading to learn what you can do to keep your kids safer at the bus stop and on the bus in cold weather.

- Bundle up! This might seem obvious, but bundling

up is so important in cold weather! Not only will this make standing at the bus stop a lot more comfortable, but it will help prevent injuries from cold exposure.

- Don't forget hats as most of the body's heat leaves through the head. Also, scarves and gloves protect the tender skin susceptible to wind burn and frostbite.
- Multiple layers of clothing can be a bit cumbersome, so make sure your student(s) are mindful not to get their clothes caught on any railings/doors/etc. of the bus.
- Be prepared for snowy conditions! If your student(s) have school on a snowy day,

make sure they get to their bus stop five minutes early, just like any other day.

- Leaving early for the bus stop is especially important in colder temperatures; running to the bus stop increases your student's chances of slipping on snow or a patch of ice. Please do not have your student(s) wait in the house for the bus to arrive.
- Make sure they take extra precautions, like standing back a few steps from the curb, being visible to their driver, no pushing or horseplay and never run toward or after a moving school bus.
- The steps of the bus

may be slippery from children tracking in snow, so encourage your student(s) to always use the handrail and be sure of their footing.

- Be patient if your school bus is a few minutes late getting to the bus stop. Buses can only move as fast as the traffic and the conditions allow. Our drivers are doing everything they can to make sure everybody gets to school safely!
- When buses are running substantially late, an instant alert will be sent out. Make sure you are able to receive this alert for when inclement weather is possible. Also "like" our Facebook page, TRF School Bus,

for updates and delays.


- Remind students to stay out of people's yards and off the street.
- Do not allow your student(s) to climb on snow piles, throw snowballs or lay in the snow. This is not only unsafe, but tracks a large amount of snow on the bus that melts and makes everything wet and slippery.
- If an item is lost or forgotten on the bus, it is usually kept on the bus for one week. After that, it is placed in Transportation Department's lost and found. Items may be reclaimed when the department is open - 6 a.m. to 5 p.m. during school days.

- If an item is left behind, and of higher value, such as a phone or tablet, those items will be brought up to the Transportation Department's main office and can be claimed by a parent or student.

- Due to the bus driver shortage, our buses are at full capacity. We cannot make exceptions for our walk zone students. Please plan accordingly for your walk zone student(s) to get to school safely.

Thanks for reading, and hopefully this will help your kids stay a bit safer and warmer at the bus stop during our winter season.

Gary Inglis, 79

 **Dubuque, IA** - Gary Inglis of Dubuque, IA, formerly of Thief River Falls, passed away in Dubuque.

Gary Inglis was born on August 24, 1942 at Hallock, son of Andy and Edna (Morgan) Inglis. He was raised and attended school in Hallock, graduating in 1960. Gary attended Aakers Business College in Grand Forks, ND. Shortly after that he entered the US Army and served his country stationed in Alaska. Following his honorable discharge he moved to Seattle, WA where he worked at Albertson's. In 1970 he moved back to Kittson County where he met his future wife, Judy.

On April 27, 1974 Gary was united in marriage to Judy Vagle at Duluth. Following their marriage the couple made their home in Lake Bronson, Fosston and eventually in Thief River Falls, where they raised their family. Gary worked for Sweetheart Bakery, Metz Baking Company and later Frito Lay. He then worked for Northern Motors, Tunberg Ford, Grand Forks Herald and back to Thief River Ford, which he retired from. Post retirement he worked

for Pathfinders and Hillcrest Family Services. From 1999 until 2014 they cared for many foster children.

Gary enjoyed watching stock car racing, mowing lawns, gardening, and visiting with anyone that would listen. Gary never met a stranger. Gary was proud of his 47 years of sobriety and mentoring others through AA. After his retirement he enjoyed traveling.

Gary is survived by his children, Bryan (Christy) Inglis, Brad (Chrissy) Inglis, and Mandy (Abhay) Rawal; grandchildren, Cade Inglis, Carter Inglis and Sadhana Rawal; lady friend, Jeanne Johnson; cousins, Laurel Johnson, Lyndon Johnson, Lynnae Johnson-Landin; sister-in-law, Jennifer Vagle; niece, Stacey Fougner; and nephew, Matt Vagle.


Gary is preceded in death by his wife, Judy in 2014; parents, Andy and Edna Inglis; in-laws, Grant and Edna Vagle; brother-in-law, Marshall Vagle; and nephew, Tyler Vagle.

A funeral service was held on Tuesday, January 25, 2022 at Johnson Funeral Service in Thief River Falls, with Reverend Chadwick Persons officiating. Burial was held at Greenwood Cemetery in Thief River Falls.

Condolences may be sent at www.johnsonfuneralservice.com.

A00003B2022JA26

Marvin Koop, 91

 **Thief River Falls** - Marvin Koop, 91, of Thief River Falls, passed away peacefully of natural causes on Monday, January 24, 2022 at Sanford Medical Center in Thief River Falls with his loving family by his side.

Marvin Carl Koop was born April 16, 1930 at Thief River Falls, the son of Fred and Gertrude (Behrns) Koop. He was baptized and confirmed at St. John Lutheran Church, Thief River Falls. He attended Lincoln High School and graduated in 1948.

Marvin served his country in the United States Army from 1953 until 1955, when he was honorably discharged.

In 1957 Marvin was united in marriage to Shirley Santl in Roseau. Together they operated a small grain and dairy farm in Rocksbury Township. Marvin was very proud to see that Koop Farm became a Century Farm in 2011. He also worked for Zontelle Telephone Construction, Northwest Bell Telephone Company and following his retirement, Marvin worked at H & R Block for 15 years.

Marvin was a member of Immanuel Lutheran Church, Radium, and has held numerous church offices.

He is survived by his wife, Shirley, Thief River Falls; children, Karen (Lee) Rolland, Marilyn (Gary) Hoglo and Thomas (Sherry)

Koop, all of Thief River Falls; grandchildren, Derek (Annette) Walseth, Cody Walseth, Jacki (Joey) Roeder, Garrett (Amanda) Hoglo, Jamie (Jason Jenson) Hoglo and Jenna (Justin) Wiseth, Josh (Emily Johannes) Koop and Kaylee (Nathan) Bates; step-grandchildren, Kaeley Rolland and Skyler (Maja) Rolland; great-grandchildren, Emilee, Kobe, Korbin, Cade, Charlie, Natalie, Summer, Parker, Ayden, Michael, Charlyze, Vincent, Demary, Rylee; sisters, Esther Swords of Fort Walton Beach, FL and Verna (Wally) Mostrom of Coon Rapids; sister-in-law, Barbara Koop of Eagle Harbor, MI; and many nieces, nephews, relatives and friends.

He is preceded in death by his parents; brothers and sisters, Wilbur (Lillian) Koop, Don Koop, Doris (Vern) Mortrud, Mable (Calvin) Jackson and twin sister, Marion (Stan) Lomenick; and brother-in-law, Joe Swords.

A funeral service will be held at 2 p.m. on Friday, January 28, 2022 at St. John Lutheran Church in Thief River Falls, with Reverend Chris Rosebrough officiating. Visitation will be one hour prior to the service.

Burial will be at Riverside Cemetery, St. Hilaire at a later date.

Military honors will be provided by the Ecklund-Holmstrom American Legion Post 117, Veterans of War Post 2793 and Minnesota Army National Guard Honor Guard.

Family condolences may be sent at www.johnsonfuneralservice.com.

A00003B2022JA26

Jacqueline Johanneck, 81

 **Red Lake Falls** - Jacqueline Johanneck, of Red Lake Falls, passed away on Saturday, January 22, 2022 at Riverview Hospital in Crookston.

Jacqueline "Jackie" Ann Johanneck was born July 3, 1940 in South Milwaukee, WI, daughter of Peter and Marie (Spacek) Machak.

Following graduation, she was employed by Bucyrus Erie Co., and while working there she was introduced to Gerald (Biff) Johanneck, whom she married on August 5, 1961 at St. John's Catholic Church in South Milwaukee, WI. They moved to Oak Creek, WI where together they raised 7 children.

In the early 1980s Jackie went back to work at Oak Creek City Hall. From there she worked at Burlington Coat Factory until her retirement. Following retirement Jackie and Biff split their time between their

home in Red Lake Falls and Oak Creek, WI.

Jackie is survived by her husband of over 60 years, Gerald (Biff) Johanneck; children, Cheryl (Bill Zierer) Kossow, Daryl, Debbie (Brian) Bogow, Carrie (Eugene) Grobschmidt, Jill and Randy (Tracy Knaack); grandchildren, Adam, Kayla and Anna; great-grandchildren, Austin, Heavyn and Abby; along with many relatives and friends.

She was preceded in death by her parents; son, Gerald "Jerry;" and granddaughter, Jennifer; along with other relatives and friends.

Mass of Christian burial will be held at 1:30 p.m. on Friday, January 28, 2022 at St. Bernard's Catholic Church in Thief River Falls, with Father Rick Lambert officiating.

Burial will be held Holy Sepulcher Cemetery in Cudahy, WI later in the spring.

Visitation will be held at 12 Noon on Friday prior to the service at the church.

Condolences may be sent at www.johnsonfuneralservice.com.

A00003B2022JA26

Kiwanis Club hosts skate night at Northrop Park

Kiwanis Club of Thief River Falls is hosting a family skate night at Northrop Park on Monday, Feb. 21, from 5:30 to 7 p.m. The Club will be supplying hot cocoa and a small treat for everyone. This event is free

and open to the public. The warming house/bathrooms will be open courtesy of the Thief River Falls Parks and Recreation Department.

Bring your skates and enjoy an evening of skating on the ice.

Minnesota joins network of Age-Friendly States & Communities

Last week, AARP announced that Minnesota has become the 10th state to join the AARP Network of Age-Friendly States and Communities. States that are a part of this network commit to engaging older residents in efforts to improve that state's infrastructure, systems and social environment.

"I am extremely proud to see Minnesota recognized as an official Age-Friendly State," said Gov. Tim Walz. "I am committed to keeping Minnesota a state where people of all ages can live life to the fullest. We're working to ensure that Minnesota offers the financial security, health care, housing, transportation, and social services necessary for all people to retire and live out their golden years in a safe and dignified fashion."

Lt. Gov. Peggy Flanagan said, "We know our state is aging, and our administration has always been committed to making sure everyone has an opportunity to sit at the decision-making table. Joining this network acknowledges the work we have done to make sure these seats are open for our aging population and support Minnesotans of all ages."

Cathy McLeer, AARP Minnesota state director, said, "Well-designed, livable communities promote well-being, independence and resilience, sustain economic growth, and make for happier, healthier residents. Governor Walz, the Minnesota Legislature and the Governor's Council on an Age-Friendly Minnesota have taken important action to ensure our state

adapts to the needs of our aging population and changing world."

Sherrie Pugh, founding chairperson of the Governor's Council for an Age-Friendly Minnesota Working Together, said, "Joining the Network today represents an important leadership milestone in ensuring that our state seizes the unprecedented opportunities we have with a growing aging demographic. We are well-positioned to make Minnesota a better place to grow older — not just for some, but for all."

Thirteen Minnesota communities joined AARP's network prior to the state's enrollment: Alexandria, Brooklyn Park, Duluth, Hennepin County, Lake County, Maple Grove, Minneapolis, Northfield, Oakdale, Olmsted County, Princeton, St. Cloud and Wyoming.

In 2019, Walz issued Executive Order 19-38 to establish the Governor's Council on an Age-Friendly Minnesota charged with developing recommendations to his office and the legislature. Based on those recommendations, in 2021 the Minnesota Legislature reauthorized the Council to operate through the 2024 fiscal year, appropriated \$3.9 million for its operations and local Age-Friendly grants, and directed the state to join AARP's network.

The Governor's Council on an Age-Friendly Minnesota meets on a bi-monthly basis via video conference and its meetings are open to the public, posted at www.mn.gov/dhs/age-friendly-mn.

T.H.E. BUS ROUTES & SCHEDULES

Tri-Valley Heartland Express

Please Read! All routes will arrive approximately between 10 and 11 a.m. All Routes Are Now Guaranteed! Please call by 3:00 p.m. the day before to reserve your ride.

All services will continue to be provided for the needs of grocery, pharmacy, etc. transportation.

Pennington, Marshall & Kittson Counties (800) 201-4342 Option 3
Thursday, January 27: Grand Forks
Friday, January 28: No service
Monday, January 31: No service

Tuesday, February 1: Warren City Wide 9 a.m. - 11:15 a.m., Hallock City Wide 12:15 p.m. - 2:15 p.m., Karlstad City Wide 2:45 p.m. - 4:30 p.m.

Wednesday, February 2: Bemidji

Polk, Red Lake and Clearwater Counties (800) 201-3432 Option 3

Thursday, January 27: No service

Friday, January 28: Bemidji

Monday, January 31: Grand Forks

Tuesday, February 1: No service

Wednesday, February 2: Fargo/Moorhead

At-home COVID-19 tests now covered by private health plans

Submitted by the Minnesota Department of Commerce

As of Jan. 15, 2022, costs for at-home COVID-19 tests are now required to be covered by health plans offered by insurance companies, employers and groups under actions taken by the Biden Administration to expand Americans' access to free COVID-19 testing. It is important for Minnesota consumers to follow guidelines in order to get the costs covered by your health plan.

"Testing is a vital part of stopping the spread of COVID-19. President Biden's actions to add private health plan coverage for at-home tests is one more important option to assure Minnesotans have access to COVID-19 tests at no cost to you," said Commerce Commissioner Grace Arnold.

Minnesota Department of Health Commissioner Jan Malcolm said, "We encourage you to get tested for COVID-19 if you are exposed to or feel symptoms of COVID-19, whether it's at home or at a testing site. Testing is one of the critical strategies to slow the spread and prevent further hospitalizations and deaths from this virus."

Here is a brief summary of the new health plan coverage for COVID-19 at-home tests and guidance for you to have the costs covered.

For additional details, see these Frequently Asked Questions posted by the federal Centers for Medicare and Medicaid Services.

WHAT IS COVERED?
 • Coverage is for over-the-counter COVID-19 diagnostic tests authorized, cleared or approved by the U.S. Food and Drug Administration.

• Up to \$12 (or actual cost if less than \$12) per individual test, and up to 8 tests per person per month, is covered.

• This additional cost

coverage applies to private insurers or group health plans (such as self-insured employers). It also includes MNSure private health plans for individuals.

• Different guidelines apply to Medicare and Medicaid public health plans.

HOW ARE COSTS COVERED?

#1 - Check with your health plan first: The most important guidance for Minnesotans is to check with your health plan first, prior to purchasing at-home tests, to ensure you are following the steps necessary to have your costs covered.

Find your health plan contact information by looking on the back of your health insurance card. Contact member services.

#2 - Check for direct coverage: Rather than seeking reimbursement for test costs, check with your health plan about direct coverage options, where you might be able to obtain at-home tests to be free at the point of sale, so you do not need to request reimbursement.

#3 - Follow process for reimbursement: If you pay for at-home tests out of your own pocket, you will need to find out from your health plan how to submit to get those costs reimbursed. Your health plan may require you to submit receipts for reimbursement if you pay for the tests out of pocket and send in a form.

Your health plan may still be in process of establishing how you can obtain reimbursement or direct coverage, but both options are required for health plans to offer.

Options that continue to be free of charge for Minnesota consumers for COVID-19 tests:

• Tests at state-operated testing sites, which you can obtain without scheduling in advance

• Tests you can schedule with your clinic

• Tests you can schedule with your pharmacist

A fist bump to burbot

Jump on the burbot bandwagon! That's right, many anglers seek out and enjoy catching burbot. These fish are known as very good table fare that can have a consistency similar to lobster. The state record burbot was a 19 pound, 10 ounce fish caught in 2016 on Lake of the Woods.

Burbot are no longer considered rough fish in the Minnesota fishing regulations and the species will be

listed as a game fish in the 2022 Minnesota fishing regulations booklet available this March.

Please remember that if you are not planning to use the burbot you catch, release it for others to enjoy — the same goes for any other fish you catch. It is illegal to leave fish on the ice. Also remember to check for any special regulations that apply to burbot on the water where you're fishing.

DNR seeks input on license system through Jan. 31

The Minnesota Department of Natural Resources continues to look for input on how Minnesotans currently access the electronic license system and what they want in the future as systems are modernized.

A survey that allows people to provide feedback and share their experiences is open through Monday, Jan. 31, on the engagement page of the DNR website (mndnr.gov/ELS).

"Thank you to all who have registered and taken the ELS survey," said Jenifer Wical, marketing coordinator with the Fish and Wildlife Division outreach section. "Your input is key in our efforts to gather insight on modernizing this electronic license system in Minnesota. We welcome input from anyone who hasn't yet taken the survey."

Feedback from current and potential users — including anglers, boaters, hunters and recreational vehicle operators — is critically important.

A trip down memory lane ~ 1982



LINCOLN HIGH SCHOOL VARSITY. Front row, left to right: student manager Jeff Meyers, Jim Geatz, Tom Kenville, Lee Genereux, Paul Wennberg, Doug Odegard, Rob Blankenfeld, Tom Ose, head coach Wendell Grand; middle row, left to right: assistant coach Bill Poole, Mitch

Semanko, Jeff Matson, Jerry Hallamek, Jeff Imgrund, Steve Olson, assistant coach Dave Peterson; back row, left to right: Brian Johnston, Tim Bottem, Steve Wiskow, Jim Dillon, Jeff Storhaug, Tim Bergland, Rick Engelstad, Gary Cornell, Mark Harder.

Santa letter leads to a bike/Continued

(Continued from Page 1) Milo, it warms their hearts to know they are helping a child as their mother and wife did. Sometimes Santa relies on the assistance of good people to get gifts to children who deserve them.

The bike was presented to Milo in his classroom Friday, Jan. 7. Though the Inglis family was unable to personally present the bike to



Milo Hayes (center) received a bike as part of the Judy Inglis Memorial "Bikes for Tykes" award. He is pictured with his second grade classmates at Challenger Elementary School. (Submitted)



Help sought to clean up/Continued

(Continued from Page 1) water quality is better on the Red Lake River. The Thief River influences city water more than the city would like.

Holmer and Water Systems Superintendent Wayne Johnson attended a Red River Basin Commission summit, where they had been advised to write the letter.

At the summit, they also solicited the help of a member of the International Joint Commission. He also has connections to Region 8 of the U.S. Environmental

Protection Agency. They shared the city's struggles related to the more stringent phosphorous limits imposed by the Minnesota Pollution Control Agency. Those limits are meant to decrease the amount of phosphorous that the city's wastewater treatment plant discharges into the Red Lake River. The river flows into Lake Winnipeg, which has seen a significant increase in algal blooms.

The City of Thief River Falls was among five cities in the RRBC's Northwest District whose wastewater

discharge permits began expiring in 2010. The cities face tremendous costs to curb the phosphorous discharges with little benefit, Johnson said.

In an effort to help the cities, the RRBC conducted a basinwide study to find the origin of the phosphorous. It has been determined that the bulk of the phosphorous has been coming from a watershed in southeast North Dakota, the Tamarac River region of Minnesota, and the Pembina Gorge area, Johnson said. The phosphorous has been traced to soil

erosion in those areas. Johnson and Holmer provided the board member with documentation from the local MPCA office and the Minnesota Department of Natural Resources related to the city's struggles. Johnson said he hoped their efforts draw attention to issues faced by city leaders related to the city's wastewater permit as well as issues related to the procurement of the city's drinking water.

Northwest improvements considered/Continued

(Continued from Page 1) Giffen, who started working for the city within the past six months, replied that the proposed improvements were in the city's existing five-year plans. He indicated that he had already reduced the costs of some of the proposed improvements.

Holmer indicated that he would like the Public Works Committee to look at the timing of construction projects and focus on prioritizing high-traffic roadways that need repairs.

This wasn't the first time that the council has considered a construction project in the northwest area of the city. Council member Curt Howe recalled that the city had planned to improve roadways in the entire northwest corner of the city at least three years ago. However, that plan was pushed to the back burner. This proposal is only a portion of that plan. Howe also agreed with Holmer that the council should look at other city streets.

Four dead after human smuggling incident/Continued

(Continued from Page 1) four people on the Canadian side of the border who died in the extreme weather conditions. They included two children and two adults.

Aside from the woman needing advanced care, all migrants encountered by agents during this incident were taken into custody and transported to the Pembina Station for further processing. All of the individuals had allegedly crossed into the U.S. illegally from Canada.

The human smuggling operation was uncovered after a traffic stop on a 15-passenger van less than one mile south of the U.S./Canadian border in a rural area between the official ports of entry located at Lancaster and Pembina, N.D. The driver of the vehicle was

identified as Steve Shand, 47, an American citizen whose home is located in Florida. Law enforcement asked for identification of the two passengers in the van and determined them to be undocumented Indian nationals.

Shand has since been charged in federal court with one count of knowing or in reckless disregard of the fact that an alien had come to, entered, or remained in the United States in violation of law, having transported, and moved or having attempted to transport and move such aliens.

According to court documents, law enforcement discovered cases of plastic cups, bottled water, bottled juice, and snacks located in the extreme rear of the passenger van. Law enforce-

ment also discovered receipts dated Tuesday, Jan. 18 for the drinks and snacks. They also allegedly discovered rental agreement receipts in Shand's name for the van, with the return date listed as Thursday, Jan. 20.

While Shand and the two passengers were being transported to the Pembina Border Patrol Station, law enforcement encountered the five additional Indian nationals approximately a quarter mile south of the Canadian border walking in the direction of where Shand was arrested. They appeared to be headed to an unstaffed gas plant located in St. Vincent. They explained that they had walked across the border expecting to be picked up by someone. The group esti-

mated they had been walking around for more than 11 hours. One of the group members was in possession of a backpack that didn't belong to him. He stated he was carrying the backpack for a family of four Indian nationals that had earlier walked with his group but had become separated during the night. The backpack contained children's clothes, a diaper, toys, and some children's medication.

Later during the day on Jan. 19, the U.S. Border Patrol received a report from the Royal Canadian Mounted Police that four bodies were found frozen just inside the Canadian side of the international border. The dead bodies were tentatively identified as the family of four that was separated.



The Challenger Elementary School Chocobots robotics team won the Elementary Excellence Award at the Northwest Minnesota VEX IQ Tournament on Saturday, Jan. 22 in East Grand Forks. Team members include Bryce Gregerson, Alice Neibaur and Deanna Nelson. (Submitted)

TRF youth robotics teams win awards

FMS team, a CES team win awards

On Saturday, Jan. 22, five teams from Thief River Falls participated in the Northwest Minnesota VEX IQ Tournament hosted by Central Middle School in East Grand Forks. There were three teams from Challenger Elementary School, one team from St. Bernard's Catholic School and one team from Franklin Middle School. A total of 28 middle school and elementary teams from Minnesota, North Dakota and South Dakota competed in the tournament.

Three Thief River Falls teams won awards - the FMS team won the Design Award, the CES team Chocobots won the Elementary Excellence Award and St. Bernard's Robotics is currently ranked first in skills for Minnesota elementary schools.

FMS Team XNOR includes Gunner Mapes, Clay Nelson, Casey Nelson, Tyler Erickson, Taylor Erickson, Bethany Crandall, Riley Poppitz, Aiyella Hensrud, Briley Olsonawski, Raya Dahlin, Nolan Philipp and Josiah German.

CES Chocobots include Bryce Gregerson, Alice Neibaur and Deanna Nelson.

St. Bernard's Robotics Team members include Jaxon Holter, Oliver Mooney, Isaac Philipp, Kooper

Geiser, Harlow Bruggeman, Kiera Casavan, Jona Mosher, Karter Dallmann, Tobias Sobotta, Ophelia Mooney, Elijah Williams, Ava Wolter, Veda Holter and Aubrey Paulson.

The tournament is split into two contests. The teamwork portion where teams are randomly assigned to work with another team to score as many points as possible. After each team went through six qualification rounds, the Prowler Bots from CES were ranked third, team XNOR from FMS was ranked 9th, the Chocobots from CES was ranked 10th, St. Bernard's Robotics was ranked 12th, and the Techno Bots from CES were 17th.

In the teamwork finals, the Techno Bots paired with Middle Earth Robotics C team to place third, St. Bernard's Robotics paired with the Sun Devils from Grand Forks for fourth place, The Prowler Bots paired with the Riverside Rams for fifth place, and team XNOR paired with the Chocobots for sixth place.

The second part of the competition was the skills competition. In the skills competition, the teams are given up to three chances to compete in driver-controlled skills and three chances to compete in autonomous skills. The highest scores from each are then combined for the total skills score.

St. Bernard's Robotics was able to score a total of 66 points (28 programming, 38 driver) and ended the

tournament in third place. The Techno Bots scored 63 points (32 programming, 31 driving) for fourth place. The Prowler Bots scored a total of 43 points (17 programming, 26 driver) for sixth place. Team XNOR scored a total of 36 points (6 programming, 30 driver) for ninth place, The Chocobots scored a total of 23 points (10 programming, 13 driver) for 11th place.

Along with the on-field competition, there are also judged awards in which the students present an engineering notebook for review as well as interview with judges at the competition. Team XNOR won the Design Award. VEX Robotics defines the award as the Design Award recipient demonstrates the ability to implement the most effective and efficient robot design process. Their Engineering Notebook and discussion with the judges will demonstrate the team's ability to produce a quality robot with minimal adult assistance." Winning the design award automatically qualifies the team to attend the Minnesota State Championships in March.

Also winning a judge's award was the Chocobots, which won the Elementary Excellence Award. VEX Robotics defines the Excellence Award as "the highest award presented in the VEX IQ Challenge. This award is presented to a team that exemplifies overall excellence in creating a high quality VEX robotics program. This team is a strong contender in numerous award categories." This award also qualifies the team to compete at the Minnesota State Championships in March.

At the end of the tournament, St. Bernard's Robotics team ranks first in the elementary skills ranking. The Techno are currently third, Prowler Bots 10th, and the Chocobots are ranked 22nd. Team XNOR is currently ranked eighth in the Minnesota middle school skills rankings.

The next tournament for the middle school will be Saturday, Feb. 5 at South Middle School in Grand Forks. The following weekend will be a home tournament for all teams at Franklin Middle School on Saturday, Feb. 12.



XNOR, a Franklin Middle School robotics team, won the Design Award at the Northwest Minnesota VEX IQ Tournament on Saturday, Jan. 22 in East Grand Forks. Team members include (front row) Bethany Crandall, Riley Poppitz, Aiyella Hensrud, Nolan Philipp; (back row) Gunner Mapes, Clay Nelson, Casey Nelson, Tyler Erickson, Taylor Erickson, Briley Olsonawski, Raya Dahlin and Josiah German. (Submitted)

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Five TRF wrestlers win titles at Prowler Invite

Five Thief River Falls wrestlers won championships to lead the Prowlers at the 15th Annual Prowler Invite held Saturday, Jan. 22 at the Ralph Engelstad Arena in Thief River Falls.

Minnewaska Area won the team title after outscoring the Prowlers 171.0 to 158.0. Crookston and Badger/Greenbush-Middle River rounded out the top four with 116.5 and 87.5 points, respectively.

"It was a good tournament, especially considering the weather and other cancellations; every weight class had good matches," said Thief River Falls Head Coach Kenny Geiser.

Winning championships for the Prowlers were Kale Geiser at 138 pounds, Griffin Lundeen at 152, Cody Wiene at 160, Damon Ferguson at 170 and Jolson Sargent at 220.

"Kale had a good tournament in a deep weight class," Kenny Geiser said. "He really wrestled offensively against the Minnewaska kid, scoring from every position. He may not have dominated the Crookston wrestler, but looking at all the scores from the weight class, he had the most dominating day."

"Griffin continues to get better and more dominant. He won the pinners award and was never in danger all day. Great effort in practice has really been equating to results on the mat."



Thief River Falls senior Cody Wiene locks up his go-to turn, a spladle, during his third round match against Crookston's Cody Ness. Wiene won the match by fall on his way to claiming an individual championship at 160 pounds. (Photo by Jim Hustad)

"Cody Wiene has really been wrestling well. His defense is much improved as well as his scrambling. He is such a savvy wrestler and adept at winning the close matches, like against the Walker kid - he stays in great position and counters so well. He is a tough guy to

beat right now. "Damon Ferguson had a dominating day in a tough weight class. He had a major decision over the two-seed and a 7-2 win over the one-seed, who is ranked in state. His ability to score in different ways on his feet help him

win in a bunch of different ways and compete against any style.

"Jolson Sargent did Jolson type things. He pinned his way thru the tourney, wrestled with some funk on the mat, and moved his feet well from neutral. He also earned

his 50th career pin."

Colin Bruggeman came close to making it six individual championships after taking second at 285 pounds.

"Colin Bruggeman wrestled well enough to win a title, but came up just short," Geiser said. "He had a great

match against the BGMR heavyweight - he gave up a 4 point move on an arm and leg roll which was the difference. He has certainly closed the gap on some of these better heavyweights. I am proud of the effort he has been giving us in the room and on the mat."

Finishing third for the Prowlers were Nick Svir at 113, Noah Jacobson at 120, Owen Dvorak at 126, Ethan Lane at 145 and Carter Engbretson at 195. The Prowlers got fourth place finishes from Maverick Iverson at 106, Riley Poissant at 160 and Kehan Nelson at 170.

Prowler Invite

1. Minnewaska Area 171.0; 2. Thief River Falls 158.0; 3. Crookston 116.5; 4. Badger/Greenbush-Middle River 87.5; 5. Walker-Hackensack-Akeley/Nevis 50.0; 6. Grand Forks Red River 28.0; 7. Fertile-Beltrami 23.0; 8. Blackduck/Cass Lake-Bena 6.0; 9. All Saints Home School 4.0.

106 - Maverick Iverson (19-12) placed 4th and scored 11.0 team points. Quarterfinal - Evin Trudeau (Crookston) 28-9 won by major decision over Maverick Iverson (Thief River Falls) 19-12 (MD 10-2); Cons. Round 1 - Maverick Iverson (Thief River Falls) 19-12 won by fall over Owen Lund (Badger-GB-MR) 7-9 (Fall 2:10); Cons. Semi - Maverick Iverson (Thief River Falls) 19-12 won by decision over Emmitt Isane (Badger-GB-MR) 8-8 (Dec 4-1) 3rd Place Match - Evin Trudeau (Crookston) 28-9 won by decision over Maverick Iverson (Thief River Falls) 19-12 (Dec 7-1).

113 - Nick Svir (6-4) placed 3rd and scored 7.0 team points. Round 1

[Continued on page 11]

TRF SPORTS

Wednesday, Jan. 26

■ Basketball - NCTC Women vs. Itasca 5:30 p.m.; NCTC Men vs. Itasca 7:30 p.m.

Thursday, Jan. 27

■ Wrestling - LHS Triangular vs. United Clay Becker, Fergus Falls 5 p.m.

Friday, Jan. 28

■ Basketball - LHS Boys vs. Bemidji 7:30 p.m.
■ Hockey - LHS girls vs. St. Cloud Cathedral 5:15 p.m.; LHS Boys vs. Greenway 7:30 p.m.
■ Wrestling - LHS at Walker-

Hackensack-Akeley Invitational 1 p.m.

Saturday, Jan. 29

■ Basketball - LHS Girls vs. Hawley 12:30 p.m.; NCTC Women at Rainy River 1 p.m.; NCTC Men at Rainy River 3 p.m.

■ Hockey - LHS Girls vs. Sartell 12:30; LHS Boys vs. Hibbing 2:30 p.m.

Monday, Jan. 31

■ Basketball - LHS Boys vs. Crookston 7:30
■ Hockey - LHS Girls vs. East Grand Forks 7:30 p.m.

Boys Basketball Prowlers snap skid with win over Rams

Thief River Falls snapped a two-game losing streak with a 64-29 road win over the Roseau Rams Thursday night.

The Prowlers built a 30-19 lead after pulling away at the end of the first half and poured it on the second half with a 34-10 advantage over the final 18 minutes.

The Prowlers shot over 41 percent as a team and decisive advantages in rebounds (42-33), steals (23-8) and turnovers (15-33).

Jack Manning led all scorers with 14 points. Also in double figures for the Prowlers were Jesse McDougall and Jack Rosendahl, with 12 points each.

The Rams' top scorer was Wyatt Aronson with 11 points.

The Prowlers improved to 8-3 with the win, while the Rams fell to 1-10.

Scoring

1 2 3 T
Thief River Falls30 34 64
Roseau19 10 29

TRF - Dylan Hahn 2, Jack Onkka 7, Jack Rosendahl 11, Zachary Wikert 2, Caleb Rosendahl 8, Brady Olson 4, Trevor Rose 4, Jack Manning 14, Jesse McDougall 12.

Roseau - Jordan Borowicz 5, Steele Walsh 5, Mitch Laznicka 3,

Wyatt Anderson 11, Ben Butler 2, Jake Borowicz 3.

Section 8AA

Overall	W	L	QRF
DGF.....	6	3	74.8
Perham.....	7	4	72.7
Warroad.....	14	3	67.5
Pelican Rapids.....	10	3	67.2
Fergus Falls.....	7	6	65.7
Barnesville.....	8	4	62.2
Thief River Falls.....	8	3	61.2
Hawley.....	3	3	58.5
Park Rapids Area.....	8	3	55.9
Menahga.....	7	6	44.4
East Grand Forks.....	7	5	44.5
Red Lake.....	4	7	30.7
Wadena-Deer Creek.....	8	8	29.7
Frazee.....	3	7	26.7
Crookston.....	2	11	22.5
Roseau.....	1	10	18.4

Scores

■ Monday, Jan. 17 - Minneapolis North 84, East Grand Forks 33; Park Rapids Area 76, Menahga 57; Badger/Greenbush-Middle River 80, Crookston 38.

■ Tuesday, Jan. 18 - St. Cloud Tech 87, Fergus Falls 47; Warroad 101, International Falls 62; Park Rapids Area 66, Staples-Motley 48; Pelican Rapids 64, Barnesville 59.

■ Thursday, Jan. 20 - Dilworth-Glyndon-Felton 85, Hawley 79; Henning 49, Menahga 37; Verndale 58, Wadena-Deer Creek 56; Pelican Rapids 55, Breckenridge 43; Thief River Falls 64, Roseau 29; Warroad 78, Stephen-Argyle 56.

■ Friday, Jan. 21 - Fergus Falls 58, Willmar 51; Park Rapids Area 67, Aitkin 56; East Grand Forks 73, Grafton/St. Thomas 71.

■ Saturday, Jan. 22 - St. Peter 78, Perham 72; Red Lake County 85, Crookston 53.

Thief River Falls outlasted Northern Lakes 6-4 in a boys hockey matinee at the Breezy Point Hockey Arena in Pequot Lakes.

The homesteading Lightning struck first with a goal by Colton Craig at the halfway point of the opening period.

The Prowlers answered a little over three minutes later, with Morgan Rude scoring his sixth goal of the season with 5:28 left to play in the opening period.

The Lightning answered 29 seconds before the first intermission with Zach Ehnstrom finding the net.

The Prowlers took control of the game with three goals in the second period. Max Arlt tied the game with his third marker of the season 3:33 into the second act.

Brendan Bottem gave the Prowlers their first lead with a power play goal with 2:04 left to play in the second period. Nine seconds later Tysen Loeffler made it 4-2 in favor of the Prowlers with the first of his two goals on the night.

Bottem opened the scoring for the Prowlers in the third period with his team-leading 15th goal of the season. Bottem's goal gave the Prowlers a 5-2 lead with 12:36 left to play.

Taylor Berg scored 19 seconds later to get the Lightning back to within two goals.

Loeffler scored a short-handed empty net goal with 36 seconds left to give the Prowlers a 6-3 lead.

Tyler Seeling scored for the Lightning with 19 seconds left to round out the scoring.

Recording assists for the Prowlers were Loeffler (3), Brady Skeim (2), Bottem (2), Arlt and Jace Erickson.

The Prowlers and Lightning combined for an impressive 106 shots on goal, with the Prowlers holding a 57-49 edge.

Thief River Falls improved to 7-8 with the win, while Northern Lakes fell to 9-7 with the loss.

The Prowlers were back in action both Monday night and Tuesday night. Thief River Falls traveled to Kittson Central on Monday night for a make-up game from Jan. 18. On Tuesday night, Thief River Falls traveled to Little Falls to make up Friday night's game that was postponed due to inclement weather.

Scoring

1 2 3 T
Thief River Falls1 2 3 6
Northern Lakes2 0 2 4

First period - 1. N. Colton Craig (Jameson St. Clair, Isaac Peterson)

7:13; 2. TRF, Morgan Rude (Tysen Loeffler, Brady Skeim) 10:32; 3. N. Zach Ehnstrom (St. Clair) 16:31.

Second period - Second period - 4. TRF, Max Arlt (Brendan Bottem, Loeffler) 3:33; 5. TRF, Bottem (Arlt, Jace Erickson) 14:56; 6. TRF, Loeffler (Skeim) 15:05.

Third period - Third period - 7. TRF, Bottem (Loeffler) 4:24; 8. N. Taylor Berg (Tyler Seeling, Christian Crutcher) 4:43; 9. TRF, Loeffler (Bottem) 16:24; 10. N. Seeling (Isaac Peterson, St. Clair) 16:41.

Shots - TRF 15-24-18 - 57; Northern Lakes 14-14-21 - 49. Power plays - TRF 1/2; Northern Lakes 0/3.

Penalties - TRF 3 (6 minutes); Northern Lakes 5 (10 minutes) Goalie saves - NL, Ethan Kunz 51; TRF, Brett Holmer 45

Mariucci Conference

Conf.	all pts
Warroad.....	5-0-0 16-2-0 10
Roseau.....	3-1-0 13-3-0 6
Thief River Falls.....	3-3-0 7-8-0 6
Bemidji.....	2-3-0 6-9-1 4
East Grand Forks.....	2-3-0 5-10-0 4
Moorhead.....	1-1-0 15-5-0 2
Crookston.....	0-5-0 2-12-1 0

Results

■ Tuesday, Jan. 18 - Moorhead 5, Fargo Davies 4.

■ Thursday, Jan. 20 - Crookston 5, Bagley/Fosston 4.

■ Friday, Jan. 21 - Moorhead 5, Grand Rapids 4; Wayzata 6, Roseau 4; Warroad 9, Duluth Denfeld 1.

■ Saturday, Jan. 15 - Moorhead 3, Duluth East 2; Prior Lake 7, East Grand Forks 1; Wayzata 3, Warroad 0; Little Falls 10, Crookston 0; Thief River Falls 6, Northern Lakes 4.

TRF JV Hockey Update

Jan. 15 vs. Bemidji

	1	2	3	T
Bemidji JV.....	3	2	0	5
Thief River Falls JV.....	1	0	0	1

First period - Bemidji, Riley Branch (Ethan Biggen) 5:37; TRF, Braydin Spears (Reece Janisch) 8:57; Bemidji, Peyton Neadeau (Boston Smith) 10:09; Bemidji, Peyton Neadeau (Ryan Loene) 11:59. Second period - Bemidji, Carson

Boys Hockey

Prowlers skate to high-scoring road win

Maish (Shorthanded) (Gunnar Olson, Peyton Neadeau) 0:16; Bemidji, Peyton Neadeau (Carson Maish, Gunnar Olson) 13:05.

Third period - No Score
Shots - Bemidji - 16-15-14 - 45; TRF - 1-4-1 - 6.
Power plays - Bemidji 0/2; TRF 0/5.

Penalties - Bemidji 5 (10 minutes); TRF, 2 (4 minutes)
Goalie saves - Bemidji 5; TRF, Conner Roff 40.

Jan. 22 at Northern Lakes

	1	2	3	T
Thief River Falls JV.....	1	1	1	3
Northern Lakes JV.....	0	1	0	1

Northland women remain unbeaten in conference play

The Northland women's basketball team dominated the opening quarter of Saturday's MCAC North game between the Pioneers and Mesabi Range Lady Norse and never looked back on its way to a 50-31 win.

The Pioneers outscored the Lady Norse 20-5 in the opening quarter and they added to the lead in both the second and third quarters to lead by 20 with 10 minutes left to play.

Kasey Stegman and Chloe Kuznia led a balanced scoring effort for the Pioneers. Stegman scored 11 points and added five rebounds and four assists, while Kuznia scored 10 points with three rebounds. Jackie Lynn Taflin had a big day on the boards for the Pioneers, collecting 16 rebounds to go with six points.

The Pioneers (10-8 overall, 3-0 conference) return to their home court Wednesday

night against Itasca (2-11, 2-1).

Scoring

	1	2	3	4	T
Northland.....	20	9	12	9	50
Mesabi Range.....	5	7	9	10	31

Northland - Chloe Kuznia 10, Jackie Lynn Taflin 6, Macy Skyberg 7, Kasey Stegman 11, Keylee Dahl 7, Lexie Benke 3, Vivian Coan 6.

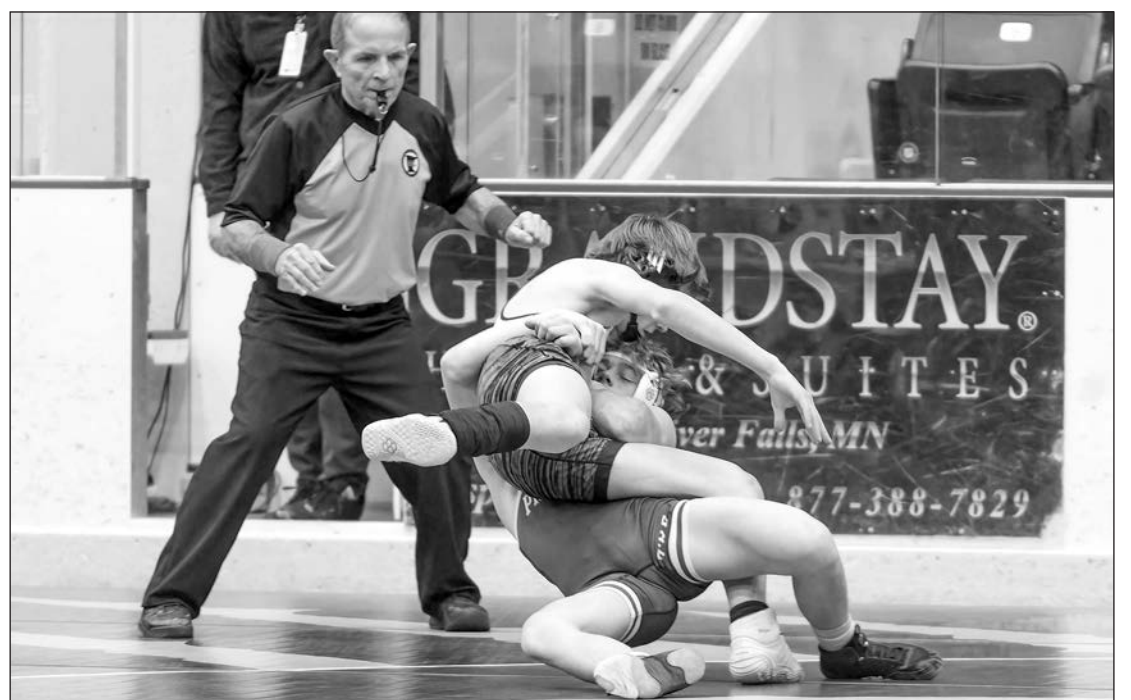
Mesabi Range - Bonnie Taylor 6, Alani Pettis 5, Sophia Christofferson 2, Christianna Monger 6, Sakhia Howard-Reynolds 8, Amelia Fritz 2, Wnter Sainio 2.

MCAC Northern Division Women

Division	Overall
W L W L	
Northland.....	3 0 10 8
Rainy River.....	2 1 7 8
Itasca.....	2 1 2 11
Mesabi Range.....	1 2 3 9
Hibbing.....	0 4 0 7

MCAC Southern Division Women

Division	Overall
W L W L	
Rochester.....	4 0 11 4
Minnesota West.....	4 1 8 10
Anoka-Ramsey.....	3 1 12 2
Riverland.....	3 2 10 2
Western Tech.....	2 3 6 9
MS-Fergus Falls.....	1 2 7 5
St. Cloud.....	0 4 7 5
Ridgewater.....	0 4 2 8



Thief River Falls freshman Noah Jacobson locks up an armbar tilt while returning BGMR's Christian Berg to the mat during their third round bout at 120 pounds. Jacobson pinned Berg on his way to a third place finish in the five-man round-robin. Thief River Falls finished second overall in the tournament behind Minnewaska Area. (Photo by Jim Hustad)

Men's Basketball

Pioneers defeat Norse for third straight conference win

The Northland men's basketball team pulled away from Mesabi Range during the five-minute overtime period to claim a 74-67 road win Saturday in Virginia.

The Pioneers held a slight 29-27 advantage after one half was in the books, but the Norse rallied with a 32-30 edge in the second half to force overtime.

Mesabi Range's Mark Campbell II led all scorers with 17 points and 13 total rebounds.

Five Northland players finished in double figures. Starters Quincy Leday and Zack Meyer each scored 14 points, with Leday adding Meyer adding six rebounds and three assists. Jaylen Webb also reached the 14-point mark while playing more than 30 minutes in a non-starting role. Also in double figures for the Pioneers were Ashawn Phillips with a 13-point, 11-rebound double-double, and D'Mani [Continued on page 11]

TRF Skating Club holds Future Stars Competition



Pictured from left to right are Thief River Falls Skating Club members who competed in the Future Stars competition.: front row: Isabella Johnsrud, Aurora Lilienthal-Grenier; back row: Nevada Bothum, Zoey Rushman, Chloe Swanson, Genevieve McMullen, Maddie David. Not pictured: Joselynn Vedbraaten, Lillian Homme, and Gabriella Galvan. (Submitted)

The Thief River Falls Skating Club Future Stars competition was held on Sunday, Jan. 9, 2022 at the Ralph Engelstad Arena in Thief River Falls.

- TRF results**
- Nevada Bothum: Basic 5 – Basic Elements - placed fifth; Basic 5 USA Program with Music – placed third;
 - Madelyn David: Excel Pre-Preliminary – Free Skate – placed third; Excel Pre-Preliminary – Free Skate – placed second;
 - Gabriella Galvan: Snow-Plow Sam – USA Program with Music – Placed first;
 - Lillian Homme: Excel Beginner – Free Skate – Placed third;
 - Isabella Johnsrud: Basic

- 2 – Basic Elements – Placed first; Basic 2 – USA Program with Music – Placed third;
- Aurora Lilienthal-Grenier: Basic 2 – USA Program with Music – Placed fourth;
- Genevieve McMullen: Basic 6 – Basic Elements – Placed first; Basic 6 – USA Program with Music – Placed second;
- Zoey Rushman: Pre-Free Skate – USA Program with Music – Placed second;
- Chloe Swanson: Pre-Free Skate – USA Program with Music – Placed first;
- Joselynn Vedbraaten: Basic 3 – Basic Elements – Placed third; Basic 3 – USA Program with Music – Placed fourth.

TRF skaters compete in EGF

Thief River Falls skaters competed in the 30th Annual Northern Star International Skating Competition held Thursday, Jan. 13 through Sunday, Jan. 16 at the East Grand Forks FWF Arena and Civic Center.

- TRF results**
- Madelyn David: Bronze Solo Pattern Dance third place; Excel Pre-Preliminary Free Skate fourth place; Excel Pre-Preliminary Compulsory first place;
 - Jaelyn Novak: Bronze Solo Pattern Dance fourth place; Excel High Beginner Compulsory second place; Excel High Beginner Free Skate first place;
 - Eleanor Brickson: Pre-Silver Solo Pattern Dance first place;
 - Mikaleena Bernier: Excel Pre-Preliminary Free Skate sixth place; Excel Pre-Preliminary Compulsory fifth place;
 - Lilly Beavis: Excel Preliminary Free Skate fourth place; Excel Preliminary Compulsory fifth place; Preliminary Show Case first place.

- Abigail Bieganeck: Excel Preliminary Free Skate first place;
- Caitlynn Ellison: Excel Pre-Juvenile Free Skate ninth place; Pre-Juvenile Compulsory fifth place; Silver Solo Pattern Dance sixth place;
- Kaitlyn Kruse: Excel Pre-Juvenile Free Skate fourth place; Pre-Gold Solo Pattern second place;
- Natalie Novak: Excel Pre-Juvenile Free Skate fifth place; Pre-Juvenile Compulsory third place;
- Emma Christianson: Excel Juvenile Free Skate first place; Juvenile/Open Juvenile Compulsory first place;
- Jacey Novak: Excel Juvenile Free Skate fifth place; Pre-Juvenile Compulsory sixth place; Pre-Gold Solo Pattern first place;
- Brooklyn Bakke: Excel Novice Free Skate fourth place; Novice Compulsory second place;
- Elsie Stromlund: Excel High Beginner Compulsory third place; Excel High Beginner Free Skate second place.

Pioneers defeat Norse /Continued

[Continued from page 10] Nettles with 10 points. The Pioneers (7-8 overall, 3-2) look to extend their conference winning streak to four games when they host Itasca (10-9, 4-2) on Wednesday. Tipoff is set for 7:30 p.m.

Scoring

	1	2	ot	T
Northland	29	27	15	74
Mesabi Range	27	32	8	67

Northland - Quincy Leday 14, D'Mani Nettles 10, Ashawn Phillips 13, Zack Meyer 14, Kenny Placide 1, Ryan England 8, Jaylen Webb 14.

Mesabi Range - Lyric Radford 9, Grentrel Carter 13, Mark Campbell II 17, Nataj Sanders 8, Ziaire Davis 5, Mayan White 6, Arius Spearman 5, Taquarius wair 4.

MCAC Northern Division Men

	Division		Overall	
	W	L	W	L
Rainy River	6	0	13	4
Itasca	4	2	10	9
Central Lakes	4	2	8	10
Northland	3	2	7	8
Mesabi Range	3	3	5	12
Hibbing	2	4	5	10
Fond du Lac	1	5	5	10
Vermilion	0	5	0	15

MCAC Southern Division Men

	Division		Overall	
	W	L	W	L
Riverland	4	0	16	1
Rochester	5	1	15	4
St. Cloud	3	2	7	4
Ridgewater	3	3	12	4
Anoka-Ramsey	3	3	10	9
Western Tech	2	4	6	12
MS-Fergus Falls	0	3	6	9
Minnesota West	0	4	3	13



Pictured from left to right are TRF skaters who compted at the 30th Annual Northern Star International Skating Competition Thursday, Jan. 13 through Sunday, Jan. 16: front row - Mikaleena Bernier, Elsie Stromlund, Madelyn David, Jaelyn Novak, Brooklyn Bakke; back row - Caitlynn Ellison, Emma Christianson, Natalie Novak, Eleanor Brickson, Jacey Novak, Kaitlyn Kruse. Not pictured are Abigail Bieganeck and Lily Beavis. (Submitted)

Five TRF wrestlers win titles /Continued

[Continued from page 1] Gavyn Hlucny (Crookston) 24-8 won by fall over Nick Svir (Thief River Falls) 6-4 (Fall 1:55); Round 2 - Chase Smith (Minnewaska Area) 22-2 won by fall over Nick Svir (Thief River Falls) 6-4 (Fall 4:31); Round 3 - Nick Svir (Thief River Falls) 6-4 won by decision over Elliott Isane (Badger-GB-MR) 6-13 (Dec 7-0).

120 - Noah Jacobson (14-11) placed 3rd and scored 5.0 team points. Round 1 - Nick Ankeny (Minnewaska Area) 21-5 won by fall over Noah Jacobson (Thief River Falls) 14-11 (Fall 2:30); Round 3 - Noah Jacobson (Thief River Falls) 14-11 won by decision over Christian Berg (Badger-GB-MR) 4-11 (Dec 8-5); Round 4 - Dawson Megee (Walker-Hack-Akeley-Nevis) 25-4 won by major decision over Noah Jacobson (Thief River Falls) 14-11 (MD 13-3); Round 5 - Noah Jacobson (Thief River Falls) 14-11 won by fall over Tyler Henderson (Fertile-Beltrami) 13-14 (Fall 2:46).

126 - Owen Dvorak (3-18) placed 3rd and scored 0.0 team points. Round 1 - Jayson Crow (Minnewaska Area) 1-1 won by decision over Owen Dvorak (Thief River Falls) 3-18 (Dec 11-10); Round 3 - Jayce Kovarik (Minnewaska Area) 7-3 won by fall over Owen Dvorak (Thief River Falls) 3-18 (Fall 0:32).

132 - Eli Wilebski (0-3) placed 6th and scored 3.0 team points. Quarterfinal - Callen Whitney (Walker-Hack-Akeley-Nevis) 18-7 won by fall over Eli Wilebski (Thief River Falls) 0-3 (Fall 1:12); Cons. Round 1 - Eli Wilebski (Thief River Falls) 0-3 received a bye; Cons. Semi - Brogan Beito (Badger-GB-MR) 9-12 won by fall over Eli Wilebski (Thief River Falls) 0-3 (Fall 0:35); 5th Place Match - Casey Weiland (Crookston) 23-8 won by fall over Eli Wilebski (Thief River Falls) 0-3 (Fall 2:25).

138 - Kale Geiser (27-7) placed 1st and scored 15.5 team points. Round 2 - Kale Geiser (Thief River Falls) 27-7 won by fall over Anthony Peralta (Thief River Falls) 0-4 (Fall 0:46); Round 3 - Kale Geiser (Thief River Falls) 27-7 won by fall over Wesley Ramberg (Fertile-Beltrami) 5-10 (Fall 0:35); Round 4 - Kale Geiser (Thief River Falls) 27-7 won by decision over Carter Coquette (Crookston) 25-9 (Dec 2-1); Round 5 - Kale Geiser (Thief River Falls) 27-7 won by tech fall over Mason Schiffler (Minnewaska Area) 19-7 (TF-1.5 5:32 (18-2).

138 - Anthony Peralta (0-4) placed 5th. Round 1 - Wesley Ramberg (Fertile-Beltrami) 5-10 won by fall over Anthony Peralta (Thief River Falls) 0-4 (Fall 0:22); Round 2 - Kale Geiser (Thief River Falls) 27-7 won by fall over Anthony Peralta (Thief River Falls) 0-4 (Fall 0:46); Round 3 - Carter Coquette (Crookston) 25-9 won by tech fall over Anthony Peralta (Thief River Falls) 0-4 (TF-1.5 2:34 (17-2); Round 4 - Mason Schiffler (Minnewaska Area) 19-7 won by fall over Anthony Peralta (Thief River Falls) 0-4 (Fall 1:35).

145 - Brennen Johnson (4-7) placed 6th. Quarterfinal - Max McCarthy (Grand Forks Red River) 13-9 won by fall over Brennen Johnson (Thief River Falls) 4-7 (Fall 3:21); Cons. Round 1 - Brennen Johnson (Thief River Falls) 18-13 won by decision over Brennen Johnson (Thief River Falls) 4-7 (Dec 4-0); 5th Place Match - Myles Reichmann (Minnewaska Area) 8-13 won by fall over Brennen Johnson (Thief River Falls) 4-7 (Fall 4:46).

145 - Ethan Lane (18-13) placed 3rd and scored 14.0 team points. Quarterfinal - Ethan Lane (Thief River Falls) 18-13 won by fall over Myles Reichmann (Minnewaska Area) 8-13 (Fall 1:02); Semifinal - Ethan Lane (Thief River Falls) 18-13 won by fall over Ethan Lane (Thief River Falls) 18-13 (Fall 5:33); Cons. Semi - Ethan Lane (Thief River Falls) 18-13 won by decision over Brennen Johnson (Thief River Falls) 4-7 (Dec 4-0); 3rd Place Match - Ethan Lane (Thief River Falls) 18-13 won by decision over Max McCarthy (Grand Forks Red River) 13-9 (Dec 6-4).

152 - Ridge Fisher (0-4) placed 5th. Round 1 - Payden Yeats (Walker-Hack-Akeley-Nevis) 6-21 won by fall over Ridge Fisher (Thief River Falls) 0-4 (Fall 1:04); Round 2 - Braxton Volker (Crookston) 23-10 won by fall over Ridge Fisher (Thief River Falls) 0-4 (Fall 1:18); Round 3 - Griffin Lundeen (Thief River Falls) 29-2 won by fall over Ridge Fisher (Thief River Falls) 0-4 (Fall 0:14); Round 5 - Nathan Dell (Minnewaska Area) 11-11 won by fall over Ridge Fisher (Thief River Falls) 0-4 (Fall 0:24).

152 - Griffin Lundeen (29-2) placed 1st and scored 18.0 team points. Round 2 - Griffin Lundeen (Thief River Falls) 29-2 won by fall over Payden Yeats (Walker-Hack-

Akeley-Nevis) 6-21 (Fall 0:47) Round 3 - Griffin Lundeen (Thief River Falls) 29-2 won by fall over Ridge Fisher (Thief River Falls) 0-4 (Fall 0:14); Round 4 - Griffin Lundeen (Thief River Falls) 29-2 won by fall over Nathan Dell (Minnewaska Area) 11-11 (Fall 2:53); Round 5 - Griffin Lundeen (Thief River Falls) 29-2 won by fall over Braxton Volker (Crookston) 23-10 (Fall 4:36).

160 - Riley Poissant (1-3) placed 4th. Round 1 - Spencer Ness (Crookston) 20-15 won by fall over Riley Poissant (Thief River Falls) 1-3 (Fall 2:34); Round 2 - Cody Wienen (Thief River Falls) 18-3 won by fall over Riley Poissant (Thief River Falls) 1-3 (Fall 1:56); Round 3 - Riley Poissant (Thief River Falls) 1-3 won by medical forfeit over Levi Qualley (Fertile-Beltrami) 10-10 (M. For.); Round 4 - Ficher Smith (Walker-Hack-Akeley-Nevis) 23-7 won by fall over Riley Poissant (Thief River Falls) 1-3 (Fall 1:55).

160 - Cody Wienen (18-3) placed 1st and scored 16.0 team points. Round 2 - Cody Wienen (Thief River Falls) 18-3 won by fall over Riley Poissant (Thief River Falls) 1-3 (Fall 1:56); Round 3 - Cody Wienen (Thief River Falls) 18-3 won by fall over Spencer Ness (Crookston) 20-15 (Fall 1:36); Round 4 - Cody Wienen (Thief River Falls) 18-3 won by medical forfeit over Levi Qualley (Fertile-Beltrami) 10-10 (M. For.); Round 5 - Cody Wienen (Thief River Falls) 18-3 won by decision over Ficher Smith (Walker-Hack-Akeley-Nevis) 23-7 (Dec 4-2).

170 - Damon Ferguson (19-7) placed 1st and scored 16.5 team points. Round 1 - Damon Ferguson (Thief River Falls) 19-7 won by major decision over Dalton Friedrichs (Minnewaska Area) 18-6 (MD 15-4); Round 2 - Damon Ferguson (Thief River Falls) 19-7 won by decision over Ethan Waage (Badger-GB-MR) 15-4 (Dec 7-2); Round 3 - Damon Ferguson (Thief River Falls) 19-7 won by tech fall over Kehan Nelson (Thief River Falls) 0-3 (TF-1.5 5:39 (19-4).

170 - Kehan Nelson (0-3) placed 4th. Round 1 - Ethan Waage (Badger-GB-MR) 15-4 won by fall over Kehan Nelson (Thief River Falls) 0-3 (Fall 3:07); Round 2 - Dalton Friedrichs (Minnewaska Area) 18-6 won by fall over Kehan Nelson (Thief River Falls) 0-3 (Fall 3:08); Round 3 - Damon Ferguson (Thief River Falls) 19-7 won by tech fall over Kehan Nelson (Thief River

Falls) 0-3 (TF-1.5 5:39 (19-4). 182 - Josh Herrera (0-3) placed 4th and scored 4.0 team points. Round 1 - Caleb Vacura (Badger-GB-MR) 17-1 won by tech fall over Josh Herrera (Thief River Falls) 0-3 (TF-1.5 2:00 (15-0); Round 2 - Chase Boelke (Minnewaska Area) 17-7 won by fall over Josh Herrera (Thief River Falls) 0-3 (Fall 0:26); Round 3 - Hunter Knutson (Crookston) 15-12 won by fall over Josh Herrera (Thief River Falls) 0-3 (Fall 0:40).

195 - Carter Engbretson (19-9) placed 3rd and scored 18.0 team points. Quarterfinal - Carter Engbretson (Thief River Falls) 19-9 won by fall over John Bjerke (Grand Forks Red River) 4-9 (Fall 1:40); Semifinal - Nathan Rankin (Minnewaska Area) 17-7 won by fall over Carter Engbretson (Thief River Falls) 19-9 (Fall 3:45); Cons. Semi - Carter Engbretson (Thief River Falls) 19-9 won by fall over Damien Tuura (Badger-GB-MR) 3-4 (Fall 0:48); 3rd Place Match - Carter Engbretson (Thief River Falls) 19-9 won by fall over Tyler Stuharg (Fertile-Beltrami) 14-8 (Fall 1:56).

220 - Jolson Sargent (26-10) placed 1st and scored 18.0 team points. Round 2 - Jolson Sargent (Thief River Falls) 26-10 won by fall over Nathan Keiser (Walker-Hack-Akeley-Nevis) 14-12 (Fall 1:38); Round 3 - Jolson Sargent (Thief River Falls) 26-10 won by fall over Hunter Kresl (Crookston) 7-18 (Fall 1:35); Round 4 - Jolson Sargent (Thief River Falls) 26-10 won by fall over Tyreese Goodman (Blackduck-Cass Lake Bena Bears) 16-15 (Fall 5:10); Round 5 - Jolson Sargent (Thief River Falls) 26-10 won by fall over Micah Herbel (Fertile-Beltrami) 12-10 (Fall 5:46).

285 - Colin Bruggeman (18-12) placed 2nd and scored 12.0 team points. Round 1 - Colin Bruggeman (Thief River Falls) 18-12 won by fall over James Flynn (Fertile-Beltrami) 17-12 (Fall 0:45); Round 2 - Colin Bruggeman (Thief River Falls) 18-12 won by fall over Dane Patten (Walker-Hack-Akeley-Nevis) 9-12 (Fall 2:00); Round 4 - Colin Bruggeman (Thief River Falls) 18-12 won by fall over Brady Blair (Minnewaska Area) 10-10 (Fall 3:09); Round 5 - Nathan Waage (Badger-GB-MR) 15-6 won by decision over Colin Bruggeman (Thief River Falls) 18-12 (Dec 4-2).

TRF girls hockey team blanked by strong Davies squad

Thief River Falls was held scoreless by unbeaten Fargo Davies in a girls hockey contest Thursday night at Scheels Arena in Fargo, N.D. The Eagles methodically took control of the game with single tallies in the first and second periods. Olivia Opheim scored first for the Eagles at 4:20 in the opening period. Twenty-seven minutes later, Mathilde Vetter scored an unassisted goal to give the Eagles a 2-0 lead. The Eagles broke the game open in the third with three goals in a span of 2:18. Scoring goals for the Eagles were Olivia Beaton at 6:04; Taylor Severson at 6:43 and Morgan Sauvageau at 8:22 to conclude the scoring. Fargo Davies improved to 13-1-0 with the win, while the Prowlers fell to 4-11-2 with the loss.

First period - First period -- 1. FD, Olivia Opheim (Lucy Paul, Mathilde Vetter) 4:20.

Second period - 2. FD, Vetter 14:30.

Third period - 3. FD, Olivia beaton (Paul) 6:04; 4. FD, Taylor Severson (Morgan Sauvageau, Sandra Simpson) 6:43; 5. FD, Sauvageau PP (Sage Kracke, Kaylie Zimmerman) 8:22.

Shots - TRF 7-5-4 - 16; Fargo Davis 11-21-16 - 48.

Power plays - TRF 0/0; Fargo Davis 1/2.

Penalties - TRF 2 (4 minutes); Fargo Davis 0 (0 minutes).

Goalie saves - FD, Noelle Lewis 7-5-4 -16; TRF, Bella Berziksi 10-20-9 - 39; Bell Hamre 0-0-4 - 4.

Scoring

	1	2	3	T
Thief River Falls	0	0	0	0
Fargo Davis	1	1	3	5

Greater Minnesota Conf. overall pts

Warroad	7-0-0	16-2-1	14
Roseau	7-3-0	11-8-1	14
Moorhead	5-1-0	13-8-0	10
Crookston	2-3-1	9-5-1	5
East Grand Forks	2-4-0	4-9-0	4
Bemidji	1-7-1	3-13-2	3
Thief River Falls	1-7-0	4-11-2	2

Results

- Thursday, Jan. 20 - Fargo Davies 5, Thief River Falls 0; Fargo North/South 3, East Grand Forks 2.
- Saturday, Jan. 22 - Crookston 15, International Falls 0; Roseau 2, Brainerd/Little Falls 1; Warroad 3, Moorhead 2.

TRF YOUTH HOCKEY

Squirt A

- Saturday, Jan. 22 - TRF 5, Cloquet 1. TRF goals - Jaden Bienek, Easton Gonsorowski (3), Hudson Eidelbes; TRF assists - Jackson Sorvig, Hudson Eidelbes; TRF goalie saves - Teagan Marsden N/A.
- Saturday, Jan. 22 - TRF 5, Proctor 4. TRF goals - Jackson Sorvig, Easton Gonsorowski (3), Beckem Johnson; TRF assists - Jaden Bienek (2), Ryker Copp; TRF goalie saves - Teagan Marsden N/A.
- Sunday, Jan. 23 - TRF 4, Virginia 1. TRF goals - Jaden Bienek, Easton Gonsorowski, Luke Kelly, Kyle Peralta; TRF assists - Easton Gonsorowski, Jaden Bienek, Kyle Peralta; TRF goalie saves - Teagan Marsden N/A.

- Record 15-5-0.
- **Squirt B Blue**
- Sunday, Jan. 23 - TRF 4, Hallock 3. TRF goals - Jace Sands, Bryton Jadeke, Logan Banasau (2); TRF goalie saves - Rowan Mossestad 29.
- **Squirt B Black Pizza Hut**
- Sunday, Jan. 23 - Hallock 5, TRF 4. TRF goals - Chase St. Germain (4); TRF assists - Landon Brown, Odin Anderson; TRF goalie saves - Rowan Mossestad N/A.
- 10UA
- Sunday, Jan. 23 - TRF 4, Warroad 4. TRF goals - Charleigh Hamre (2), Kiptyn Anderson, Maizey Zeigler; TRF assists - Adalyn Johnson and Charleigh Hamre; TRF goalie saves - Liesel Kahlhamer 27.
- Record: 4-8-3.

TRF BOWLING

Commercial League

	W	L
Bray Construction	149	107
Get-R-Done Taxidermy	141	115
R&G Ag Service	140	116
Budget	133	123
CSP Delivery	119.5	136.5
Sorter-Rude Const.	116.5	139.5
Farmers Insurance	114	142
TRFord/Universal	111	146

■ High Game - Mike Kloety 234, Steve Kloety 234, Jeff Langlie 229.

■ High Series - Zane Hawk 626, Jason Olson 625, Mike Kloety 604.

Elks

	W	L
Elk-Oholics	10	2
Steam Rollers	8	4
Bean Counters	6	6
Antlers	6	6
Hoofs	5	7

Pocket Pounders57

Rocky Mountain Oysters57

Horns39

■ High Game - Tim Erickson 226, Scott Muzzy 223, Jason Olson 223.

■ High Series - Scott Muzzy 633, Tim Erickson 603, Jason Olson 594.

Service League

	W	L
MoTown	47	16
Beito Repair	35	28
Demolition	35	28
The Times	26.5	36.5
Zutz Farms	25	38
Sundance Dining	20.5	42.5

■ High Game - Jason Haglund 246, Jason Olson 235, Ron Zutt 223.

■ High Series - Jason Haglund 666, Jason Olson 622, Ron Zutt 588.



DAVID HILL
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Editorial opinion published under this heading is intended to stimulate thinking and discussion among our readers. Unless specified otherwise, the editorials are written by Editor Dave Hill and do not represent opinion of other staff members. Opinions in items from other publications may not coincide with the editor's own views but are offered for their general interest.

A warm sense of community

We celebrated Ice Fest in Thief River Falls recently. It was a weekend full of activities - a bike ride, winter morning trail run, snowshoeing, hockey games, skating and more. I guess I was a little disappointed in the turnout. The temperature was above zero, which was good given the two or three weeks of below zero temps we'd experienced already, but the wind turned outdoor activities into a "character building" experience.

Why do we say that? Why do we say being outside when it's below zero degrees Fahrenheit is character building? We accept it like it's going to influence our DNA - make us tougher, more resilient. You know, the "That's why we moved here" expression.

There are lots of benefits to community festivals. They provide

opportunities to connect with people of similar interests, build social understanding, stimulate the economy, bring people to our community, help develop new and existing skills, and enhance everyone's sense of community - the "we're in this together to support each other" feeling. Cool. We need that. If only there was more of that in the world.

It also helps fight that mid-winter in northwestern Minnesota feeling that has each of us asking "Why do I live here?"

I would like to thank the organizers for putting in the time and effort to help us shake off the snow from our boots and the icicles out of our beards. It should have given us all a warm sense of community.

Embracing

How do we react to new people?

When I hear someone is from somewhere in the southern part of the U.S., like Arizona, Texas or Florida, and has moved to northwestern Minnesota in the winter, one eyebrow usually lifts up as if to say, "Well, that's interesting." Next, I often say, "I wonder if they have any idea what they're getting themselves into?" Then, I wonder if they're in witness protection; and, as some sort of joke or punishment, they were sent here ... in the winter. I don't have any relatives in witness protection. I don't have any experience with it. I would categorically deny it if I did. My next thought is one of concern. Do they need a coat? Are they suffering from a mental health crisis and in need of counseling?

There are lots of benefits to living here and we just have to remind ourselves of that every so often. There's abundant natural resources. Within a few short minutes we can be in a park or wildlife refuge where

we can see deer, moose, turkeys and more. We can ride snowmobiles - through town; we can ice skate on the river, go cross-country skiing or sledding. We also have hockey, skating, basketball, volleyball, swimming, and great educational systems. We also have great health care services that are easily accessible, business people eager to provide services and products, and lots of civic groups and organizations ready and eager to involve everyone in the community. And when we look at our housing in comparison to that found in much larger communities, ours is a lot more affordable. I also think living in smaller, rural communities is generally safer than living in large metropolitan areas.

Sometimes, in the greatest depth of winter, we forget all the benefits we enjoy. It's important we not lose sight of that and also make sure we're welcoming and inclusive to new arrivals.

It is kind of entertaining to watch them try to adjust.



Walz, Flanagan announce plan to expand economic opportunity

Gov. Tim Walz and Lt. Gov. Peggy Flanagan have announced a series of proposals to expand economic opportunity in Minnesota as part of the Walz-Flanagan Budget to Move Minnesota Forward. The series of supplemental budget proposals includes delivering \$700 million in direct payments to Minnesotans through Walz Checks. This announcement follows the roll out of their 2022 Local Jobs and Projects Plan last week.

"To continue growing Minnesota's economy, we must invest in the people who made it strong in the first place," said Walz. "By investing in workforce development, cutting taxes for the middle class and working families, lowering costs, and expanding access to resources like technical education and high-speed broadband, we will improve economic prosperity across the state and grow the workforce we need to compete."

Walz continued, "This plan builds our economy by putting people - our strongest asset - at the center of the blueprint. Right now, we have a remarkable opportunity to give money back to middle class Minnesotans, working families, and small businesses. In this budget, if you are a frontline worker with children, earning up to \$70,000 per year, you will get about \$2,000 back in your pocket."

Flanagan said, "During the COVID-19 pandemic, we have seen economic inequities exposed and exacerbated - for frontline workers, for young people, for immigrants and BIPOC [Black, Indigenous and People of Color] communities, and for small, family-owned businesses. Our plan to expand economic opportunity will help ensure we are meeting the needs of all Minnesotans in a 21st century economy. When we pursue strategic and equitable investments in our economic future, we aren't just recovering from the pandemic - we're coming back stronger than ever."

Walz Checks
The Walz-Flanagan budget proposes delivering \$700 million in direct payments to Minnesotans through Walz Checks. Over the past two years, Minnesotans have continued to drive the state's economy forward. As a result, Minnesota has a historic surplus. Walz and Flanagan propose distributing Walz Checks of up to \$350 for Minnesotans. Single tax filers earning up to \$164,400 would receive a payment of \$175. A married couple filing jointly earning up to \$273,470 would receive a payment of \$350. More than 2.7 million Minnesota households would receive a Walz Check under this proposal.

Advance workforce development
The Walz-Flanagan

budget invests in effective, equity-centered workforce development strategies to increase prosperity and economic vitality for Minnesotans statewide, especially in industries hardest hit by the COVID-19 pandemic. Walz and Flanagan propose a \$1 billion investment to provide payments to frontline workers and a \$115 million investment to retain those who provide life-sustaining care for people with disabilities, older adults, people with behavioral health needs, and people experiencing homelessness. They also propose critical investments to revitalize the health care workforce, expand dual-training programs for high-need career areas like manufacturing, agriculture, health care, and information technology, and advance technology re-skilling training. The Walz-Flanagan budget invests in the University of Minnesota and the Minnesota State systems to help maintain the state's reputation as a national leader in research and innovation by addressing the rising cost of attendance to make higher education more attainable. Additionally, the budget invests \$15 million in one-time funding to modernize the Department of Employment and Economic Development's workforce system to best serve Minnesota jobseekers with upgraded digital tools that bring the resources Minnesotans can get in-person, virtually.

Increase educational opportunities

The Walz-Flanagan budget recommends \$10 million annually to expand rigorous coursework and career and technical education for historically underserved students and students in Greater Minnesota. It also recommends a \$15 million investment in the Tech Youth Training program - to prepare the future of our workforce, Black, Indigenous and People of Color (BIPOC) students and youth to meet the demands of Minnesota's growing tech industry and leave the program with connections to employers ready to hire into the highest-paying career tracks in the state.

Lower costs for consumers

In order to permanently lower home energy bills and ensure more Minnesotans can succeed in the 21st century economy, Walz and Flanagan propose additional investment in the Weatherization Assistance Program, which will save money and save energy for about 7,000 income-eligible Minnesotans by making their homes more energy efficient and safer. The proposal permanently lowers home energy costs by 20 to 30% for Minnesotans who pay at least two times higher for energy bills than the average household. It also

reduces demands on the state's overall energy infrastructure.

Cut taxes for families and small businesses

Walz and Flanagan propose reducing taxes for families and small businesses to help level the playing field for the middle class and allow workers to keep more of their income. Their budget makes a one-time investment of \$2.73 billion to replenish the Unemployment Insurance Trust Fund, which would prevent pandemic-related tax increases for businesses. To provide tax cuts for middle class families with child care costs, the budget recognizes the challenges of the current environment by increasing the income threshold and maximum credit amount for Minnesota's Dependent Care Credit, providing tax cuts to more Minnesota taxpayers. This proposal would also update Minnesota's Newborn Credit to be available for all taxpayers regardless of marital status. Additionally, the budget proposes to increase eligibility for Minnesota's K-12 Education Credit to ensure families and students are able to afford the supplies necessary to get a world-class Minnesota education.

Ensure broadband access

The Walz-Flanagan budget invests \$170 million to finish the job of bringing border-to-border broadband access to all Minnesotans. Over the past two years, the need for high-speed, high-quality broadband has grown dramatically. Through the past several years of the state's border-to-border broadband program, about 93% of Minnesota households have reliable broadband. The investment, which would remain a competitive matching fund grant program, would finally pave the way for achieving the state's goal of providing every Minnesotan with reliable broadband.

Foster business development statewide

To prioritize economic growth and build on Minnesota's existing ecosystem of high tech, high innovation companies, Walz and Flanagan recommend allocating \$7 million for the Angel Tax Credit in FY23 and \$10 million in FY24-25. The program is Minnesota's primary economic development tool to assist early-stage businesses engaged in technological innovation by providing a tax credit to investors or investment funds that make an equity investment. They also propose investing \$5 million in the Launch Minnesota program to expand supports for our startup ecosystem and launch an accelerator to help startups scale in Minnesota.

Support farmers and livestock producers
Agriculture is one-fifth of Minnesota's economy - that

means investing in the futures of farmers and livestock producers to support a strong ag economy supports a strong Minnesota economy. Walz and Flanagan are proposing an investment of \$10 million to help Minnesota farmers and livestock producers who suffered losses caused by the severe drought this past growing season, including \$5 million in rapid response grants to livestock producers and specialty crop growers and \$5 million for the Rural Finance Authority's Disaster Recovery Loan Program.

The Walz-Flanagan Budget proposes \$3 million to support and expand the state's overall livestock processing capacity, \$3 million to help small to medium-sized meat processors attract and retain employees who conduct the critical work of maintaining our food supply, and \$3 million to help small to medium-sized meat processors attract and retain employees who conduct the critical work of maintaining our food supply.

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POLICIES

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If individuals request their letters printed "as is" they will be deemed a paid advertisement and must appear in a box.

Letters Must Be Signed: All letters must be signed and contain an address or phone number of the writer so authenticity can be verified.

Signatures must appear on letters published. The staff believes that there is greater credibility in letters signed in print and will not withhold names of writers from publication.

Responses Invited: Letters critical of individuals or other entities may be shown to those individuals or representatives of those entities in advance of publication with an invitation by newspaper staff for response in the same issue as the original letter.

Corrections: If an error is made in news or advertising publication, the staff encourages readers to call it to our immediate attention by calling 681-4450. We will attempt to correct the error or clarify the misunderstanding in the next issue.

Deadline: The deadline for letters to the editor is 10 a.m. on Mondays.

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Thief River Falls Times/Northern Watch Classifieds

218-681-4450

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28,000
Readers Throughout the Region

PLACE YOUR AD

...By Phone 218-681-4450
Monday-Thursday • 8 a.m. - 5 p.m.; Friday • 8 a.m. - 3 p.m.

...By Fax 218-681-4455
Monday-Friday • 24 Hours/7 Days

...By E-mail classified@trftimes.com
24 Hours/7 Days

...By Mail or In Person
P.O. Box 100
324 Main Ave. N.
Thief River Falls, MN 56701
Monday-Thursday • 8 a.m. - 5 p.m.; Friday • 8 a.m. - 3 p.m.

MAIL, FAX & WEB ORDERS:

Include the following information:
• Full name, address and payment
• Date(s) you want the ad to appear
• Name and daytime phone number for any questions or clarifications

AD DEADLINES:

The Times - Monday, 10 A.M.;
Northern Watch - Wednesday, 2 P.M.

Name _____
Address _____
City _____
State _____ Zip Code _____ Phone _____
If you wish to have your name, address and telephone number in the ad, please write it on the numbered line

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15 - \$6.00
16	17	18	19	20
21	22	23	24	25 - \$7.25
26	27	28	29	30
31	32	33	34	35 - \$8.50

Make Check Payable to The Times, P.O. Box 100, Thief River Falls, MN 56701

Check or Money Order Enclosed
 Card # _____ Expiration Date _____

**PRIVATE PARTY
AD RATES:**

15 Words
\$6.00 Per Publication

\$1.25 ea. additional 10 words

Run **3** Issues
4th One FREE*

- The Times
 Northern Watch
 Both (Times & Watch)

*Cash or Check Only

VIP Executive Director

Violence Intervention Project, serving victims of domestic and sexual violence in Red Lake, Pennington, Marshall, Kittson and Roseau Counties, is seeking a full-time Executive Director with both proven management and leadership experience. The Executive Director will: supervise 15 to 18 employees, prepare and monitor an annual organizational budget, secure grant funding to serve VIP's clients, lead local fund-raising efforts in support of VIP's mission, conduct regular staff meetings promoting professional development and teamwork. Starting salary commensurate with experience.

For detailed job description, visit:
violenceintervention.org

Submit a resume with references and a statement of qualifications to: Personnel Committee
Violence Intervention Project,
PO Box 96, Thief River Falls, MN 56701
Accepting applications until the position is filled.

Red Lake Falls ISD #630 is taking applications for three
Paraprofessionals
at J.A Hughes Elementary School
These positions are open until filled.
Benefits Available

Call 218-253-2161 for more information
or pick up an application at the District Office,
404 Champagne Avenue, or online at
<https://www.redlakefalls.k12.mn.us/employment-opportunities>.

RLF ISD #630 is an equal opportunity provider and employer.

A&W is seeking
Full-Time & Part-Time Help
Pay starting at \$14.00 per hour
• College fund* after 60 days trial period for every hour worked

Stop in and apply today at the A&W located inside the Cenex Travel Plaza
1930 Hwy 59 SE Thief River Falls 218-681-7441

*Must quit on good terms or fund is void.

PARADIS INC. 218-698-4613



Paradis Inc. - Brooks, MN is looking for Drivers.

Health Insurance ♦ Paid Vacation ♦ 401k with company match

Positions available:

- Local run Monday-Friday. Home every day. Must have passport or enhanced driver's license. Must be able to enter Canada under the current COVID-19 guidelines.
- Full-Time OTR Drivers (flexible dispatching)
- Part-Time Drivers
- Owner Operators

Qualifications:

- Must have Class A CDL
- 2 years driving experience
- Acceptable driving record

For more information please call Paradis Inc. 218-698-4613 or email bruce@paradisinc.com

\$2,000 Sign On Bonus for full-time company drivers

The following position is available in School District #564, Thief River Falls, MN:

MECHANIC

Effective: Immediately

Duties: Perform cleaning, service, and repair on transportation vehicles to ensure safety of operation and to meet State inspections. Drive school bus when needed as a substitute and other duties as assigned.

Requirements: Experience working with diesel engines, electronic controls and air brakes. Minnesota school bus endorsement preferred, otherwise must have the ability to obtain. Must have working computer knowledge and experience.

Pay and Benefits: Per negotiated contract

Application Deadline: Open until filled

Online Application available on the School District Website:
<http://www.trf.k12.mn.us> > Employment

Independent School District 564 is an equal opportunity educator and employer.

HELP WANTED: Multiple Positions
available with both Part-Time and Full-Time opportunities.

Competitive starting wages, paid-time off along with paid holidays.
Part-time positions great for students with flexible after school hours.

Stop in at Oil Boyz Express Lube across from L&M Fleet to apply and ask for Corey.
1536 Hwy 59 SE • Thief River Falls • 218-681-4555

Goodridge Public School is seeking a Transportation Supervisor beginning the 2022-2023 school year.

Candidates must either have or be willing to obtain a bus license. Additional duties will be assigned based on the candidate's experience and education. For more information and application contact

Tomas Loberg, Superintendent, Goodridge Public School,
PO Box 195, Goodridge, MN 56725.
Phone: 218-378-4134, email: tomas.loberg@goodridgeisd561.org
Open until filled.
Equal Opportunity Employer

PENNINGTON HEALTH SERVICES
DBA Thief River Care Center

- PT Basic Care Assistant
- FT/PT Housekeeping & Laundry
- FT/PT Activity Aide
- FT/PT CNAs, PM & NOC
\$2,000 SIGN-ON BONUS
\$18.03 STARTING
- FT/PT Nurses PM & NOC
\$3,000 SIGN-ON BONUS
\$23.02 STARTING FOR LPNS

- Shift differential
- Experience pay
- Nursing scholarship

Apply online at www.phs.sfhs.org

FULL-TIME CIRCULATION & CUSTOMER SERVICE

person needed in our busy office

Must have computer experience, excellent phone skills and attention to detail. Responsibilities include maintaining subscriber accounts, postal reports, printing mailing labels, handling customer concerns and other duties as assigned. Position requires a multi-tasker with willingness to learn.

We offer a competitive wage and a great benefits package in a fun, relaxed environment. NO NIGHTS or WEEKENDS!

Submit resume or fill out an application at:
The Times • 324 Main Ave. North • Thief River Falls, MN 56701 (218) 681-4450 or kathy@trftimes.com

MATTRACKS

RUBBER TRACK CONVERSIONS

Mattracks, the industry leader in rubber tracks and conversions for four-wheel drive vehicles, is seeking career-minded employees to add to its already impressive workforce in Karlstad, MN

INVENTORY CONTROL & PURCHASING

This fast-growing international company has a full-time position available in its Production Department for Inventory Control and Purchasing. The position will assist in implementing and maintaining a comprehensive Inventory Control system. Collaborate with Production Manager in purchasing inventory when needed. Applicant should have good understanding of ERP processes, a minimum of 3 years experience in Inventory Control and good working knowledge of Manufacturing processes.

OTHER AVAILABLE OPENINGS

- In-House Sales Position(s)
- Supply Chain Coordinator
- Machine Operators
- Production Assistant

Mattracks is proud to offer a Competitive Salary, Medical, Dental and Life Insurance, PTO, UTO, Retirement Plan - Full-time, Monday-Friday, 8AM - 5PM
APPLY ONLINE AT WWW.MATTRACKS.COM/CAREERS

BORDER BANK

Relationship Specialist (Teller)

Border Bank is now hiring! We're looking for a personable and energetic Relationship Specialist at our Greenbush and Thief River Falls banks.

The primary responsibility as a Relationship Specialist is to provide an exceptional customer service experience, expand customer relationships and attract additional customers to Border Bank. This position is responsible for handling customer transactions such as: taking deposits, withdrawals, and transfers. Support customers with maintenance questions concerning their accounts to include balance inquiries, statement requests, address changes, check orders and the like.

The position is Full-Time, working occasional Saturdays. Come join our great Border Bank team and a family friendly organization!

If interested, please go to:
<https://www.border.bank/My-Bank/Careers> to apply!

Our Benefit Package includes:

- PTO, Paid Holidays
- Medical, Dental
- Employer contribution to employee H.S.A.
- Bank Paid Life Insurance and LTD
- 401(k) employer match
- Wellness Benefits
- And much more

Border Bank is an Equal Opportunity Employer.

Northern Woodwork, Inc. has an opening for an Administrative Support Specialist

Position includes working with our estimating department staff processing manufacturing documents, data entry, record keeping, and other business office tasks.

Full-time position, Paid PTO, Paid Holidays, Profit sharing/bonus, 401K program, Health insurance.

Part-time will be considered.

Please send resume to:
Corey@northernwoodworkinc.com

Or apply in person at:
Northern Woodwork, Inc.
Complete Casework & Millwork Packages Since 1920

1581 Hwy 59 SE, Thief River Falls, MN 56701
www.northernwoodworkinc.com

ALTOZ ALWAYS AHEAD
CENTRAL BOILER
WOODMASTER

Full & Part-Time Positions in our Greenbush and Red Lake Falls Locations:
Assemblers, Machine Operators, Shipping, Welders & More!

\$2,500 HIRING BONUS

Starting pay up to \$21.00/hr. based on the position and experience.

Apply online at CentralBoiler.com
Greenbush & Red Lake Falls, MN • (800) 248-4681

StarTribune TOP 175 WORKPLACES 2021

CHIEF STRATEGY OFFICER

Northland Community and Technical College is currently accepting applications for a Chief Strategy Officer.

- Location: Selected candidate will choose location. Options include East Grand Forks, MN and Thief River Falls, MN
- Work Schedule: Monday-Friday - 8:00AM-4:30PM
- Salary Range: \$69,971-\$111,957

Application Procedure: Please apply online <https://northlandcollege.peopleadmin.com/postings/1554>. Online applications must include (please note your application will not be accepted without the following): Cover letter of interest, Resume, Copy of all college transcripts.

Application Deadline: Open until filled, screening begins 2/3/2022

NORTHLAND COMMUNITY & TECHNICAL COLLEGE
Member of the Minnesota State Colleges and Universities.

An Affirmative Action/Equal Opportunity Employer. Women, minorities and individuals with disabilities are encouraged to apply.

DEPUTY ASSESSOR-APPRAISER

Pennington County is accepting applications for the full-time position of Deputy Assessor-Appraiser. This position is responsible for locating and appraising real property or personal property for tax assessment purposes according to State and County guidelines.

Pennington County offers excellent benefits including health insurance, life insurance, and retirement pension. This position features a pay range of \$21.94 to \$28.21 per hour.

A detailed job description and application can be obtained in the County Assessor's Office, 101 Main Avenue N., Thief River Falls, MN 56701 or online at:
<http://co.pennington.mn.us>, click on 'employment'.
Application deadline: Open until filled

PENNINGTON COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER.

Domino's Is Hiring Delivery Drivers

*Days/Nights/Weekends
Earn up to \$25 per hour
or more!*

Apply in person or at jobs.dominos.com
209 Brooks Ave. N., Thief River Falls

LOOKING TO HIRE
Thief River Glass is looking for hard working individuals to fill the following positions:
•Glazers • Auto Glass
• An Experienced Construction Worker
Benefit package offered

Thief River
GLASS Inc.
NGA Certified Installer

Please Apply in person
418 Atlantic Ave N.
218-681-1333

NOW HIRING PRODUCTION WORKERS

Nordic Fiberglass, Inc. is now accepting applications for full-time production workers at our Hwy. 75 South, Warren, MN location. We are the leading manufacturer of fiberglass products for the underground electrical utility industry and have been in business for over 50 years.

- Starting wage is \$18.75/hr. with the potential to earn \$19.75/hr. after the first 6 months.
- 3 Day Weekends, 4 Day Work Week, Monday-Thursday (7 a.m.- 5:30 p.m.), Overtime available, but not required

Benefits include:

- PTO (Paid Time Off), 6 Paid Holidays, Health/Life Insurance, Profit-sharing Retirement Plan

Great opportunity for long term job stability with great benefits!
<https://www.nordicfiberglass.com/employment>

NORDIC FIBERGLASS, INC. *Nordic Fiberglass, Inc. is a drug free workplace and a drug screening will be required at the time of job offer.*

ALTOZ ALWAYS AHEAD
CENTRAL BOILER
WOOD MASTER

Senior Buyer

Central Boiler Companies, Inc. is seeking a dynamic Senior Buyer to lead the sourcing efforts for Central Boiler, Altoz, and WoodMaster. In this role you will own/manage relationships between Central Boiler Companies and vendors. Focus on cost savings initiatives, make vs buy, and on-time deliveries to support production and service. This position can be based out of our Greenbush or Red Lake Falls facility.

Qualified applicants can visit CentralBoiler.com to fill out an application and mail, fax or e-mail resumes to:
Central Boiler Companies, Inc.
20502 160th St., Greenbush, MN 56726
Phone: 218-782-2575
Fax: 218-782-3998
Email: employment@centralboiler.com

CentralBoiler.com Altoz.com WoodMaster.com

Red Lake Falls ISD #630 is taking applications for a
Long-Term Elementary Teacher
at **J.A. Hughes Elementary School**
beginning April 11, 2022. First year teacher contract pay with sick leave and personal time pro-rated.

Please submit credentials to:
Chris Bjerklie
J.A. Hughes Elementary School
PO Box 7, Red Lake Falls, MN 56750
or cbjerklie@redlakefalls.k12.mn.us

ISD #630 is an equal opportunity provider and employer.

**DEPENDABLE
HELP WANTED**

DUTIES INCLUDE: Working On The Automatic Inserter, Bagging, Mailing Newspapers and Various Other Duties Around Busy Newspaper Shop. Opportunities for Advancement.

REQUIREMENTS: Ability To Lift 60 Lbs. Repetitively; Willingness to Learn. Must Be 18 Yrs. Or Older. Criminal Background Check a Valid Driver's License required.

STOP IN AND FILL OUT AN APPLICATION AT

Thief River Falls Times and WATCH
324 Main Avenue North • Thief River Falls, MN • (218) 681-4450

FULL-TIME DEPUTY RECORDER/AUDITOR-TREASURER

Pennington County is seeking candidates for a Full-Time Deputy Recorder/Auditor-Treasurer. Duties of this position include, but are not limited to: real estate document processing and recording, vital statistics, real estate and genealogy searches, notary services, accounts payable/receivable, receipt tax payments, and elections assistance.

Pennington County features a competitive benefit package, including: health insurance, life insurance, retirement pension, sick and vacation leave, and 11 paid holidays. Hours of this position are Monday through Friday, 8 a.m. to 4:30 p.m. This is a non-union position featuring a wage range of \$20.27 to \$26.04 per hour.

Applicants should possess a two-year degree in Accounting, Business, or related field and 1-2 years of related experience; relevant experience may substitute for degree.

Applications and a complete job description are available in the Pennington County Auditor-Treasurer's Office, 101 Main Ave N, Thief River Falls, MN 56701 or online at: <http://co.pennington.mn.us>.

Application deadline: February 1st, 2022, 4:30 p.m.
PENNINGTON COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER

Miscellaneous

TICKET ROLLS! 2,000 Per Roll, Single And Double Rolls. The Times, 324 Main Ave. N., TRF, 681-4450. 2tfe

ALUMINUM SHEETS

23x35", 0.008" Thick, 75¢ Each. Available At The Times, 324 Main Avenue North, TRF. (Call Ahead To Check Availability And For Large Quantities.) Call 218-681-4450. 2tfe

Help Wanted

HELP WANTED

Production Workers at TRF Pallet, making wood pallets and crates.

Call Dan at 218-689-0508

FAMILY CHIROPRACTIC in Warren Hiring RN/LPN

- NO Evenings/NO Weekends
- Holidays OFF and paid
- Vaccine exemptions accepted

Drop off your resume or email to joleen@optimal-health.co
subject line: RN/LPN Position
603 N Main Street • Warren, MN

Looking to hire a Part-Time Bookkeeper
20-30 Hours/Week
Mostly Mornings Flexible Hours

See Scott to pick up an application at **FARMERS UNION OIL**
Thief River Falls 681-3512

FULL-TIME CUSTODIAN I

Pennington County is seeking applicants for the position of Full-Time Custodian I. No previous cleaning experience is required but applicants must possess a high school diploma or GED. This position will perform general cleaning duties and work Monday through Friday beginning at 2:30 p.m. each day.

Pennington County offers a competitive wage and benefits package, including health and life insurance, retirement pension, paid vacation and sick leave, and eleven paid holidays. This position features a competitive wage and includes a shift differential.

Applications and a complete job description are available in the Pennington County Auditor-Treasurer's Office, 101 Main Ave N, Thief River Falls, MN 56701 or online at: <http://co.pennington.mn.us>. Click on 'Employment'.

Application deadline: Position open until filled.
PENNINGTON COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER

DEAN OF STUDENT AFFAIRS

Northland Community and Technical College is currently accepting applications for a Dean of Student Affairs.

- Location: Selected candidate will choose location. Options include East Grand Forks, MN and Thief River Falls, MN
- Work Schedule: Monday-Friday – 8:00AM-4:30PM
- Salary Range: \$75,216-\$120,349

Application Procedure: Please apply online
<https://northlandcollege.peopleadmin.com/postings/1555>.
Online applications must include (please note your application will not be accepted without the following): Cover letter of interest, Resume, Copy of all college transcripts.

Application Deadline: Open until filled, screening begins 2/7/2022

NORTHLAND COMMUNITY & TECHNICAL COLLEGE
An Affirmative Action/Equal Opportunity Employer. Women, minorities and individuals with disabilities are encouraged to apply.
Member of the Minnesota State Colleges and Universities.

The following position is available in School District #564, Thief River Falls, Minnesota:

SPECIAL EDUCATION PARAPROFESSIONAL

Effective: January 4, 2022
Franklin Middle School
Hours: 6-7 hours/day – Student Days
Duties: Work under the direction of the special education and/or regular education teacher to assist in providing supervision and educational instruction for student(s) with special needs in various programs; assist with transportation needs (arrival/departure) when assigned; participate in a variety of school activities as requested; and, assist with medical management needs and duties non-academically related when assigned. Duties may range from classroom, individual student, and other duties as assigned.
Requirements: Possess educational skills to provide assistance to students individually and in groups. Current First Aid and CPR certification preferred. Position requires standing and/or walking for most of the work shift and may require lifting of up to 50 pounds unassisted and 100 pounds assisted.
Salary and Benefits: Per negotiated contract.
Application Deadline: Open until filled.

Online Application available on the School District Website:
<http://www.trf.k12.mn.us> > Employment

Providing a community partnership focused on quality learning. Independent School District 564 is an equal opportunity educator and employer.

CEG
Consolidated Equipment Group LLC

Currently Hiring: Production Workers \$2000 Sign On Bonus

Consolidated Equipment Group, LLC is currently hiring Production workers. Production workers should have experience in any or all of the following areas: Welding, Powder Paint and Assembly. Applicants should be capable of lifting 50 pounds, be detail oriented, show a mechanical aptitude and be willing to flex where needed. Consolidated Equipment Group, LLC is a leading manufacturer of skid steer and compact tractor attachments and has been designing, building, and selling quality equipment for over 70 years. Large Night Shift Differential and 4 day work week! We offer a competitive benefits package that includes medical, dental, vision, disability, life insurance, paid time off, as well as a 401K plan with 3% company contribution.

Please apply at: www.erskineattachments.com/careers

Help Wanted

Pomp's
TIRE SERVICE, INC.

TIRE TECHNICIAN

Responsibilities include:
All Tire Service, General Mechanical Service & Mobile Truck Service

TO APPLY, STOP IN AND SEE JERRY DESCHENE
or visit www.pompstire.com/careers
EEO Employer/ AA: M/F/Vets/Disabled

(218) 681-2656
220 HORACE AVE. N.
THIEF RIVER FALLS

H & S CONSTRUCTION
is looking for:

- CONCRETE LABORERS
- CONCRETE FINISHERS
- CONCRETE FOREMAN

Excellent Pay & Full Benefits
CALL 218-686-9308

POSITION AVAILABLE
Northwest Regional Library has an openings for
Part-Time Library Associate
at the Thief River Falls Public Library
Evening and weekend hours averaging 7-14 hours a week.
Hourly wage of \$15.07/ hour with benefits.

Duties: Provides assistance at the circulation desk, assists patrons with selection of materials, and participates in special library programs.

Qualifications:
Positive attitude, good customer service and computer skills. Requires H.S. diploma.

Accepting applications until positions are filled.

Applications and complete job descriptions available online at www.nwrlib.org or at the Thief River Falls Public Library.

Return application to the
Thief River Falls Public Library,
Attn: Linda Gilbertson
102 First Street East
P.O. Box 674
Thief River Falls, MN 56701

POSITION AVAILABLE

The Northwest Regional Library has openings for Substitutes at the Thief River Falls Public Library. Hourly wage of \$11.25, hours vary as needed.

Duties include helping patrons locate library materials, assisting them with computers and staffing the circulation desk. A High School Diploma, good computer and customer service skills required.

Accepting applications until positions are filled. Applications and complete job descriptions available online at www.nwrlib.org or at the Thief River Falls Public Library.

Return application to the Thief River Falls Public Library
Attn: Linda Gilbertson
102 First Street East
P.O. Box 674
Thief River Falls, MN 56701

BLACK CAT
SPORTS BAR & GRILL

is seeking applicants for
FT & PT Cooks

Evenings and weekends
Experience preferred but willing to train the right person.

Competitive Pay!
Apply in person to AI at 1080 Hwy 32 South
Thief River Falls
(No phone calls please)

TRF VFW Post 2793 is now hiring an
Assistant Gaming Manager
up to 32 hours/week
Monday - Saturday mornings
Stop in for an application at the
VFW
POST #2793
THIEF RIVER FALLS
123 Horace Ave N 681-6764

HIRING

Full-Time Welders & Laborers
10 hour shifts Monday - Thursday
Holidays, vacation and health insurance benefits after probationary period.
For application email:
briar@lindholmwelding.com
or stop by
Lindholm Welding
1325 N. Main Ave., Thief River Falls, MN

HIGHWAY EQUIPMENT OPERATOR

The Pennington County Highway Department will be accepting applications for the position of Highway Equipment Operator until 10:00 AM February 11, 2022. A detailed job description and application can be obtained at the **Office of the County Engineer at 250 125th Avenue NE** (behind Westside Motors) in Thief River Falls, MN or by mail by calling (218) 683-7017.

High School diploma or equivalent desirable. Minimum of three years operating light to heavy construction and maintenance equipment and vehicles. Possession of a valid State of Minnesota Class "A" Commercial Drivers License required. May be required to obtain endorsements as delegated after employment. May be required to obtain commercial applicator's license as assigned.

Starting wage is \$20.76

PENNINGTON COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER.

OFFICE & ADMIN. SPECIALIST INTERMEDIATE, OUTREACH SERVICES SPECIALIST

Northland Community and Technical College is currently accepting applications for an Office & Admin. Specialist Intermediate, Outreach Services Specialist.

- Location: Selected candidate will choose location. Options include East Grand Forks, MN and Thief River Falls, MN
- Work Schedule: Monday-Friday – 8:00AM-4:30PM

Application Procedure: Please apply online
<https://mn.gov/mmb/careers/>
with the following Job ID 52066.

Application Deadline: Open until filled, screening begins 1/31/2022

NORTHLAND COMMUNITY & TECHNICAL COLLEGE
An Affirmative Action/Equal Opportunity Employer. Women, minorities and individuals with disabilities are encouraged to apply.
Member of the Minnesota State Colleges and Universities.

Help Wanted

REGISTERED NURSE: Bemidji Assisted Living Is Looking For A Part-Time RN 2-3 Days Each Week. Duties Include: Admission Paperwork, Assessments, Medication Program Oversight, Staff Education, Etc. Must Be Available For Consultation By Phone Other Days. Will Pay For Hotel Room If Needed. Salary DOQ. Please Apply On Website: www.autumnhillsbemidji.com

For Rent

Two-Bedroom Apartment Available: \$630/Month, No Pets/Smoking, No Lease. Call Robert At 218-686-9308. P8t9c

Greenwood Terrace Apartments

in Thief River Falls is accepting applications for immediate 1 Bedroom openings **\$99 Security Deposit Special** Must be 62 or older or 18 with Handicap/Disability Rent is based on income Certain restrictions apply **Contact DW Jones Management** 218-547-3307 TTY 711 or our website www.dwjonesmanagement.com

SUNRISE VIEW APARTMENTS In Warren Has Updated 2-Bedroom Apartments Available. Rent Is \$600/Month Plus Electric. Call Or Text Beckie At 218-452-1386 For More! TP8t8p

Riverside Terrace

Riverside Terrace Apartments is accepting applications for 1-bedroom apartments located at 225 S Labree Ave, Thief River Falls, MN. Our community features affordable housing for persons 62 years of age and older, or those with a disability and within income guidelines. Call 218-681-7657 for more information

SUMMERFIELD PLACE of Thief River Falls +55 - 1 bedroom apartment available. Central air, washer/dryer, dishwasher, microwave, heated parking, elevator, guest suite, community room. Heat and water paid. Call 218-681-5194.

Office and Retail Space Available Downtown Thief River Falls For more information call Kyle 218-523-3173

SUMMERFIELD MULTIFAMILY APARTMENTS in Newfolden and TRF: 1 And 2 Bedroom Apartments Available. Also, 3-Bedroom Apartment Available In TRF. Central Air, Washer/Dryer In Apartment, Heat Paid. Call 218-681-5194.

One-Bedroom Apartment: Available Now, Heat/Water Paid. 218-686-0738 P4t8p

Nice 2-Bedroom Apartment: Ground Level, Non-Smoking, On-Site Laundry. \$565/Month, Includes Heat. 218-686-8510 P4t8p

Large Efficiency Apartment. Also, One-Bedroom Furnished Apartment: No Pets/Smoking, Heat/Water Included. References Required. 218-684-4780. No Texts.

2-BEDROOM APARTMENT: Upstairs, Heat/Water/Air Included. Available Now. 218-686-0738

For Rent

2-Bedroom Mobile Home: 920 Reserve Ave. No Pets/Smoking, \$650/Month Plus Heat/Utilities. References Required. 218-684-4780. No Texting. P4t9f

River Point, Sherwood Park, & Southwood Park Townhomes

in Thief River Falls

Oakwood Homes

in Karlstad

Prairie Rose

in Red Lake Falls

Have Immediate openings. Certain restrictions apply

Contact

DW Jones Management

218-547-3307 or our website

www.dwjonesmanagement.com

Equal Housing Opportunity

CREATING BETTER LIVING

Want to Rent

First Generation Farmer Looking To Buy Or Rent Farmland And Expiring CRP. Call Nathan, 414-477-3413

Snowmobiles

2015 SKIDOO MXZ X 600 H.O. E-TECH: 2,000 Miles, Runs And Looks Like New, Lots of Extras. \$5,500 • 218-686-4318 2t7p/2t9f

Snow Removal

Please Be Aware Of The Weight That's On Your Roof. Call Shawn For Snow Removal. 218-684-0899.

Custom Services

CHUCK'S PAINTING ♦ Interior ♦ 30 years experience ♦ Reasonable rates ♦ Call 218-253-4007 Or 218-280-4684 2t9p

LEGALS

January 12, 19, 26, February 2, 9, 16, 2022

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: December 23, 2016

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$133,438.00

MORTGAGOR(S): Zachery R. Holter and Tiffany M. Holter, husband and wife

MORTGAGEE: Mortgage Electronic Registration Systems, Inc.

TRANSACTION AGENT: Mortgage Electronic Registration Systems, Inc.

MIN#: 100307110008400728

LENDER OR BROKER AND

MORTGAGE ORIGINATOR STATED ON THE MORTGAGE: Everett Financial Inc. D/B/A Supreme Lending SERVICER: Cenlar FSB

DATE AND PLACE OF FILING: Filed December 29, 2016, Pennington County Recorder, as Document Number 209404

ASSIGNMENTS OF MORTGAGE: Assigned to: CMG Mortgage, Inc.

LEGAL DESCRIPTION OF PROPERTY: Lots Twelve (12) and Thirteen (13), Block One (1), Woodland Acres First Addition

PROPERTY ADDRESS: 309 Dakota Ave N, Saint Hilaire, MN 56754

PROPERTY IDENTIFICATION NUMBER: 2300901210

COUNTY IN WHICH PROPERTY IS LOCATED: Pennington

THE AMOUNT CLAIMED TO BE DUE ON THE MORTGAGE ON THE DATE OF THE NOTICE: \$147,263.12

THAT all pre-foreclosure requirements have been complied with; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof;

PURSUANT, to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 2, 2022, 10:00 AM

PLACE OF SALE: Sheriff's Main Office, 1st Street and Main Avenue, Thief River Falls, MN 56701

to pay the debt secured by said mortgage and taxes, if any, on said premises and the costs and disbursements, including attorneys fees allowed by law, subject to redemption within 6 months from the date of said sale by the mortgagor(s) the personal representatives or assigns.

TIME AND DATE TO VACATE PROPERTY: If the real estate is an owner-occupied, single-family dwelling, unless otherwise provided by law, the date on or before which the mortgagor(s) must vacate the property, if the mortgage is not reinstated under section 580.30 or the property is not redeemed under section 580.23, is 11:59 p.m. on September 2, 2022, or the next business day if September 2, 2022 falls on a Saturday, Sunday or legal holiday.

"THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032 DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN 5 UNITS, ARE NOT PROPERLY USED FOR AGRICULTURAL PRODUCTION, AND ARE ABANDONED."

Dated: January 4, 2022

CMG Mortgage, Inc. Assignee of Mortgagee

LOGS LEGAL GROUP LLP

BY: Melissa L. B. Porter - 0337778

Gary J. Evers - 0134764

Joseph M. Rossman - 0397070

Attorneys for Mortgagee

LOGS Legal Group LLP

12550 West Frontage Road, Suite 200

Burnsville, MN 55337

(952) 831-4060

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2019 Chevy Double Cab LD Z71 Black, 11k	\$39,000
2018 Chevy Crew Cab LT White, 30k	\$38,500
2017 Ford F150 Crew Cab XLT Black, 56k	\$37,000
2019 Chevy Crew Cab LT Satin Steel, 82k	\$36,500
2017 Chevy Crew Cab High Country Gray, 102k	\$35,000
2017 Chevy Double Cab LT White, 44k	\$35,000
2017 Chevy Crew Cab LT Tungsten, 86k	\$35,000
2018 Chevy Crew Cab LT Z71 Silver, 81k	\$35,000
2017 Chevy Crew Cab LT Black, 93k	\$34,000
2014 Chevy Crew Cab H/C Brown, 93k	\$33,000
2015 Chevy Crew Cab LT White, 86k	\$31,000
2014 Chevy Silverado Crew Cab LT Gray, 86k	\$30,000
2014 GMC Sierra Crew Cab SLE Maroon, 94k	\$30,000
2014 Chevy 2500HD Crew Cab Long WT White, 91k	\$29,000
2015 Chevy Crew Cab High Country Brownstone, 143k	\$28,000
2013 Ford F150 Crew Cab Lariat Maroon, 121k	\$25,000
2012 Dodge Ram 1500 Quad Blue, 99k	\$17,000

CARS

2020 Chevy Malibu LT Black Cherry, 60k	\$24,500
2017 Mazda 3 Sport Sedan Black, 36k	\$19,000
2016 Ford Fusion Titanium Silver, 96k	\$16,000
2015 Chevy Malibu LS Silver, 71k	\$13,500
2011 Hyundai Sonata Black, 171k	\$6,000
2009 Chevy Impala LT Silver, 182k	\$5,000

SUVS / VANS

2018 GMC Yukon XL SLT Black, 93k	\$51,000
2017 Chevy Tahoe LT Black, 96k	\$39,000
2019 Buick Enclave AWD Essence Gray, 40k	\$39,000
2018 Toyota Highlander Limited Platinum Gray, 82k	\$38,000
2019 Chevy Blazer 2LT AWD Red, 32k	\$37,500
2017 Buick Enclave AWD Leather, White Frost, 46k	\$33,000
2020 Buick Encore GX AWD Essence Black, 23k	\$31,000
2017 Buick Enclave AWD Leather, Silver, 75k	\$31,000
2018 Jeep Grand Cherokee Laredo Gray, 89k	\$29,000
2019 GMC Terrain AWD SLE Blue, 66k	\$28,500
2017 Chrysler Pacifica Touring L White, 102k	\$24,500
2015 Jeep Cherokee Trailhawk Gray, 99k	\$23,500
2015 GMC Acadia AWD SLT Silver, 96k	\$22,500
2017 Chevy Equinox AWD LS White, 54k	\$20,000
2016 Toyota RAV4 LE AWD Gray, 108k	\$20,000
2017 Chevy Equinox AWD LS Black, 84k	\$18,500

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January 26, 2022
REGULAR BOARD MEETING
INDEPENDENT SCHOOL DISTRICT
NO 561
DECEMBER 21, 2021
COMMUNITY CENTER

The school board of Independent School District #561 met in regular session on Tuesday, December 21, 2021 at 7:00 p.m. in the community center. The following members were present: John Lovly, Tim Hruby, Stacy Anderson, Joe Rubischko, Neil Jensen and Leah Bothum. Absent: None. Also present: Superintendent Loberg, Principal Carlson, Business Manager Kelsie Steiger-Krein, and GEA representative Alexis Hruby.

The meeting was called to order at 7:00 p.m. by Lovly, The Pledge of Allegiance was recited.

A motion was made by Anderson, seconded by Hruby to approve the December 21, 2021 agenda as presented. Motion carried unanimously.

A motion was made by Jensen, seconded by Bothum to approve the minutes of the November 16, 2021 regular meeting as presented. Motion carried unanimously.

A motion was made by Tim Hruby, seconded by Stacy Anderson to approve the payment checks #43460-43547 and wire payments as listed in report #3.1 A & B, as listed in report #3.1.1. Motion carried unanimously.

Financial reports were reviewed. Superintendent Loberg reported the district shows an investment balance of \$1,378,599.11 on November 30, 2021. (See reports #3.6 attached to the official board minutes).

Patron Concerns: None. Student Council Report: Principal Carlson reported on the successful blood drive and upcoming snow fest.

Goodridge Education Association Report: Mrs. Alexis Hruby reported that Mr. Mickelson was very happy how well the Elementary and High School Christmas concerts went and that Knowledge Bowl will be starting up again this year after the Christmas break.

Classified Staff Report: None. Instructional Reports: None. Old Business: None.

New Business: A motion was made by Jensen, seconded by Lovly to direct the administration to evaluate all programs in terms of possible reductions for the 2021-2022 school year. Motion carried unanimously.

A motion was made by Bothum, seconded by Jensen to set the 2021 payable 2022 levy at \$525,646.83. Motion carried unanimously.

A motion was made by Rubischko, seconded by Hruby to approve World's Best Workforce Summary. Motion carried unanimously.

A motion was made by Jensen, seconded by Rubischko to approve the December Safety Committee meeting minutes as presented. Motion carried unanimously.

Personnel: A motion was made by Bothum, seconded by Anderson to approve the hire of Morgan Sundrud, RTI teacher. Motion carried unanimously.

Donations: None. Open Forum: Member Hruby reported on the Northwest Regional Inter-district council meeting. Hruby, Jensen, Bothum, and Rubischko complimented the Elementary Christmas performance, and the entire board wished all the staff and students a Merry Christmas!

Administrative Reports: Principal Carlson updated the board on credit recovery and commented on the well attended Elementary and High School concerts.

Superintendent Loberg thanked the Pennington County Sheriff's department for the support they provide to our school. Superintendent Loberg distributed ballots to board members for the MREA elections and the Region 1 elections. He also provided the board with an update on projects that are in process, provided information on a tentative sport's mentor position, gave an update on the Transportation Supervisor position, and auditor proposals.

The next regular meeting was set for Tuesday, January 18, 2022.

The meeting adjourned at 7:57 p.m. Attest: John Lovly, Chairperson Stacy Anderson, Clerk Attest: John Lovly, Chairperson Stacy Anderson, Clerk

December 22, 29, 2021, January 5, 12, 19, 26, 2022
NOTICE OF MORTGAGE
FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in conditions of the following described mortgage:

DATE OF MORTGAGE: September 19, 2014

MORTGAGOR: Christina M Fritchman, a single person.

MORTGAGEE: Mortgage Electronic Registration Systems, Inc. as nominee for Marketplace Home Mortgage, LLC its successors and assigns.

DATE AND PLACE OF RECORDING: Recorded September 22, 2014 Pennington County Recorder, Document No. 203178.

ASSIGNMENTS OF MORTGAGE: Assigned to: Wells Fargo Bank, N.A. Dated August 17, 2016 Recorded August 17, 2016, as Document No. 208395. And thereafter assigned to: Wilmington Savings Fund Society, FSB, as trustee of Juniper Mortgage Loan Trust A. Dated January 28, 2021 Recorded January 28, 2021, as Document No. 219529. And thereafter assigned to: BankUnited, N.A. Dated December 8, 2021 Recorded December 13, 2021, as Document No. 222017.

TRANSACTION AGENT: Mortgage Electronic Registration Systems, Inc.

TRANSACTION AGENT'S MORTGAGE IDENTIFICATION NUMBER ON MORTGAGE: 1002491-2000062464-8 LENDER OR BROKER AND MORTGAGE ORIGINATOR STATED ON MORTGAGE: Marketplace Home Mortgage, LLC.

RESIDENTIAL MORTGAGE SERVICER: Carrington Mortgage Services LLC.

MORTGAGED PROPERTY ADDRESS: 601 State Avenue North, Thief River Falls, MN 56701.

TAX PARCEL I.D. #: 2500401950 LEGAL DESCRIPTION OF PROPERTY:

The following described property located in Pennington County, Minnesota:

Lots One (1), Two (2) and Three (3), Block Five (5), Hemmingston's Addition to Thief River Falls, also known as Hemmingston's Addition to Thief River Falls, according to the Official Plat thereof on record. PIN# 25-004-019-50

COUNTY IN WHICH PROPERTY IS LOCATED: Pennington ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$59,796.00 AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE, INCLUDING TAXES, IF ANY, PAID BY MORTGAGEE: \$57,553.47

That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; That no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof.

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: February 15, 2022 at 10:00 AM

PLACE OF SALE: Sheriff's Office, Lobby of Law Enforcement Center, Thief River Falls, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within six (6) months from the date of said sale by the mortgagor(s), their personal representatives or assigns unless reduced to Five (5) weeks under MN Stat. §580.07.

TIME AND DATE TO VACATE PROPERTY: If the real estate is an owner-occupied, single-family dwelling, unless otherwise provided by law, the date on or before which the mortgagor(s) must vacate the property if the mortgage is not reinstated under section 580.30 or the property is not redeemed under section 580.23 is 11:59 p.m. on August 15, 2022, unless that date falls on a weekend or legal holiday, in which case it is the next weekday, and unless the redemption period is reduced to 5 weeks under MN Stat. Secs. 580.07 or 582.032.

MORTGAGOR(S) RELEASED FROM FINANCIAL OBLIGATION ON MORTGAGE: None

THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES, SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED."

Dated: December 15, 2021 BankUnited, N.A. Mortgagee/Assignee of Mortgagee LIEBO, WEINGARDEN, DOBIE & BARBEE, P.L.L.P.

Attorneys for Mortgagee/Assignee of Mortgagee 4500 Park Glen Road #300 Minneapolis, MN 55416 (952) 925-6888 85-21-004761 FC

IN THE EVENT REQUIRED BY FEDERAL LAW: THIS IS A COMMUNICATION FROM A DEBT COLLECTOR.

January 19, 26, February 2, 9, 16, 23, 2022
NOTICE OF MORTGAGE
FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in conditions of the following described mortgage:

Mortgagor: Adam D. Lian, a single person

Mortgagee: CU Mortgage Services, Inc

Dated: April 13, 2007

Recorded: April 18, 2007 Pennington County Recorder Document No. 182468

Transaction Agent: N/A

Transaction Agent Mortgage Identification Number: N/A

Lender or Broker: CU Mortgage Services, Inc

Residential Mortgage Servicer: Servion, Inc.

Mortgage Originator: CU Mortgage Services, Inc

LEGAL DESCRIPTION OF PROPERTY: The land referred to is situated in the State of Minnesota, County of Pennington, and is described as follows:

Lots Seventeen (17) and Eighteen (18) of Block Twenty-two (22), in the Original Townsite of Thief River Falls, according to the Official Plat thereof on record.

This is Abstract Property. TAX PARCEL NO.: 2500316120 ADDRESS OF PROPERTY: 412 N Duluth Ave Thief River Falls, MN 56701

COUNTY IN WHICH PROPERTY IS LOCATED: Pennington

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$51,000.00 AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$58,356.89

That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof.

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 15, 2022, 10:00 AM

PLACE OF SALE: Lobby of Law Enforcement Center, 102 First Street West, Thief River Falls, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within 6 Months from the date of said sale by the mortgagor(s), their personal representatives or assigns.

DATE TO VACATE PROPERTY: The date on or before which the mortgagor must vacate the property if the mortgage is not reinstated under Minnesota Statutes section 580.30 or the property redeemed under Minnesota Statutes section 580.23 is September 15, 2022 at 11:59 p.m. If the foregoing date is a Saturday, Sunday or legal holiday, then the date to vacate is the next business day at 11:59 p.m.

MORTGAGOR(S) RELEASED FROM FINANCIAL OBLIGATION ON MORTGAGE: NONE

THE TIME ALLOWED BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED.

Dated: January 11, 2022 Servion, Inc., formerly known as CU Mortgage Services, Inc., Mortgagee

By: HALLIDAY, WATKINS & MANN, P.C.

Attorneys for: Servion, Inc., formerly known as CU Mortgage Services, Inc., Mortgagee

101 Fifth Street East, Suite 2626 St. Paul, MN 55101 651-291-8955 651-228-1753 (fax)

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

January 26, 2022
NOTICE OF PUBLIC HEARING

On February 15, 2022 at 5:30 p.m., the City of Thief River Falls will hold a public hearing at the City Hall Council Chambers, 405 Third Street East, Thief River Falls, Minnesota 56701 for the following purposes:

1. To receive recommendations from the public in regard to the City's Housing and Community Development needs;

2. To review and comment on the City's Citizen Participation Plan;

3. To provide information regarding the proposed rental housing rehabilitation program;

4. To receive comments on the State of Minnesota Small Cities Development Program (SCDP) application that the City plans to submit before March 11, 2022 for the above mentioned project.

Public Information and records regarding the proposed and past use of CDBG funds, including the Citizen's Participation Plan, are on file and available for review during regular office hours at the City Clerk's office.

If anyone has questions in regard to the above prior to the public hearing, he or she may call: Angela Philipp, City Administrator PO Box 128 Thief River Falls, MN 56701 (218) 681-2943

January 12, 19, 26, 2022
STATE OF MINNESOTA
COUNTY OF PENNINGTON
IN DISTRICT COURT
NINTH JUDICIAL DISTRICT
Court File No. 57-CV-21-888
CASE TYPE: QUIET TITLE
SUMMONS

Paradis Brothers, LLP Plaintiff,

vs. Thief River Falls Lumber Company, and all other persons unknown having or claiming any interest in the property described in the Complaint herein, Defendants.

THIS SUMMONS IS DIRECTED TO: DEFENDANT THIEF RIVER FALLS LUMBER COMPANY.

1. YOU ARE BEING SUED. The Plaintiff has started a lawsuit against you. The Plaintiff's Complaint against you is attached to this Summons and is on file with the Office of the Court Administrator of the above-named Court. Do not throw these papers away. They are official papers that affect your rights. You must respond to this lawsuit even though it may not yet be filed with the Court and there may be no Court File Number on this Summons.

2. YOU MUST REPLY WITHIN 20 DAYS TO PROTECT YOUR RIGHTS. You must give or mail to the person who signed this Summons a written response called an Answer within twenty (20) days of the date on which you received this Summons. You must send a copy of your Answer to the person

who signed this Summons located at: Charlson & Jorgenson, P.A., 119 West Second Street, P.O. Box 506, Thief River Falls, MN 56701.

3. YOU MUST RESPOND TO EACH CLAIM. The Answer is your written response to the Plaintiff's Complaint. In your Answer you must state whether you agree or disagree with each paragraph of the Complaint. If you believe the Plaintiff should not be given everything asked for in the Complaint, you must say so in your Answer.

4. YOU WILL LOSE YOUR CASE IF YOU DO NOT SEND A WRITTEN RESPONSE TO THE COMPLAINT TO THE PERSON WHO SIGNED THIS SUMMONS. If you do not Answer within twenty (20) days, you will lose this case. You will not get to tell your side of the story, and the Court may decide against you and award the Plaintiff everything asked for in the Complaint. If you do not want to contest the claims stated in the Complaint, you do not need to respond. A default judgment can then be entered against you for the relief requested in the Complaint.

5. LEGAL ASSISTANCE. You may wish to get legal help from a lawyer. If you do not have a lawyer, the Court Administrator may have information about places where you can get legal assistance. Even if you cannot get legal help, you must still provide a written Answer to protect your rights or you may lose the case.

6. ALTERNATIVE DISPUTE RESOLUTION. The parties may agree to or be ordered to participate in an alternative dispute resolution process under Rule 114 of the Minnesota General Rules of Practice. You must still send your written response to the Complaint even if you expect to use alternative means of resolving this dispute.

7. THIS LAWSUIT MAY AFFECT OR BRING INTO QUESTION TITLE TO REAL PROPERTY located in Pennington County, State of Minnesota, city of Thief River Falls, legally described as follows:

Commencing at the Northeast corner of Lot One (1) Block Six (6) of Porter's Addition, thence Northerly along the West right of way line of Arnold Avenue, according to the recorded plat thereof, to a point 25 feet Northerly of, as measured at right angles to, Burlington Northern Railroad Company's (formerly Great Northern Railroad Company) rail track of the wye track centerline, as now located and constructed, the point of beginning; thence Westerly parallel with said rail track centerline and along the Northerly leg of the wye track centerline to the point of intersection with a line drawn parallel with and 15 feet Southerly of the North right of way line of Bay Street, according to the recorded plat thereof; thence Easterly along said parallel line being 15 feet Southerly of the North right of way line of Bay Street to the Westerly right of way line of Arnold Avenue; thence Southerly along the West right of way line of Arnold Avenue to the point of beginning.

The object of this action is to obtain a judgment that Plaintiff is the owner, in fee simple, of the above-described real property, and that the Defendants have no right, title, interest, or estate therein, nor lien thereon.

Dated this 9th day of December, 2021.

CHARLSON & JORGENSON, P.A. Michael L. Jorgenson Attorney for Plaintiff 119 West Second Street Thief River Falls, MN 56701 (218) 681-4002 Attorney Reg. No. 186144

January 19, 26, 2022
STATE OF MINNESOTA
COUNTY OF PENNINGTON
DISTRICT COURT
NINTH JUDICIAL DISTRICT
Court File No. 57-PR-22-12

In Re: Estate of Norman Earl Olson, a/k/a Norman E. Olson and Norman Olson, Decedent.

NOTICE OF AND ORDER FOR HEARING ON PETITION FOR DETERMINATION OF DESCENT Sharon Lea Meyers and Mark S. Trompeter ("Petitioners") have filed a Petition for Determination of Descent.

It is Ordered that on February 8, 2022, at 8:30 a.m., a hearing will be held in this Court at 101 North Main, Thief River Falls, Minnesota 56701, on the petition.

The petition represents that the Decedent died intestate more than three (3) years ago leaving property in Minnesota. The petition requests the Court determine the descent of such property and assign the property to the persons entitled.

Any objections to the petition must be raised at the hearing or filed with the Court prior to the hearing. If the petition is proper and no objections are filed or raised, the petition will be granted.

Notice shall be given by publishing this Notice and Order as provided by law and by mailing a copy of this Notice and Order to each interested person by United States mail at least 14 days before the time set for the hearing.

BY THE COURT Dated: January 6, 2022 /s/ Tamara L. Yon Judge of District Court /s/ Kathy Narlock /s/ Mindy Perisol Court Administrator

STEVEN M. SHERMOEN LAW OFFICE Steven M. Shermoen Atty. Reg. No. 100304 501 Fourth Street P.O. Box 1152

Int'l Falls, MN 56649 Telephone: 218-285-2972 Facsimile: 218-285-9117 e-mail: smshermoen@citlink.net ATTORNEY FOR PETITIONER

January 26, February 2, 9, 16, 23, March 2, 2022

NOTICE OF MORTGAGE FORECLOSURE SALE

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: July 13, 2019

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$152,625.00 MORTGAGOR(S): Jason D. Darco and Connie S. Darco, as Joint Tenants, Husband and Wife

MORTGAGEE: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Reliance First Capital, LLC, its successors and assigns

DATE AND PLACE OF RECORDING: Recorded: September 06, 2019 Pennington County Recorder Document Number: 215766

ASSIGNMENTS OF MORTGAGE: And assigned to: Reliance First Capital, LLC Dated: December 10, 2021 Recorded: December 14, 2021 Pennington County Recorder Document Number: 222024

Transaction Agent: Mortgage Electronic Registration Systems, Inc. Identification Number: 100778800048669478 Lender or Broker: Reliance First Capital, LLC

Residential Mortgage Servicer: Reliance First Capital, LLC Mortgage Originator: Not Applicable

COUNTY IN WHICH PROPERTY IS LOCATED: Pennington Property Address: 1813 Robin Hood Dr, Thief River Falls, MN 56701-2610 Tax Parcel ID Number: 25.03402730

LEGAL DESCRIPTION OF PROPERTY: Lot Seven (7) of Block Three (3) in Sherwood Forest Addition to Thief River Falls, according to the office plat thereof on record

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$155,344.68

THAT all pre-foreclosure requirements have been complied with; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof;

PURSUANT to the power of sale contained in said mortgage, the above-described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 15, 2022 at 10:00 AM

PLACE OF SALE: Sheriff's Main Office, Law Enforcement Center, 104 West 1st Street, Thief River Falls, Minnesota

to pay the debt secured by said mortgage and taxes, if any, on said premises and the costs and disbursements, including attorney fees allowed by law, subject to redemption within six (6) months from the date of sale by the mortgagor(s), their personal representatives or assigns.

If the Mortgage is not reinstated under Minn. Stat. §580.30 or the property is not redeemed under Minn. Stat. §580.23, the Mortgagor must vacate the property on or before 11:59 p.m. on September 15, 2022, or the next business day if September 15, 2022 falls on a Saturday, Sunday or legal holiday.

Mortgagor(s) released from financial obligation: NONE

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

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DATED: January 26, 2022 ASSIGNEE OF MORTGAGEE: Reliance First Capital, LLC Wilford, Geske & Cook P.A. Attorneys for Assignee of Mortgagee 7616 Currell Blvd., Ste 200 Woodbury, MN 55125-2296 (651) 209-3300 File Number: 045263F01

January 26, February 2, 2022
NOTICE OF HEARING ON PROPOSED

2022 STREET IMPROVEMENTS TO WHOM IT MAY CONCERN:

Notice is hereby given that the City Council of Thief River Falls will conduct a hearing on Tuesday, February 15, 2022, at 5:30 p.m. in the City Council Chambers at 405 East Third Street, Thief River Falls, MN to consider making the following improvements, located within the City of Thief River Falls, pursuant to Minnesota Statutes, Section 429.011 to 429.111:

1. NORTHWESTERN RESIDENTIAL DISTRICT - STREET RECONSTRUCTION State Avenue North from 3rd Street

to 10th Street, excluding 6th street Arnold Avenue North from 6th Street to 9th Street.

Duluth Avenue North from 4th Street to 9th Street, excluding 6th Street.

Knight Avenue North from 4th Street to 6th Street, and 7th to 9th Street.

The above Avenues were last reconstructed in 1986 and consisted of 20" class #3 sub-base and 6" class 5 base construction, 2.5" of non-wear binder course, and 1.5" of wear course. There have been multiple utility street service cuts made throughout the construction life of these Avenues, and they are due for reconstruction of the road from base material to the surface pavement. Utilities in this project area deemed in need of improvement have been previously improved and are not within the scope of this proposed project.

The proposed improvements would consist of reclaiming 4" of bituminous material with 5" of Class 5 base material, providing a more unified layer of base material. Excess unnecessary material would be excavated and disposed (discretion of the city), and two new layers of bituminous material would be paved. Curb and gutter replacement would consist of updating sections of old design square curb and gutter and any existing curb that retains more than 1" of water.

Spot repair of sidewalk in failing or unsafe walk areas to be addressed and repaired. Pedestrian ramps transitioning roadways to existing sidewalks to be constructed to include truncated domes, compliant to PROWAG standards (Minimum 48" PAR).

The total estimated cost for this work would be \$1,558,615.00. These funds would be funded by City bonding. There would be street assessments for recovery costs, for approximately \$837,969.00 recovery total.

2. NORTHWESTERN RESIDENTIAL DISTRICT - PAVEMENT RESURFACING

9th Street from State Avenue North to T.H. #32

8th Street from State Avenue North to Knight Ave North

7th Street from State Avenue North to T.H.#32

Knight Ave North from 6th Street to 7th Street

5th Street from Kinney Ave North to T.H. #32

The proposed improvements would consist of milling 2 inches of the entire roadway and placing a new 2-inch bituminous wearing course.

The total estimated project cost is \$389,494.00. These costs would be funded by City bonding. There would be no assessments for this work.

\$1,948,109.00 Total Project Cost \$0.00 Municipal State Aid \$0.00 Total Federal Aid \$1,110,140.00 Total General City Cost \$837,969.00 Total Special Assessments

ANDAS FIRST ADDITION Block 1 Lots 1-2

GUNDERSONS FIRST ADDITION Block 1 Lots 1-5 Block 2 Lots 1-4 Block 3 Lots 1-6 Block 4 Lots 1-2

GUNDERSONS SECOND ADDITION Block 1 Lot 1

HEMINGSTONS ADDITION Block 1 Lots 1-12 Block 2 Lots 1-12 Block 3 Lots 1-12 Block 4 Lots 1-3 Block 5 Lots 1-4 Block 6 Lots 1-12 Block 7 Lots 1-12 Block 8 Lots 1-12

HIGHLAND ADDITION Block 4 Lots 1-12 Block 5 Lots 1-12 Block 6 Lots 1-6 Block 7 Lots 1-3 Block 8 Lots 1-6 Block 9 Lots 1-6

OAKLAND ADDITION Block 9 Lots 1-6 Block 10 Lots 1-12 Block 11 Lots 1-12 Block 12 Lots 7-12

Tips for coping with Seasonal Affective Disorder

With winter in full swing, some individuals may be experiencing the winter blues or seasonal affective disorder (SAD).

University of Minnesota Medical School expert Sabine Schmid discusses what SAD is and provides tips on how to navigate it.

Dr. Schmid: It is common for people to feel a little “down” when days get shorter in the fall and winter. This is known — among other names — as the “winter blues.” Seasonal Affective Disorder (better known as SAD) goes beyond that. It’s a type of depression with a recurrent seasonal pattern. By far the most common pattern is “winter SAD” when symptoms start in the late fall or early winter and subside during the spring and summer.

Symptoms include those of major depression such as feeling down most of the day, losing interest in activities, feeling hopeless and trouble concentrating. In addition, winter SAD is often associated with a decrease in energy, oversleeping, craving carbohydrates, weight gain and social withdrawal.

In addition to general risk factors for depression such as being female, having a family history of mental health problems, and living further north presents a risk factor for SAD due to

the shorter daylight hours in winter.

Dr. Schmid: I recommend consulting sources and websites distributing information based on scientific evidence such as the National Institution for Mental Health (NIMH), the American Psychiatric Association (APA) and to consult a mental health professional. Let’s address some common misbeliefs:

1. SAD is a minor form of depression

Unlike the winter blues, SAD is a type of “major depressive disorder” and more serious than simply feeling down or more tired during shorter days. SAD is characterized by serious mood changes and often affects how people feel, think and act. Meeting full criteria for a major depressive disorder, SAD can be debilitating and often concurs with other physical and mental health problems such as substance abuse and suicide risk.

2. Bright light therapy is always an effective treatment for SAD

If used correctly, bright light therapy is an effective treatment for some people with SAD. However, in order to be effective, light exposure needs to be applied correctly with sufficient intensity (10,000 lux) and duration — recommendation is approximately 20 to 50 minutes per day — as

well as correct positioning of the light source. Unfortunately, even with proper usage, bright light does not alleviate SAD symptoms for everyone.

3. Overcast winter causes SAD

SAD is related to the duration of daylight exposure, not cloud cover. As with any psychiatric disorder, many questions remain about the causes of SAD. Evidence points to the involvement of the brain chemical serotonin, which regulates mood. In SAD, the regulation of serotonin functioning — influenced by sunlight — appears impaired, resulting in abnormal serotonin levels in the winter. It has also been found that people with SAD produce too much of the hormone melatonin. Together with serotonin, melatonin helps maintain a healthy sleep-wake cycle and helps our body adjust to seasonal changes. In SAD, an excess of melatonin impairs our adjustment to changes in daylight. Many people with SAD have Vitamin D deficiency, which has also been linked to serotonin functioning. We typically consume Vitamin D with food, but also produce it when skin is exposed to sunlight.

4. People with SAD need to change their attitude

SAD is not caused by a

‘bad’ attitude. It’s caused by neurochemical changes in the brain. People don’t cause SAD and cannot simply shake it off. If you or a loved one suffers from seasonal depression, please seek professional help. SAD is a psychiatric disorder which can cause significant distress, persist for months, and return every year.

Treatment for SAD includes:

- Life-style changes;
- Light therapy (under professional guidance, insurance covers);
- Cognitive Behavior Therapy: a type of psychotherapy proven effective for SAD;
- Antidepressant medications; and,
- Vitamin D supplements (under professional guidance).

A positive factor in the treatment is that SAD is predictable. Those with known SAD should consult a mental health professional about when to start treatment to help minimize symptoms.

In cognitive-behavior therapy for SAD, we emphasize the following:

- Learn as much as you can about SAD, your specific timeline and symptoms.
- Prepare for triggers (turning the clock back) and early warning signs (spending more time in bed or feeling sluggish).
- Plan concrete and

specific steps for maximizing daylight exposure, maintaining physical exercise, eating nutritious food (monitor Vitamin D levels as indicated) and making social connections a priority.

• Execute the planned steps for self-care, physical, and social health. Often we can modify (as opposed to stop) an activity we enjoy during the brighter months. Reach out for social support or professional help if you get stuck.

• Look forward to symptom remission in the spring. The temporary nature of SAD is tremendously helpful because most people can still remember and imagine what they value and enjoy when doing well.

Dr. Schmid: SAD can negatively affect social relationships. For those who never experienced SAD or other depression, it may be difficult to understand and rather frustrating to watch. Why don’t they just “snap out of it and do something?” Well, yes, that would be great! Here is how you can help:

1. Stay connected: The protective effect of family support and social connectedness can hardly be overstated. When already depressed, it can be powerful in disrupting an otherwise vicious cycle.

2. Understand: Ask your loved one with SAD to educate you about the disorder,

explore their experience, and validate their emotions. You don’t need to agree with the beliefs. For instance, you can acknowledge that short days allow little opportunity for outdoor activities, which is frustrating, without agreeing that they are helpless.

3. Encourage following the strategies proven to work. A warm and supportive posture works better than criticism.

4. Model and encourage a healthy lifestyle: Simple things such as eating nutritious food, getting enough sleep, going outside for sunlight, fresh air and maintaining physical activities can lift our spirits and be effective “antidepressants” for everyone.

Protect yourself from the effects depression can have on others. For loved ones, it is crucial to stay strong and resilient by taking care of ourselves. Last of all, allow yourself to have guilt free fun.

Sabine Schmid, PhD, LP, is a clinical psychologist with the University of Minnesota Medical School and M Health Fairview. Her expertise is in cognitive psychology with a focus on mood disorders, ADHD, obsessive-compulsive disorder, and stress anxiety disorders.



Eighty-two snowmobiles were registered for the St. Hilaire Vintage Snowmobile Show, which was held Saturday, Jan. 22. The event also featured a snowmobile ride to Red Lake

Falls as well as a silent auction, live auction and raffle ticket drawing. The event serves as a fundraiser for Trails to Treatments.

Managing pain and symptoms in hospice care

by Kelly Haneca, RN, CHPN

Hospice care focuses on comfort and quality of life during the last months of life. Hospice care helps people live comfortably and with a sense of normalcy, regardless of a terminal illness. It is not intended to prolong someone’s life, rather to help people live the fullest life possible while maintaining comfort and dignity.

Pain is one of the main concerns for people as they near the end of life. Pain can be caused by many physical factors, such as a tumor, nerve issues, skin sores, swelling or disease progression. There are also several other ways a person can experience pain that are not physical.

Emotional pain/suffering is very common for people who are seriously ill. It can be described as an inner feeling of distress, discomfort or unhappiness. Some people may also experience spiritual pain, which can be expressed as loneliness, feeling separated or abandoned, empty, guilty, fearful or even hopeless.

The hospice team includes nurses, social workers, certified nursing assistants (CNAs) and chaplains who are specially trained to help patients and their caregivers with all

types of pain. Additionally, the team continually works with our hospice physician and/or nurse practitioners to provide comfort according to the person’s specific needs. Pain and symptom management are important in hospice care because both factors can affect the person’s overall well-being, including physical, emotional, personal and spiritual.

Managing a person’s pain is a high priority. The hospice team is experienced in assessing pain through listening and observing symptoms. The team pays special attention to non-verbal cues when a person is not able to verbally communicate their pain. With frequent communication and visits from the Hospice team, most people who are on hospice care can attain comfort.

Assessing Pain
Hospice of Red River Valley nurses are specially trained in end-of-life pain and symptom management, and they help individuals to be as comfortable as possible. They also receive ongoing education to best manage patients’ symptoms.

During a visit with a hospice nurse, he or she will fully assess the patient for any symptoms, educate the patient and caregiver on the disease and dying process, provide guidance on what to expect, explain symptoms to

watch for, and give caregivers tips about what can be done to relieve symptoms.

The Hospice team also develops a plan of care for each individual patient when they begin hospice care. This plan of care helps determine each patient’s individual goals for pain control, and what level they would like to keep their pain under. During each visit, hospice staff will have the patient rate their pain to make sure the patient’s pain level is controlled, according to their plan of care.

The patient and their caregivers play an important role in addressing pain. Clearly explaining the patient’s pain with their hospice care team makes it easier to treat the pain. The longer the pain goes unmanaged, the more challenging it becomes to get it under control. It’s also helpful to keep a log of the pain the person is experiencing, as well as the different measures that have been used to control it. This is important information to communicate to the hospice team.

Medication & Other Ways to Treat Pain

People often first think of medications to control pain and symptoms, but medications are just one way hospice nurses help a person be

comfortable. Hospice nurses take great care to educate family members and caregivers about what causes symptoms, as well as ways to relieve discomfort through medicinal and non-medicinal ways. The goal of using medication is to get relief from pain and symptoms with as few side effects as possible.

Non-medicinal practices are often encouraged alongside the use of medications, including:

- Relaxation techniques
- Breathing exercises
- Massage
- Applying heat or ice
- Elevating one’s head or repositioning
- Using assistive equipment

Effective pain and symptom management can help reduce suffering at end of life—everyone deserves the best quality of life possible. When a person’s pain is reduced, they can take part in the things they enjoy and create meaningful moments with the ones they love.

If you feel you or a loved one could benefit from hospice care, contact Hospice of the Red River Valley to learn more: www.hrrv.org or (800) 237-4629.

Kelly Haneca is a registered nurse with Hospice of the Red River Valley.

Cost savings fuel sign-ups through MNsure plans

A record number of Minnesotans signed up for private health insurance plans during MNsure’s recent open enrollment period.

134,257 Minnesotans signed up for 2022 health insurance coverage through the state’s health insurance marketplace between Nov. 1, 2021, and Jan. 15, 2022. The record number of sign-ups is 14,988 more than in the previous year’s open enrollment period and represents a 10% increase.

“When we talk about record sign-ups for MNsure, what we’re really talking about is more Minnesotans who are able to access coverage that’s critical for their health and wellbeing,” said MNsure Chief Executive Officer Nate Clark. “Over 134,000 Minnesotans were able to find health insurance through MNsure that covers essential benefits including doctor’s visits, emergency services, vaccinations and so much more.”

Minnesotans see cost savings across the state

The record number of private health plan sign-ups was fueled by expanded access to cost savings made possible by the federal American Rescue Plan (ARP) COVID Relief package, which expanded eligibility for cost savings to more Minnesotans.

Over 58% of those who purchased health insurance through MNsure are receiving advanced premium tax credits (APTC), which lower the monthly cost of insurance premiums. The average tax credit per household is \$6,089 a year.

“More Minnesotans than ever before are eligible for tax credits available only through MNsure. Those credits work like an instant

discount on monthly health insurance bills,” said Clark. “On average, eligible Minnesotans are saving over \$6,000 a year on their health insurance, which can make a big difference for a family’s budget.”

Across the state, yearly APTC averages for households were:

- Southeast Minnesota: \$8,881
- Northeast Minnesota: \$7,357
- Southwest Minnesota: \$7,779
- Twin Cities Metro: \$4,783
- Northwest Minnesota: \$7,071

Open enrollment by the numbers

- Private health plan sign-ups: 134,257
- Public program (MinnesotaCare and Medical Assistance) applicants: 32,445
- Total accessing health coverage: 166,702
- Dental plan sign-ups: 29,220
- Percentage of households receiving tax credits: 58.6%
- Average yearly tax credit by household: \$6,088.74

There are still opportunities to get covered

The recent open enrollment deadline did not apply to Minnesotans who qualify for coverage through MinnesotaCare or Medical Assistance, or members of federally recognized tribes, who can enroll through MNsure any time of year, including outside of the annual open enrollment period.

Minnesotans who experience a qualifying life event (such as marriage, birth or adoption of a child, or a move) may also be eligible to shop for coverage.

Come join us for an evening of music, stories, and testimonies featuring Jimmy Muskrat & his traveling ministry team from Oklahoma.

Date: Tuesday, February 1st, 2022
Time: 7 to 9 p.m.
Place: **ELEVATE YOUTH CENTER**
414 Horace Ave. N. Thief River Falls, MN 56701

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TRF Times, PO Box 100, Thief River Falls, MN 56701



Abbey Landgren snapped this photo of a sun dog Wednesday, Jan. 19. It was taken on Center Avenue North, about five miles northwest of Thief River Falls. They are caused by the refraction of light through ice crystals. Moon dogs also occur, but they don't occur as frequently as sun dogs.

Blood drive brings in 125 volunteers

Digi-Key Electronics hosted a blood drive with Vitalant on Tuesday, Jan. 11, which helped collect 144 units of blood products for patients in need.

A total of 125 people volunteered to donate blood and 74 were able to successfully donate. Thirty-six donors also came forward to donate Power Red Cells (2RBC), which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. Six people volunteered for the first time.

Vitalant expressed its gratitude to Chris Vetteson and Stacy Davidson, who co-coordinated the drive, and Digi-Key, which sponsored it.

Living through a pandemic can lead to many uncertainties. However, people can be assured that the need for blood never ceases. Blood is only use-

able for 42 days, so a constant supply is always needed, no matter the season. Winter has challenges with the threat of weather/travel and planning, but the winter weather is no wonderland for hospital patients who depend on blood to keep them healthy and alive.

Donors can make a convenient appointment to give blood at donors.vitalant.org or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test and earn reward points.

Blood donation takes about an hour from check-in to refreshments while the blood draw typically takes less than 10 minutes. Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org/health.



Maren Molskness' 1971 Arctic Cat Panther (right) was among the most colorful snowmobiles registered for the St. Hilaire Vintage Snowmobile Show, which was held Saturday, Jan. 22. The event also featured a snowmobile ride to Red Lake Falls as well as a silent auction, live auction and raffle ticket drawing. The event serves as a fundraiser for Trails to Treatments.

Yuska named to Iowa State dean's list

Ava Yuska of Thief River Falls has been named to the Iowa State University dean's list for fall semester 2021.

Yuska was among the

more than 9,700 Iowa State students who have been recognized for outstanding academic achievement by being named to the fall semester dean's list. Students named

to the dean's list must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.



The St. Hilaire Vintage Snowmobile Show served as an opportunity for young and old to ride and bond over snowmobiles Saturday, Jan. 22. The event featured a snowmobile show, a ride, auctions and a raffle drawing.



"My motto is "work hard, be positive, and have fun." Once I started following that motto, it has launched me to incredible places!
-Levi Lavallee



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